

# Clinic Presenters

## Endurance



**Peter Thompson:** "Fifty years a coach" is meaningless, if you've been doing the same thing each year but Peter Thompson has been coaching athletes and coaching coaches since 1968, making practice and learning innovative, interesting, involving and amusing. He has coached multiple National (UK) High School Champions, USATF and NCAA National Champions and athletes who have competed in the Olympic Games and IAAF World Championships in Track & Field, Cross Country and Road. His athletes have set 6 world records.

Peter Thompson has been recognized as the global *Event Group Editor for Endurance* for the IAAF and in 2006 was appointed '*European Endurance Leader*' by the European Athletics Coaches Association. He is the author of numerous articles and books.

Peter returned to the USA in 2011 and lives in Eugene, Oregon where he coaches the *Spirit of Oregon* team. Thompson is also co-Founder of USATF Coach Education in 1982, former Director of IAAF global coaches education and innovator of *New Interval Training*, *Lactate Dynamics Training* and *Biokinetics*.



**Warren Mills:** Coach Mills began his teaching and coaching career at Bellarmine-Jefferson High School in Burbank, CA before moving to Truckee High School and the following year to North Tahoe High School where he continued as Head Coach in both Track and Cross Country. He retired from teaching in 2010 but has continued coaching Cross Country.

During his time at North Tahoe, his boys teams won twenty-two Nevada State Championships, including 8 consecutive years from 1991 to 1998 and 7 consecutive years from 2012 to 2018. They hold a Nevada State 3A record of winning with 15 points in 1996 and a 2A State record of 17 points in 2013. The girls have won 12 Nevada State Championships and hold a State record of winning with 16 points in 2018.

Coach Mills has been named "Coach of the Year" on numerous occasions, including honors by the National H.S. Athletic Coaches Assoc.; the National Federation of High Schools, and most recently by the US Track & Field and Cross Country Coaches Assoc. Mills was named a Mentor Coach for the State of Nevada in 2015.



**Laura and Jake Schmitt:** Laura and Jake Schmitt have been coaching Redwood High together since 2010, Laura since 1986. Jake became Marin County's first Cross Country State Champion in 2005. In 2013 Fred Huxham became Marin County's first ever Champion on the track, winning the CIF 3200m in 8:53. Most notably is their guidance of Liam Anderson, the 2018 NXN Champion. Liam's high school career has been a well-crafted progression from a 15:49 freshman Woodward Park campaign, to a 2016 runner up State Meet finish as a Sophomore, State Championships in both 2017 and 2018. On the track he has progressed methodically earning a 2018 State title in the 1600m as a Junior and leads the state in both the 1600m and the 3200m with a 4:09 and a 8:52.

Laura and Jake's philosophy is centered on steady progression with a goal of a successful collegiate careers followed by life long running. Redwood athletes are currently competing at University of Washington, UCLA, Dartmouth, Princeton, UConn, Santa Clara, Cal Poly, with Anderson headed to Stanford in the fall.

## Sprints and Hurdles



**Linda Lanker:** Linda Lanker is into her 40th year as a hurdle/sprints coach. She was an All American and National Champion in 1974 in the 100 and 400 Hurdles. She currently is assistant coach at Spokane Community College and Coeur d Alene High School. Linda has coached 16 State High School Champions in the hurdles and 52 NWAC Junior College All Americans. She has been appointed to 6 USA Jr. and Sr. Teams, twice as Head Coach. She is a 5 time Coach of the Year and was inducted into the 2016 Washington State Coaches Hall of Fame and the 2018 CCS Team Hall of Fame.

Linda's main coaching philosophy is "If your athletes know you care about them and their well being first and foremost, then they will realize their maximum potential and as a result you will maximize your potential as a coach!"



**Dr. Jamal Cooks:** Jamal Cooks, Ph.D. is the Director of Cross Country and Track and Field at Bishop O'Dowd High School in Oakland. He specializes in sprints, hurdles and jumps. For 20 years, Dr Cooks' boys and girls teams have won over 30 league titles, 20 section titles, and has placed in the top 7 in the past three years at the CIF State Championships. Students coached by Dr Cooks include Tierra Robinson Jones (Texas A&M), KaRa Awakoaiye (Howard University), Carl Horsley (Cal State Northridge) Kenny O'Neal (Florida State) and Garry Jones (USC).

Dr Cooks, a past Eastbay Coach of the Year Award recipient, and speaks at coaches clinics about the mental, physical and emotional aspects of developing youth and high school student athletes. Dr. Cooks is USATF Level 2 certified in sprints/hurdles/relays and in jumps. Dr. Cooks' unique style combines an emphasis on attention to detail, focus on fundamentals, and dedication to bringing out the best in each and every student athlete.



