



HOKA ONE ONE Endurance Clinic

Sat, 5 August, 2017 – Sacramento City College

presented by CoachesChoice Books and DVD's

CLINIC SCHEDULE:

8:00-9:00am – Registration in foyer of Lillard Hall, Sacramento City College

9:00-9:10am – Introduction and Orientation

9:20am-5:00pm – Four 90 minute sessions covering Cross Country and Special Topics

CLINIC PRESENTERS *(detailed biographies on reverse)*

Dr. Joe Vigil - America's most successful endurance coach

Dr. Paul Salitsky – Sports Psych. lecturer from UC Davis

Rob McClendon – Successful Nevada high school XC coach

CLINIC COST: *Seating limited, reserve your seat soon!*

\$55.00 - School or club staffs or 2 or more by Thursday, 3 August

\$65.00 - individual pre-registered by Thursday, 3 August

\$85.00 - registration at the door for individuals

REGISTRATION PAGE *(for individuals and staffs):* <https://www.simplyregister.net/register/?e=111385>

For school or clubs with personal or school checks contact Peanut Harms at nutboy51@yahoo.com by 3 August.

What you get:

- all pre-registered coaches will receive presentation notes of each session they attend, with additional clinic notes available on the www.pausatf.org website after the clinic.
- HOKA ONE ONE clinic t-shirts for the first 100 registrants
- A portion of the clinic's proceeds goes towards scholarships for Pacific Association coaches to attend an Assoc. Level 1 School.

Directions: Lillard Hall, Sacramento City College, 3835 Freeport Blvd., Sacramento, 95822

Refer to the following link for clinic and campus location: <http://www.scc.losrios.edu/campus-map/>

Driving: from Hwy 5: Exit at Sutterville Road (*south of Hwy 5-Bus. 80-50 interchange*), travel east until 'T' intersection at Freeport, turn left. At first light, turn right back onto Sutterville, turn left into SCC main entrance at the first light and park in west parking lot to your left.

From Hwy. 99: Exit at Sutterville/12th Ave. exit (*south of Hwy 50-Bus 80*), travel west until pass Hughes Stadium on your right. Turn right into SCC main entrance 100m after Hughes Stadium into campus, park in west parking lot to your left. No parking charges on weekends.

Air: Sacramento International Airport (SMF) is 17 miles north of Sacramento City College; San Francisco international is 86 miles west. Hotel runs complimentary shuttle to/from airport. There is also SuperShuttle: www.supershuttle.com, 800-258-3826. To/from Richard Road hotels: \$14.00; direct to/from City College: \$21.00

Accommodation: Best Western Sandman - 236 Jibboom St, Sacramento, CA 95811. Reservations can be booked by calling (916) 443-6515 and asking for the 'EnduranceClinic' rate until 29 July. Free airport shuttle: 8:00 am to 5:00 pm, with shuttles to SacCC. Complimentary continental breakfast, choice of waffles, breads, cereal, fruit, eggs, yogurt, juice, coffee and hot items. Complimentary wireless internet available throughout the hotel.

Further Info: Peanut Harms: nutboy51@yahoo.com, or Dave Shrock: coachshrock@gmail.com,
Event website: <http://www.pausatf.org/coaches/endurance-cross-roads-clinic/>, or QR Code:



2017 HOKA OneOne Endurance Clinic Speakers

Dr. Joe Vigil: A USATF Legend Coach, Vigil is arguably America's greatest endurance coach.



Collegiately, Vigil led Adams State to 19 National Cross Country Championships, the most of any NAIA/NCAA Track or Cross Country Program. In addition to that accomplishment his Cross Country and Track athletes have achieved an amazing 20 podium appearances at World Championships and Olympic Games competitions. Vigil is the only USA Coach to attain this competitive standard. Coach Vigil has also mentored 47 individual USATF Champions who have set 17 National records and two of his athletes achieved No. 1 World Rankings!" "Among his most recent proteges are Olympic Marathon Medalist Deena Kastor, Brenda Martinez, and Boris Berian. A prolific writer and motivational speaker, Dr. Vigil continues to informant inspire Coaches and Athlete's at all levels of our sport(s).

Dr. Paul Salitsky: Salitsky is in his 21st year on the Faculty of UC Davis in the area of Applied



Sport & Exercise Psychology and Motor Learning. Dr. Salitsky is an Internationally recognized authority in the Field of Performance Psychology and has contributed to the USOC and USATF Sports Psychology programs. Salitsky has worked closely with the successful Nor-Cal Distance Program since its inception. He is a Certified Mentor Trainer with Positive Coaching Alliance and has presented over 200 workshops nationwide in all facets of Coaching Education.

Rob McClendon: As the Head Cross Country and Assistant Track Coach in charge of Distances at Truckee HS, McClendon has developed a strong Cross Country Program capturing 3 Nevada State 3A Girls Titles in Cross Country in the past four years. Rob attended Cal State San Marcos University where he was Coached and Mentored by Steve Scott, the American Record Holder in the Mile. Rob was an NAIA All American in Cross Country and specialized in the 3000m Steeplechase in Track.



HOKA One One SuperClinic - Sacramento City College - Sat, 3 February '18

Save the date to come and join us at a clinic devoted solely to maximizing your team and athlete's success for the 2018 track and field season. Previous speakers include Olympic coaches Bob Larsen, Patrick Shane, Tom Tellez, Harry Marra, Jeremy Fischer, Don Chu, Boo Schexnayder, with Olympians Adam Nelson, Mac Wilkins, John Godina, and Jon Powell, in addition to exceptional speakers who will better prepare you for the 2018 season! For further information, click on the QR code:



For additional coaching info with a full listing of all regional clinics and schools, click on the QR code to the left; or on www.pausatf.org, and then the coaches page under the 'services' header