

# Clinic Presenters

## Endurance



**Gwen Robertson:** Gwen Robertson has coached Washington's Issaquah High School's Boys and Girls Cross Country and Track and Field teams since 1983. Recent honors include the 2017 Brooks Inspiring Coach of the Year, the US Track and Cross Country Coaches Association's 2016 Washington State Cross Country Coach of the Year, inductee into both the Washington Coaches Association's Cross Country Coaches as well as Track and Field Coaches Halls of Fame. Gwen served as a competition official at the 1984 Olympic Games. She has also served as a US Team Manager and the National Team Coordinator. Gwen most enjoys the processes of both developing athletes to their full potential; and mentoring and modeling young coaches to athlete-centered success and team-building.



**Andy Chan:** Andy Chan began coaching at Sacred Heart Cathedral (SHC) in 1998, and over the years, twenty athletes that he has coached have come back to be members of his coaching staff. His most famous runner is three-time Olympian Shannon Rowbury, who won two state championships in track & field while at SHC and was ranked nationally in every distance from 800 meters to cross country 5K. In cross country, SHC has advanced teams to the State Meet thirteen times and captured two CCS Championships, four CCS runner-ups and one league title. In track & field, athletes coached by Chan have set more than twenty school records and have medaled at the CCS Championships thirty times. Chan is a two-time CCS Honor Coach, recognized in 2005 for track & field and in 2013 for cross country.

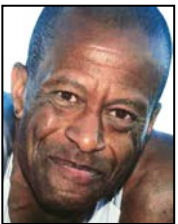


**Jason Oswalt:** Jason Oswalt has been coaching at Amador Valley High School for 12 Years. He has been the head cross country coach since 2011 and the head track coach since 2016. During his time at Amador Valley, Jason has helped guide athletes to podium finishes in both track and field and cross country. In his 12 years, over 30 endurance athletes have gone on to compete at the collegiate level in all divisions. Jason is the meet director of the Dan Gabor Memorial Track and Field Invitational and the Scott Bauhs Cross Country Invitational and is also a co-director of the NorCal Collaborative Coaches Roundtable. Jason was named the 2016 State Rookie Head Coach of the Year by the California Coaches Association for his work with the track team. Prior to his start in coaching, Jason competed for four years at Cornell University in both track and field and cross country.

## Sprints and Hurdles



**Steve Nelson:** Nelson is in his first full year at San Jose City College (SJCC), though for the past 32 years, Coach Nelson built Mt. Pleasant High School (San Jose, CA)'s Track & Field program into one of the most competitive in Northern California. Under Coach Nelson's tenure, the Mt. Pleasant High School Boys and Girls' teams won 26 Mt. Hamilton Athletic League Titles, 11 Central Coast Section (CCS) titles, and 1 California State championship. During Coach Nelson's tenure, 54 student athletes graduated to compete at four-year universities. In addition to obtaining numerous league, CCS, and state championships, 5 of Coach Nelson's athletes competed for Team USA at either the World or Pan American Junior championships: Jeneba Tarmoh (sprints), Vashti Thomas (jumps, hurdles), Mary Lou Badillo (pole vault), Corey White (javelin), and Darius Carbin (high jump). Coach Nelson's program developed two Olympians: Jeneba Tarmoh (2012 London Olympics) and Ed Lasquete (1992 Barcelona Olympics).



**Kevin Morning:** Morning's coaching background is extensive and diverse. He has coached cross country, the horizontal jumps, sprints events and relays with over 30 years of coaching experience. Morning's most recent successes have been at Vista Del Lago in Folsom where last year he had two athletes qualify for the state meet at 400 meters. Morning competed at UC San Diego where he competed primarily in the longer sprints eventually becoming school record-holder at 200 and 400 meters. He qualified for nationals in both events in 1977 and 1978 and was elected UCSD Athlete of the Year - the first year the award was ever given. As a Master's athlete Morning ran on a world record setting mile relay team (3:20.83/50.2) at the 2001 Penn Relays. In 2005 he ran third leg of a 4 x 100 relay team whose eventual time was 41.4. Morning has been voted USATF Masters of the Year in track events in three occasions 1997, 1998 and 2001.



**Nick Ward:** Nick Ward has been working in the field of youth athlete development for over 20 years. Not defining himself as a sprints coach, he is a coach to athletes who want to be fast and agile for their sports. A sport scientist with a Masters degree in exercise physiology and accredited strength and conditioning coach, Nick is providing young athletes with coaching in physical preparation, eating well and recovery. In a style that excites, engages and enables young people and their coaches and parents to develop understanding, skills and ownership of their preparation. His programs and education have been delivered to coaches and athletes with England Athletics, Youth Sports Trust UK, England Golf, Talented Athlete Scholarship Scheme, Newcastle United F.C., England Rugby Youth Regions. Nick is based with ALTIS at the Center of Orthopedics and Wellness, Barton Health, in South Lake Tahoe.

# Jumps



**Grace Upshaw Tyler:** Upshaw Tyler qualified for her second Olympic Team with her runner-up performance in the women's long jump at the 2008 Olympic Trials. She had one of her best seasons in 2004 when she made her first Olympic team with her runner-up finish at the 2004 Trials. In 2003 Upshaw was the dominant American, posting the top 5 U.S. marks of the year and 7 of the top 10. Having retired from competitive athletics, Upshaw has begun coaching and is a fitness entrepreneur.

Grace's father, Monte Upshaw, was a high school phenom in the long jump who broke Jesse Owens' national HS record with a jump of 25-4.25 at the CIF championships. Her sister Joy, is also a Bay Area track coach and competes as a Masters athlete.



