



# 2016 HOKA ONE ONE SuperClinic Schedule

## Saturday, 30 January – Sacramento City College

*Sponsored by Coaches Choice Books and DVDs*

**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:** Welcome orientation and Pacific - USATF Legacy Coach Award presentation in the 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/](http://www.pausatf.org/coaches/) or reference the QR code:



Session	Rm	Event Group	Speaker	Topic
<b>Session 1</b> 9:20-10:45	101	Sprints-Hurdles	Mike Holman	Relays-Team USA: Can We Just Get the Stick Around-Lessons for HS teams
	103	Endurance	Matt Fitzgerald	How Bad Do You Want It? Mastering the Psychology of Mind Over Muscle
	201	Throws	Rob Lasorsa	Teaching Progression for the Shot Put
	203	Jumps	Jack Batson	High Jump From the Ground Up
<b>Session 2</b> 11:00-12:30	101	Sprints-Hurdles	Tony Veney	How to Plan Workouts
	103	Endurance	Vince O'Boyle	Coaching the Middle Distances
	201	Throws	Tony Green	Recruitment, Training and Development of Beginning, Intermediate, and advanced Jr. High and High School Throwers.
	203	Jumps	Boo Schexnayder	Speed Development for the Jumps
	205	Special Topics	Tena Harms	Nutrition for the High School Athlete
<b>Lunch</b> 12:30-1:30	<b>Remember to visit our vendors' displays in the outdoor foyer!</b> <b>12:45-1:15pm - Annual USATF Pacific Association Coaches Meeting in Rm 101</b> <b>1:15pm - vendor raffle in foyer</b>			
<b>Session 3</b> 1:45-3:15	101	Sprints-Hurdles	Mike Holman	Acceleration-Maximum Velocity-Speed Endurance Training
	103	Endurance	Carol and Jim McLatchie	Summit High School's Successful System for Cross and Track
	201	Throws	Rob Lasorsa	Teaching Progression for the Discus
	203	Jumps	Boo Schexnayder	Technique and Accuracy in the Jump Approach
<b>Session 4</b> 3:30-5:00	101	Sprints-Hurdles	Tony Veney	Coaching the Straightaway Hurdles
	103	Endurance	Terry Ward and Chris Cozort	How to Have a Successful Track and Field Season From the Frist Day as A Coach
	201	Throws	Jeff Magley	The Glide Shot Put
	203	Jumps	Wilson SooHoo	Teaching Beginners in Your New Vault Program and Other Random Lessons
	205	Special Topics	Dave Shrock	SafeSport Training (Mandatory for all Youth Coaches, Volunteers, & Officials)

# Clinic Presenters

## Endurance



**Matt Fitzgerald:** Matt Fitzgerald is an acclaimed endurance sports writer, coach, and nutritionist. His many books include *Racing Weight* and *80/20 Running*. A former editor for *Competitor* and *Triathlete*, Matt contributes to popular magazines and websites including *Women's Running* and [competitor.com](http://competitor.com). He serves as a Training Intelligence Specialist for PEAR Sports and is on the Coaches Advisory Board of Lumo Run. Certified by the International Society of Sports Nutrition, Matt is the creator of the Diet Quality Score (DQS) app for smartphones and provides individual nutritional coaching services to athletes through [racingweight.com](http://racingweight.com).



**Vince O'Boyle:** Retiring after 42 year of coaching at both UC Irvine and Citrus College, O'Boyle continues to coach elite runners in preparation for Rio. O'Boyle was BigWest coach of the year 20 time, and his cross teams won the BigWest title seven times while coaching All-Americans. In track, O'Boyle coached 16 All-Americans including 2012 NCAA 800m champ Charles Jock. O'Boyle also coached Olympian Ruth Wysoki in the middle distances. Internationally O'Boyle has coached two Olympic Festivals and served as the 1992 Women's World Cross Champs Cross coach.



**Carol and Jim McLatchie:** In their retirement in Bend, Oregon the McLatchies have transformed the Summit HS program into one of Oregon's leading programs winning multiple state championships. Prior to coaching Summit, the McLatchies were mainstays of the Houston running scene. Carol was an elite US distance runner and Olympic Trials qualifier and has more recently served as a coach to USATF International teams and chairs the Women's Long Distance Committee. Jim was a renowned Scottish middle distance runner and was one of the first Scots to come to the US on scholarship and stayed to coach many national champions and Olympians.



**Terry Ward and Chris Cozort:** Coach Ward has coached over 40 years, and legend in the CCS and beyond for his 22 CCS championships while at St. Ignatius and Bellarmine Preps. A CIF and *Runner's World* coach of the Year, Ward was also a CIF Athletic Director of the Year while at Bellarmine. Cozort is a member of the tech teaching staff at Bellarmine and in addition to also serving as Presentation HS head cross and track coach. Cozort was the head cross country and track coach at the school for over a decade, and has had the privilege of working with many great kids at Presentation, including CCS and State Champion Melissa Grelli.

