



2015 HOKA One One SuperClinic Schedule

Saturday, 31 January – Sacramento City College

Sponsored by CoachesChoice Books and DVD's

8:00-9:00am: registration and visit vendors' displays and pick-up gifts in outdoor foyer of Lillard Hall
(Lillard Hall is located in the SW corner of Sacramento City College near the intersection of Freeport and Sutterville Roads)

9:00-9:15am: Presentation of Pacific Association Legacy Coach Award, plus welcome and orientation in outdoor foyer of Lillard Hall

Coaches are encouraged to attend different event groups based on interest

Presentation notes available at each session and by visiting www.pausatf.org/coaches/ and scroll down to the bottom of the page, or reference the QR code:



Session	Rm	Event Group	Speaker	Topic
Session 1 9:20-10:45	101	Sprints-Hurdles	Rick Sloan	Analysis of the Start
	103	Endurance	Peter Thompson	Preparation for the 800m
	201	Throws	Suzy Powell-Roos	A Systematic Approach to Throwing the Discus
	203	Jumps	Ed Miller	Drills for the Jumps
	205	Special Topics	Larry & Adam Eder	Using Social and Digital Media as Coaching Tools
Session 2 11:00-12:30	101	Sprints-Hurdles	Joy Upshaw	Beginning Hurdles
	103	Endurance	Jay Johnson	What I Have Learned From the <i>High School Running Coach</i> Site
	201	Throws	Brian Masterson	Stability Training of Young Athletes as Applied to the Linear Shot
	203	Jumps	Rick Sloan	Understanding the High Jump
Lunch 12:30-1:30	<p align="center">Remember to visit our vendors' displays in the outdoor foyer! 12:45-1:15pm - Annual USATF Pacific Association Coaches Meeting in Rm 101 1:15pm - vendor raffle in foyer</p>			
Session 3 1:45-3:15	101	Sprints-Hurdles	Roosevelt Kent	Teaching Sprint Progression for HS/Youth Athletes
	103	Endurance	Diljeet Taylor and Tena Harms	Gender Effective Coaching
	201	Throws	Mike Buncic	Learning Progression for the Discus
	203	Jumps	Ed Miller & Rick Sloan	Introducing HS/Youth Athletes to the Combined Events: Talent Identification & Training Schedules
	205	Special Topics	Dr. Adam Tenforde	Prevention of Stress Fractures in Young Runners
Session 4 3:30-5:00	101	Sprints-Hurdles	Michael Reid	The Science of Sprinting for Non - Scientists
	103	Endurance	Jay Johnson	Training Athletes vs. "Lungs with Legs"
	201	Throws	Mike Curry	How to Start an Effective HS Throws Program and HS Hammer Throw
	203	Jumps	Leo Sacramento	Getting the Most out of High School Triple Jumpers of Different Ability Levels

Remember to Visit our Vendors During Breaks!

Clinic Presenters

Endurance



Peter L. Thompson: Involved in international athletics coaching for over 50 years, Thompson is the IAAF global leader for the Running Event Group, and created much of the IAAF coaching education curriculum. In 2006, the European Athletics Coaches Association, the world's oldest coaching association, recognized Peter by appointing him as Endurance Event Group Leader for the European area. He has coached such athletes as Cathie Twomey, World Best 20 Km and world-ranked 9th for 5000m and Marty Cooksey, World Number 1 ranked road racer in 1986, PanAm 10,000m Champion and World Bests for 20 Km, Half Marathon, 30 Km and twice at 15 Km. Altogether 6 World Best performances."



Jay Johnson: A prolific writer and speaker, Coach Johnson travels the nation speaking at high school clinics promoting more effective endurance event coaching. A contributor to Running Times and part of the Nike Marketing group, Jay also developed the *High School Running* website. An accomplished runner at Univ. of Colorado-Boulder, Jay began his coaching career at Pratt CC before returning to Univ. of Colorado as an assist coach. While at Boulder the Colorado teams amassed three NCAA titles. Jay has recently worked with three USA track & road National Champions.