**John Rembao:** Currently the owner of D1 Athletics Sports Performance which specializes in sports performance power development. He is presently coaching two post-collegiate female high jumpers, Elizabeth Patterson and Amber Melville. He has coached and managed for 29 plus years and has also been on staff at Stanford University, Southern Methodist University (SMU), The University of Texas at Austin, University of Arizona, and Cal Poly-SLO. In addition, he served as the USATF Wm's HJ Development Chair for 10 years. He has tutored four Olympians, five World Championship competitors, 15 NCAA individual champions, a collegiate record holder and 93 All-Americans. In addition to his individual successes, he has helped his athletes garner 24 conference and 11 NCAA championships. Most recently Rembao has mentored high school athletes in successful college careers, most notably Madeline Fagan, two-time NCAA High Jump Champion at Georgia.



**Jack Batson:** Coach Batson started with coaching age group track in New Mexico over 40 years ago, and 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 at the New Mexico Military Institute, Batson has had 18 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. NMMI has had 5 National Medal Winners, 3 NJCAA All-Americans and 19 NJCAA Academic All-Americans.



**Kent Rhodes:** Coach Rhodes has been a high school and club vault coach for over 18 years, coaching both at Placer and Del Oro high schools as well as running his own training facility year round. Over the years Kent has trained many vaulters who have qualified for Section, Masters and CA State meets with many vaulters continuing their track career at the collegiate level. Kent has coached high school, Masters and collegiate vaulters taking over 15 high school vaulters to the California State Championship Meet with numerous medalists over the years.

# Throws



**John Godina:** John Godina is a two-time Olympian and four-time World Champion in the shot put as well as having a discus PR of 69.91m (229'2"). After retiring from competition in 2009, he expanded his already established training facility into what is today the ALTIS Center. He has worked with countless athletes over his 15 years as a professional in the sport to help them improve their strength and skill levels. Nine out of ten athletes John has worked with have had personal bests while under his tutelage. John's vision of a training home for track and field athletes has been realized in the ALTIS Center. His relentless drive to improve the environment for a historically under-appreciated group of athletes has resulted in what is quite possibly the only privately owned, full-service Olympic-style training center on earth. As was his original goal, the ALTIS Training Center is a self-sustaining entity designed to stand the test of time.



**John Badovanic:** John grew up in Sacramento and graduated from Jesuit high school before attending Cal and UC Davis. John had a very successful high school and collegiate throwing career, competing in shot put, discus and hammer throw culminating with being a Junior National Champion in the hammer throw in 1998. Badovanic has been a track coach for fifteen plus years as both a volunteer and a paid coach at the high school and junior college levels where he has coached at least 15 high school and junior college state meet finalists. Badovanic also competed as an Olympic weightlifter for 3 years and has been a certified Olympic weightlifting coach for more than 10 years. He has also worked as a personal trainer for 13 years, training all levels of athlete and age groups.



**Jim Caccavo:** Caccavo is the throws coach at Pittsburg High School, Pittsburg California, and has been coaching the throws for around 40 years, 30 plus years at Pittsburg High. Caccavo has coached many state meet competitors over the years including 3 state meet champions. In 1991 Mika Hilaire won the girls shot put with a throw of 45'4.5". In 2005 Alexaraee Toeaina won the girls state meet in the discus with a throw of 158'3", and in 2017 Iffy Joyner won the state meet in the men's discus 203'8". The school also has two other state throws champions in 1938 Mario Russo men's shot put of 55'5.75" and in 1949 John Henry Johnson won the discus with 145'2".

As a throws coach Caccavo realizes it has been a continuous learning process, and is still learning every day.

# Special Topics



**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.



**Dr. Amol Saxena:** Saxena is a Podiatrist specializing in Sports Medicine and Surgery at the Palo Alto Medical Foundation. Saxena has been in practice since 1989, and joined the Dept. of Sports Medicine in 1993. In addition, he's been a runner since 1972 and became interested in sports medicine due to his experiences being treated as a collegiate runner at Washington University in St. Louis. (*Podiatrists were getting runners back running, not telling them to stop!*) A noted author and clinician, Saxena has treated almost 100 Olympians and had 4 medalists in the last Olympics while serving as the consulting Podiatrist for the Oregon Project and Oregon Track Club

**USATF-Pacific Annual Coaches Committee informational meeting during lunch in room 101 (*sprints-hurdles rm*)  
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.pausatf.org](http://www.pausatf.org) and click on coaches under the services sub-header**

## 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 requirement before their club's membership will be approved and activated in the USATF system from 2016 and beyond.

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

**Sat, 10 February** after the Youth Committee Spring meeting at Freedom HS, Oakley (*nr. Brentwood*)

**Sun, 11 February** during Official's Clinic at Serra HS, San Mateo

Officials and coaches may also complete the SafeSport training on line (*allow 3 hours with exam questions interspersed*).

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

## Upcoming Youth-HS events <https://www.pausatf.org/youth/>

**Sat, 10 February:** 10:00am-12:00noon - Youth Committee Spring Meeting at Freedom HS, Oakley, in the Home Team room, behind bleachers

**9-10 June:** Pacific Association Championships, site TBA

**23-24 June:** Pacific Association JO Qualifier (*to region 14 meet*), site TBA

**7-8 July:** Region 14 JO Qualifier, (*to National JO's*) Fresno Pacific University

**23-29 July:** Hershey Junior Olympic Championships in Greensboro, NC  
(*athlete must not turn 19 year of age before last day of competition*)

**8 December:** National Junior Olympic Cross County Champs, Rancho San Rafael Reg. Park, Reno

**July 2019:** National Junior Olympic T&F Championships, Sacramento State