**Dr. Al Biancani:** Al Biancani is currently the head strength and conditioning coach for the Chinese Women's National team, and held the same position for the 17&18 and Under Boys and Girls Chinese National teams. Biancani was the head strength and conditioning coach of the NBA's Sacramento Kings for 18 seasons and was also the strength coach with the WNBA's Sacramento Monarchs who won the 2005 Championship. Biancani is the former head track and field coach at California State University, Stanislaus (1976-82), where his athletes garnered 86 all-America awards.

As strength and conditioning coach, he is responsible for developing and monitoring the club's weight training and aerobic conditioning programs, while working closely with the training staff and doctors in monitoring player injury rehabilitation.

# Jumps



**Jeremy Fischer:** Fischer is currently the program director at the Olympic Training Center in Chula Vista, CA. He has coached at the youth, high school, collegiate, and international level. He also works with Paralympic athletes. Jeremy has coached collegiately at California State University, Northridge and the University of Oklahoma. He has been a three-time NCAA Mondo regional coach of the year and recognized as America's top jumps coach.

Jeremy is a level 3 certified coach in USATF, Level 5 Coach by the IAAF, and is the current lead jumps coach for USATF Coaches Education. He has coached Olympic Medalist, Paralympic Medalists, World Champions, National Champions, and State Champions at every level including Will Claye, Brittney Reese, Jamie Nieto, Jeff

Skiba, and Paralympian Lex Gillette.



**Amy Acuff:** Amy Acuff is a 5-Time U.S. Olympian in track and field (high jump) with a personal best of 6'7" (2.01m). She placed fourth in the Athens Olympics in 2004 and was a seven-time world championship finalist. She won six USA Outdoor championships. Acuff founded Winning Edge Apps in 2012 with a mission to help athletes improve human performance through technology. MADE Athlete, a holistic enterprise software solution targeting the needs of high performance athletes, reflects her lifetime of domain expertise at the intersection of sports, health, and technology. Acuff is not only driving the vision of the technology, she is also constantly writing code with a strength in iOS development.



**Derrick Bell:** Bell began coaching track in Menlo Atherton in 1983, starting a lifelong profession. His first state champion, a female high jumper came in 1990. Following in 1991, the same athlete returned to State to take 2<sup>nd</sup> place.

In 1992, Derrick moved to Bellarmine College Preparatory, a school famous for their athletics and Jesuit history. At Bellarmine, Derrick continues to coach and educate the whole person, also coaching Bellarmine's sister schools and a few athletes in private lessons. In 2008, Coach Bell's former track star took him to the Olympic qualifying rounds in Eugene Oregon; a career highlight. Amber Kaufman, ranked 24<sup>th</sup>, made the finals, before finishing 12<sup>th</sup>. When asked about his 30-year career, his response: "When you love what you do, the years don't

seem that much. My main goal is to get my kids to the next level. With that, it's great to see them when they return from college."

Accomplishments include: 18 WCAL team titles, 6 athletes placing in State meets, 10 CCS Team titles 10 Individual CCS Champions.

# Throws



**Adam Nelson:** Adam Nelson has been involved with strength and conditioning as an athlete and a coach for almost 30 years. At the 2000 Olympic Trials in Sacramento, Adam set a new Trials record in the shot put establishing himself as a favorite for the Sydney Olympic Games. In Sydney, Adam won the silver medal missing out on the gold by less than 3 inches. That loss solidified Adam's decision to continue training for the 2004 Olympic Games and, ultimately, led to a 12 year career as a professional shot putter. In the following decade Adam continued to lay a path of excellence unmatched in the throws in almost 50 years, not missing a final or finishing lower than 2<sup>nd</sup> at a major championships until an injured Nelson competed in the 2008 Olympic Games missing out on his first finals.



**Matt Eckman:** Coach Eckman has coached at Rocklin HS for 21 years as the Head Track and Field Coach and Throws Coach, In addition, Eckman has been a lead instructor for rotational shot put at the Ironwood Throws Camp for 15 years, and 11 years an instructor for the ALTIS/John Godina Throws Camps and Clinics.

"I am truly lucky to have worked with some amazing coaches and throwers from all levels of competition. From world class Olympians to elementary school students, one thing remains true: Throwers are a unique group of athletes who are always exciting to coach. I look forward to sharing my experiences with you."



**Andre Berg:** Berg has taken the Lincoln throws program that before lacked the consistency and dedication, and instilled the "work hard, play hard" mentality that would be contagious for the years to follow.

Berg was asked to come on board the coaching staff as a throws coach just prior to becoming a full-time teacher. He spent countless nights researching techniques and drills.

At the conclusion of his third year, Lincoln sent 9 SJS section qualifiers and 4 masters qualifiers in the throws. Additionally, over a three year span, the throws group has averaged between 25 and 30 throwers each season.