Tena Harms: Harms began her coaching career as an assistant coach for Stanford women's cross country team 1979, before becoming the head women's track coach at De Anza College in 1980. An assistant coach at Gunn High School from 1980 – 1990, Harms currently serves as assistant track, and co-head cross country coach at El Dorado High School in Placerville. As an athlete, Harms held the 3000m American record, 20 mile American record; and was a 2 time national champion, member of the US national cross country team, and 3 time all-American. Harms also won the first SF Marathon along with the Oakland and Culver City Marathons.



Diljeet Taylor: Director of CC-T&F at CSU Stanislaus, Taylor brings her success as an athlete to the Warrior distance program. Taylor's XC teams have made several national meet showings and she has been voted CCAA coach of the year twice. As a middle distance runner, Taylor (Mendoza) was a 3-time All American and finished second in the NCAA DII 800m in 2002. Taylor continued on to train and compete with the Nike Farm before turning her focus to coaching assuming the reins of the distance program at CSU Stanislaus in 2007.

Sprints and Hurdles



Rick Sloan: Coach Rick Sloan has shared a lifetime of passion for track and field with the student-athletes on the men's and women's teams at Washington State University, and they have found success athletically and academically under his tutelage. A dynamic coach and skilled technician, Sloan searched far and wide to bring the best student-athletes to Pullman, Washington, and then worked tirelessly to have each one reach their greatest potential. The programs' continued success is evident in the consistent accomplishments achieved at the Pac-12, (formerly the Pacific-10) Conference, the NCAA Preliminary and Championships meets, the USA Track and Field competitions, and World Championship levels.



Joy Upshaw: Currently a high school coach and masters competitor, Upshaw holds several national Master's T&F records, and was recently inducted into the Master's T&F Hall of Fame. Upshaw has coached at UC Berkeley and has served on numerous international staffs, most recently as the women's assistant Coach at the 2011 PanAm Games. Founder/Director Joy's Jackrabbits Track Club, Upshaw continues to have success at both the local grass roots and international level as coach and master's athlete.



Roosevelt Kent: Coach Kent began his coaching career while still an athlete at Azusa Pacific University by training his fellow collegiate athletes Dave Johnson who competed in decathlon at the 1992 Barcelona Olympic Games. Upon graduation from APU Kent held the Jump Coach position for Rubidoux High School (Riverside, CA) for two years. Kent returned to the college ranks coaching at Oklahoma Baptist University where the men's team won the national NAIA T&F title. Kent settled in Roseville, CA where he accepted a position at Woodcreek High School as a full-time teacher / Head T&F coach after a brief coaching role at Granite Bay. In May 2004, Coach Kent observed a lack of T&F development programs for youth in the greater Roseville area so he launched the Revolution Express Track Club (RETC). By the end of the summer RETC had grown to over 40 youth members. In 2011 he joined the Rocklin HS T&F staff as the sprint, and high jump coach.



Michael Reid: Coach Reid began coaching at Sacramento region high schools in 1998, and his athletes have met with continued success. Since his arrival at American River College in 2005, Coach Reid's athletes have almost completely rewritten the sprint record books at American River. His sprinters have produced (1) Jr National Top 3 Finisher in 2014, 17 California Community College Champions, 48 All-Americans, 34 Northern California Champions, 41 Conference Champions and he has won the California Community College Assistant Coach of the Year twice (2007/2011).

**USATF-Pacific Annual Coaches Committee informational meeting during lunch in room 101 (endurance)
All are welcome to attend and learn/share information for the coming season!**

Jumps



Ed Miller: A member of the Cal Athletic Hall of Fame who won the NCAA decathlon title as a student, was an associate head coach with the Golden Bear track & field program for 30 years. Throughout his storied career, Miller has earned a national and international reputation for his success on the field. He is considered one of the premier multi-event coaches in the world and has served USA Track & Field on four international trips, including the 2003 IAAF World Championships in Paris as an assistant coach. As a member of USATF's Development Committees, Miller was the national coordinator for the long jump, as well as the regional coordinator for the high jump. Miller has coached a number of outstanding athletes at Cal rewriting the record books in the field events. His international experience is vast as well coaching several USA National Champions, and Olympians.