## Sprints and Hurdles



**Tony Veney:** Tony Veney is currently the head track coach at Ventura Community College. He formerly directed the men's and women's track and field and cross country programs at North Carolina A&T. Veney was also an assistant at UCLA. In 11 seasons at Cal State Northridge, Veney coached three NCAA National Champions, 33 NCAA All-Americans and 15 conference champions. While at UCLA (2003-09), Veney led fifteen Bruins to either indoor or outdoor All-American status, coached six Pac-10 Champions and four NCAA West Regional Champions. He is a USATF Level I, II and III Clinician and certified USATF Master of Coaching.



**Mike Holman:** Coach Holman has been head coach at Marian University in Indianapolis for four years, and has accumulated a wealth of experience in his 25 years of coaching at the collegiate and high school levels. Named the 2005 National High School Coach of the Year during his tenure at Muncie HS. Holman has also coached 12 student/athlete All-Americans. The USATF Emerging Elite Camp director in Chula Vista since 2006, Holman served as assistant coach on the 2006 World T&F Staff, and has served on the US Olympic teams support staff for three Olympics helping with video analysis for the USATF Development Committees.

## Special Topics



**Tena Harms:** Harms began her coaching career as an assistant coach for Stanford women's cross country team in 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 at 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.

# Jumps



**Boo Schexnayder:** Irving "Boo" Schexnayder is a veteran of 34 years of coaching at the high school, collegiate, and professional levels. He is regarded internationally as one of the leading authorities in the areas of track and field coaching, training design, speed and power development, biomechanics, and rehabilitation. Most noted for the 12 years he spent at LSU, he is regarded as one of the world's premier field event coaches, having coached 19 NCAA Champions during his collegiate coaching career. He was a part of 12 NCAA Championship teams and a pair of JUCO National titles, as well as developing a host of conference champions and All-Americans. He has served on coaching staffs for Team USA to the 2003 Pan Am Games, the 2006 World Junior Championships, and the 2008 Olympics in Beijing. He has also been active as a speed specialist, having worked in NFL player development for nearly 20 years. He currently operates Schexnayder Athletic Consulting, and serves as the Director of the Track and Field Academy, the educational branch of the US Track and Field and Cross Country Coaches Association.



**Jack Batson:** Coach Batson started coaching Age Group Track in New Mexico. Over 100 of his Age Group athletes were State Champions and over 50 were Regional Champions. His club had 35 Top-Ten finishers and 9 National Champions in the Age Group National Championships. At the High School level, he had 15 State Champions and his athletes have set 20 school records. At the Junior College level he has had an athlete at the NJCAA National Championships every year NMMI has had a Women's Team. New Mexico Military Institute has had 4 National Medal Winners, 3 NJCAA All-Americans and 19 NJCAA Academic All-Americans.



**Dr. Wilson SooHoo:** Wilson SooHoo serves the pole vault community by working for USATF Sports Sciences and the American Society for Testing and Materials (ASTM), where he is a former officer of the Pole Vault Equipment and Facilities Subcommittee. He has experience coaching the vault internationally as well as on the collegiate and high school levels. During the 2008 Olympiad, he was involved in the Tiger Bar Sports/Tri-Valley Athletics project where elite athletes from various countries. He was a member of UC Irvine's 1976 NCAA Division II Track and Field Championship team and went on to have a successful Masters Track career. A graduate of UC Davis School of Medicine, he is a Senior Physician for The Permanente Medical Group, Inc.

# Throws



**Rob Lasorsa:** Under Lasorsa's guidance as Chairman of USA Track & Field's Men's National Shot Put Development, the USA has become the world leader in the men's shot put with Reese Hoffa, Adam Nelson, Christian Cantwell, and John Godina all exceeding the seventy foot barrier on a yearly basis. As Founder and President of the National Throws Coaches Association, Coach Lasorsa has an abundance of technical knowledge to share with coaches. Coach has produced 4 videos, 3 DVDs and written 5 books on the throwing events. He is the former Head Track Coach at Kent State University.



**Tony Green:** Coach Green has been coaching for 35 years and has had 8 girls ranked among the top 50 in California State Championship history in a variety of different events. Green's teams have won 7 section titles, been ranked in the top 3 in California 6 times and have won a National Dual meet title. In addition, coach Green has been selected league, section, Northern California, State and National coach of the year. Green considers his biggest influences in track to be Rick Milam, Mike Wilson, Don Chew and his father Arnold Green Senior. Thankfully Green still loves track and field as much now as when he started.