# Special Topics



**Ryan Carr:** Ryan currently works with Barton Performance by ALTIS in South Lake Tahoe as the Performance and Wellness Coordinator. Prior to Barton Ryan was a performance coach at Seton Hall University where he earned his masters degree in Sport Psychology. Carr also worked as the head strength and conditioning coach at Iona College in New Rochelle, NY and served as a Strength Coach at Princeton University. Prior to Princeton, Carr was the Assistant Strength and Conditioning Coach at University of Hartford from 2006-2010. A 2006 Hartford graduate, he earned his bachelors degree in exercise science, was a four-year starting goalkeeper on the men's soccer team and was selected to the Major League Soccer combine in 2006.

**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!**



## 2018 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), Walt Lange, (Jesuit HS), Kirk Freitas (Chico State), Ed Parker (Millbrae Lions TC), Darrell Hampton (Oscar Bailey TC-Berkeley HS), and Willie White (Berkeley HS, Berkeley East Bay TC and Cal State Hayward), and Will Pitman (3M Youth TC).*



## Lee Webb – James Logan HS and Mission Valley TC

It is the Pacific Association Coaches Committee's honor to award Logan High School and Mission Valley TC coach Lee Webb the 2018 Legacy Coach of the Year Award for his decades of service to our sports in the Pacific Association.

Growing up in Boise he participated in a variety of sports including Cross Country, Football, Basketball, Wrestling, Baseball, Golf and Track and Field, and was All-State in Football, Basketball and a 4-time Track and Field State Champion. Coach Webb continued on to Southern Oregon State University where he played Football, Basketball and Track and Field where he was a 3 time All-American in the decathlon.

After his junior year at Southern Oregon Lee and his family moved to Ontario Oregon where he began his coaching career at Treasure Valley College. Lee transferred to Oregon State University where he graduated and was All-Pac 8 Champion in the decathlon. Webb trained for the Olympic Trials in Corvallis where he also coached at South Albany High and Oregon State University under Frank Morris. Out of college Lee formed the Oregon Striders Track and Field Club which produced many All-Americans. The next year Coach Webb went to

Scottsdale, Arizona where he coached for one year at Scottsdale Community College year again producing many All-Americans.

Out of college, Lee was drafted by the Seattle Seahawks, and he also qualified for the Olympic Trials in the Decathlon and Javelin.

Brought onto Logan's staff in 1984, Coach Webb immediately went to work promoting and building the sport. After 35 years of work Lee Webb retired in 2017 as a coach without parallel in California, if not the nation. Coach Webb's dedication to the Cross Country, Track & Field programs, student athletes, and to the Union City community is unmatched. His numerous coaching accomplishments and the sheer number of medal-winning athletes he has trained and mentored are testament to the life-long positive impact he has made on countless student athletes over his decades at Logan.

One of Lee's legacies was the founding of the Willie Davenport Olympians Clinic which is the largest learn-by-doing Track and Field clinic in the nation featuring many Olympians each year.

Lee is also the founder and president of the Mission Valley Track and Field Club which has produced 517 All-Americans and hosting monthly track and field clinics covering all events and running summer camp sessions each summer.

While at James Logan Coach Webb has served on three international USATF teams. The first was the NACAC team which included Olympians Lolo Jones and Wallace Spearman and produced a record number of medals for the USA. In 2011, Webb was the World Youth Jumps coach, and in 2013 Coach Webb was chosen as Head Coach of the World Youth Team which competed in the Ukraine. Webb has been selected to represent another USATF team in 2019 and is waiting for his assignment.

Webb has been inducted in numerous Hall of Fames including: Hampton/Phillips Hall of Fame, Arcadia Hall Of Fame, Sacramento MOC Hall of Fame, California Coaches Hall of Fame 2 times, Southern Oregon State Hall of Fame for Track and Field and Football, Multi-Ethnic Hall of Fame, James Logan Hall of Fame, Brooks Inspiring Coach Hall of Fame and Olympians Hall of Fame, along with being chosen the Logan Teacher of the Year in 2005.

Coach Webb's many accomplishments over his years at Logan are impressive: National Championship teams: 5; National Runner Up teams: 4; State Championship Teams: 2; North Coast Section Champions (Boys and Girls): 53. Individuals: National Champions: 40; National Records set: 34; State Champions: 36; North Coast Section Champions: 253.

At the 2012 Olympic Trials James Logan Track and Field had 12 alumni vying for a spot on the Olympic team. The most any high school had previously was 5. In 2004 the James Logan Track and Field Team was recognized as the greatest team-girls and boys in the history of High School Track and Field. The team is still recognized as the best in US history.

Lee has coached seventeen athletes onto the professional sports ranks and has mentored an impressive thirty-eight on who have become coaches themselves. Most notable is successful hurdler Keven Craddock, who has taken over Lee's track and field program at Logan.