Rick Sloan: Coach Rick Sloan has shared a lifetime of passion for track and field with the student-athletes on the men's and women's teams at Washington State University, and they have found success athletically and academically under his tutelage. A dynamic coach and skilled technician, Sloan searched far and wide to bring the best student-athletes to Pullman, Washington, and then worked tirelessly to have each one reach their greatest potential. The programs' continued success is evident in the consistent accomplishments achieved at the Pac-12, Conference, the NCAA Preliminary and Championships meets, the USA Track and Field competitions, and World Championship levels. In September of 1994, USA Track and Field accorded Sloan the title of Master Coach, the highest recognition in coaching education. Sloan is well-known internationally in the multi-events circuits because of his 14 years as coach for four-time world decathlon champion, Olympic champion and former World record-holder Dan O'Brien and his mentoring of Olympic heptathlete Diana Pickler.



Leo Sacramento: Coach Sacramento has been a California high school track and field coach for over 30 years. He holds a wide breadth and depth of track experience and knowledge as a former college triple jumper and as a coach at Logan HS in the Bay Area and Davis specializing in triple jumps. Over the years Leo has worked with many athletes who have qualified for section and masters meets and who have continued their track participation on to the collegiate level.

Throws



Suzy Powell-Roos: Powell first put a discus in her hand at age 12. From there she qualified for three Olympics, won two national championships, being the runner-up in six, and set the still standing American discus record of 222-00 in 2007, Powell has earned of acclaim saved only for a chose few. Powell was recently inducted into the National HS Hall of Fame after being named the HS Athlete of the Year by TFNews in 1994. Recently retired from competition, Powell is currently coaching throws at Oakdale HS and has already qualified multiple athletes to the CIF Championships.



Brian Masterson: From Bend, Oregon Masterson threw the shot, discus, javelin and ran on the 4x100 relay in high school. A walk-on to the Stanford University Track Team, Brian was a javelin thrower until a back injury converted him to hammer where he earned trips to the Pan-Am Juniors and World University Games. His PR of 70.06m established a new school record. After graduation Brian traveled north where he trained for two years with Stewart Toger at the Eugene Hammer School concluding his career with the 1988 Olympic Trials. Brian is currently the boys and girls throws coach at El Dorado High School in Placerville, California.



Mike Buncic: Currently coaching at De Anza College in Cupertino, Buncic was the successful coach at Wilcox High School, Santa Clara for many years coaching the throws, triple/long jumps, and hurdles. Buncic is also a high school biology and human physiology teacher. Buncic was a member of the 1988, 1992 United States Olympic Team in the discus; along with the 1991, 1993, 1995 United States World Championship Team. Buncic was the 1995 United States National Champion; Four-time Olympic and World Championship finalist, in addition to the world leading discus throw in 1991 (69.36m).



Mike Curry: Founder/Head Coach of California's premier high school hammer throw program - the National Championship winning Golden State Throwers. Coach Curry has trained multiple All-Americans and the National Junior Olympic Hammer Champion in 2014. Athletic achievements include two Masters American Records in the 35lb and 56lb weight throws, 6 National Masters titles in the 35lb and 56lb weight throws, shot put, weight pentathlon and twice in the hammer. As of 2014, Coach Curry is also currently on the coaching staff of 2008 Olympic Gold medalist Stephanie Brown Trafton and is her workout partner.

Special Topics



Adam Tenforde: Dr. Tenforde is a sports medicine fellow physician in physical medicine & rehabilitation at Stanford University and has a background in sport and exercise science, earning a degree in Human Biology and his medical degree at Stanford. He is committed to advancing knowledge in running medicine by performing research on injury prevention strategies in runners of all ages. He has published multiple articles and book chapters focused on understanding overuse musculoskeletal and stress fracture injuries in runners, including identifying risk factors for stress fractures and impaired bone health in adolescent, collegiate, and post-collegiate runners. He is a former professional athlete who qualified for the 2004 Olympic Trials in both the 5,000 and 10,000 meters and career bests include 13:39 and 28:23. At Stanford, he was multi-time All-American and contributed to three NCAA National Team Championships.

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Special Topics speakers, *continued*



Larry Eder (*left*): Publishing Director/Fortius media group, LLC. /Chairman, The Running Network LLC. A former athlete, coach, and for the past three decades, a media professional, Larry spends many of his waking hours promoting the coaching profession and finding ways to elevate the sport of athletics. At Fortius Media, Larry manages 25 print and digital magazine titles and 36 websites in North America, Europe and Africa.