**Jeff Magley:** Recently appointed the Director of Track and Field at Sacramento State, the Hornet throwers have enjoyed much success under Magley's leadership. In nine seasons they have earned two NCAA All-America accolades, provided the programs first NCAA Indoor Championship competitor, sent 28 to compete at the NCAA championship meets, won 12 Big Sky Conference titles, earned 43 all-conference honors, established 24 school records, set three conference all-time and four championship meet records and produced 130 all-time top 10 Sacramento State marks.

**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!**



# 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](http://www.pasuatf.org) and click on coaches

## 2015 PA 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), Walt Lange, (Jesus HS), Kirk Freitas (Chico State), Ed Parker (Millbrae Lions TC), and Darrell Hampton (Oscar Bailey TC-Berkeley HS)

### Willie White (*Berkeley HS-Berkeley East Bay TC-Cal State Hayward*)



Coach White has been instrumental in the development and success of countless young adults in the East Bay since the mid-sixties and is still going strong. Coach White himself was an elite sprinter leading LA'S Jefferson HS to the 1956 CIF state title, followed by earning a spot in the Cal Hall of Fame and sixth place at the 1960 Olympic Trials 100m Dash finals. Coach White's teams at Berkeley HS were what many consider the state's best combined boys and girls teams ever during the 70's and 80s, earning coach White the CIF Coach of the Year award in 1980. Coach White also coached track and volleyball at CalState Hayward during the late 80's, though White has always been close to youth track with the Berkeley East Bay TC and now the East Oakland Track Group (EOTG).

### Upcoming Clinics

#### **6 February: Willie Davenport Olympian Learn-by-do Clinic (*Logan HS, Union City*)**

Come and learn from Olympic legends at the west coast's leading learn-by-do clinic. Featuring many of the following Olympians: **John Carlos, Tommie Smith, Mike Powell, Tom Petranoff, Mac Wilkins, Dick Fosbury, Aaron Richberg, Kevin Craddock, Stacey Draglia, Reynaldo Brown, Lee Evans, and Jim Hines.**

For further information, refer to <http://logantrackandfield.com/> and then click on Olympian Clinic, or contact Coach Lee Webb at: [lee\\_webb@nhusd.k12.ca.us](mailto:lee_webb@nhusd.k12.ca.us)

#### **20 February: Altis (*formally World Throws Center*) Phase 1 and 2 Throws Camp (*Sacramento State*)**

Led by 4x World Champion John Godina. For further information and registration details, click on: <http://altis.world/events/>

#### **21 February: San Jose State T&F Clinic (*San Jose State University*)**

Come join us and choose from four educational sessions presented by Division I and professional coaches. Speakers include **San Jose State** coaches **Jeff Petersmeyer** (Jumps & Multis), **Kelley Watson** (Sprints & Hurdles), and **Brad Wick** (Distance). Guest speakers include **UC Berkeley** coach **Mohamed Saatara** (Throws & Pole Vault), **Fresno State** coaches **Sean McManus** (Distance) and **Chris Baptista** (Multis), and **Taylor Johnson** (Strength & Conditioning) from the **San Francisco 49ers**. Additional information and registration: [sjsutrackclinics.com](http://sjsutrackclinics.com); or contact Coach Matt Layten: [matthew.layten@sjsu.edu](mailto:matthew.layten@sjsu.edu)

### Level 1 Coach Recertification

USATF Coaching Education has implemented a recertification component to the Level 1 curriculum. Recertification for Level 1 coaches will be required on a 4-year cycle. To open the new recertification, a "grandfather clause" will be offered from January 1, 2013, through December 31, 2020. A coach who received a Level 1 certification prior to January 1, 2013, and has not obtained an USATF Level 2 certification must meet the new recertification guidelines.

For additional information, refer to:

<http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Level-1-Recertification.aspx>

### SafeSport Training

USATF has joined the United States Olympic Committee (USOC) to implement the SafeSport program. The goal of SafeSport is to provide a safe environment in our sport at all levels, but particularly for athletes who are ages 18 and under. The SafeSport program includes athlete protection policies, guidelines, codes of conduct, a background screening program, education and training, and a reporting process for any SafeSport concerns within our sport.

All Officials and Youth Club Coaches and Volunteers will need to complete the SafeSport Program. Youth Coaches must meet this requirements before your club's membership will be approved and activated in the USATF system for 2016 and beyond.

SafeSport becomes a requirement of the Coaches Registry on January 29, 2016.

#### **The following 90min training sessions will be provided free of charge:**

**Sun, 31 January** (10:00-11:30am) during official's Clinic at Serra HS, San Mateo

**Sat, 20 February** (12:20-2:00pm) after Youth Spring Meeting at Logan HS in Cafeteria

Officials and coaches may also complete the SafeSport training on line (allow 3 hours with exam at end).

For more information on the USOC SafeSport Training course, refer to: <http://safesport.org/>