Adam Johnson Eder Partner, The Shoe Addicts, LLC, and Fortius Media, Adam's experience in social media, digital media and sports video development. Adam founded The Shoe Addicts in 2010 with partners, Mike Deering and

Algernon Felice, Jr. In four years, they have created 160 plus athletic videos for brands from adidas, ASICS, Brooks, Nike and New Balance, and athletes from Galen Rupp to Jenny Simpson. They have worked with the IAAF, and events such as the adidas Grand Prix NYC.



Pacific Association of USA Track & Field Coaches Committee

Your Pacific Association of USATF orchestrates coaching education schools and clinics throughout the season, and serves as a resource to Northern California and Nevada coaches.

For further information refer to the association website: www.pasuatf.org and click on coaches

Willie Davenport Olympians Learn-by-do Clinic - Saturday, 7 February at Logan High School, Union City: Excellent one day learn-by-do clinic instructed by many past and current Olympians plus leading area coaches geared towards youth and high school athletes. Refer to: <http://logantrackandfield.com/category/olympians-clinic/>, or contact coach Lee Webb at: lee_webb@nhusd.k12.ca.us

Pioneer T&F Coaching Summit - Sat, 21 February at CSU East Bay, Hayward: Come and learn and share with the region's leading coaches including Olympian Marilyn King, American River sprint coach Mike Reid, International coach Marcel Hetu, former Logan, now Academy of Arts jumps coach Arno Brewer, in addition to former Morgan state coach Andrew Murphy. For more information <http://www.eastbaypioneers.com/>, and click on Men's T&F, or email coach Jones at ralph.jones@csueastbay.edu

2014 Pacific Association Legacy Coach Award Recipient

The Legacy Coach Award has been initiated by the Pacific Association's Coaches Committee in recognition of the many influential coaches who have served in our association, and have selflessly strengthened our sport(s) through teaching, mentoring, and promoting our profession. Criterion is weighted heavily on coaches who were not only great coaches, but who also inspired and trained/mentored many of us to become coaches ourselves. Previous recipients are: Jim Hunt (Humboldt State), Jim Santos (Hayward State), Bud Winter (San José State), Margaret Dixon (Oakland PAL), and Walt Lange, (Jesuit HS), Kirk Freitas (Chico State), and Ed Parker (Millbrae Lions TC)

Darrell Hampton (*Acorn TC and Berkeley HS*)



In the early 80's the Acorn Apartments in West Oakland were plagued by crime and drugs. Unfortunately for the residents of the sprawling complex, the Acorn Apartments offered the children of the community very little other than the near guarantee that they would continue the cycle of poverty. One day a group of young ladies challenged Hampton to come up with a program for "the girls". They decided on Track and Field.

The Police Activities League and the West Oakland Health Center began summer programs for the children that would conclude with an annual track meet in which all of the teams could compete. All summer the children trained diligently to get ready for the end of the summer meets. At the conclusion of the P.A.L. meet Margaret Dixon put a "challenge relay race" out on Laney College Track, and to everyone's surprise, the girls beat the boys. That moment galvanized the children in the Acorn Community.

This victory was the catalyst that turned the track and field team into the flagship program of the Acorn Community Center. In order maintain a high standard of quality we imposed very strict academic requirements for the children that participated in the program, as the allure of college scholarships became a goal for the children of the club.

They began competing with the Pacific Association in 1989 and found out that the club already had a large community following that was invested in the success of these girls. This support of community leaders was instrumental in keeping the program operating. People like Bill Patterson, Marsha Corprew, Thomas Broome, Archie Belford, Jerry Colman, James Wynn, Richard Evans, Wornel Simpson, Dave Stewart, and Willie McGee have been instrumental in providing support for the club in many different capacities. Hampton is always proud to report on the academic success of the club members as I am able to stay connected via social media. Stephanie Garcia has attained an MD, while Aisha Wallace has completed her Ph.D. We have many members that have gone on to achieve Masters' degrees and are involved in the community as teachers in their respective communities. Each year I am asked for workouts for the members that are now serving their communities by coaching Track and Field. From the staff at Berkeley High School to Erica King in South Carolina who has started a track team in her community, it is awesome that one program out of the Community Center has a legacy that spans time and distance.



