

Clinic Presenters

Endurance



Scott Christensen: As the boys head cross country and head track coach at Stillwater High School in Minnesota since 1981, Stillwater has won thirteen state titles and has been ranked nationally nine different years in the USA Top 10 high school rankings. In 1997 Stillwater was named the National High School Champions in cross country, and in 2011 Stillwater ran at Nike NXN Nationals as a team and has sent individuals in other years to NXN. Since 2003, four different Stillwater alumni have run sub four minutes for the mile. That list includes: Luke Watson, Sean Graham, Jake Watson, and Ben Blankenship. They have made a total of 11 USA National Teams including Blankenship's 8th place finish at the 2016 Olympic Games and 5th at the 2018 IAAF World Indoor Championships. An endurance instructor for USATF Levels 1, 2, & 3, Christensen is also a Level 5 instructor at the IAAF Distance Academies. Scott has spoken at more than 50 state high school track and field clinics



Michael Granville: Michael is the current head coach for Gunn High School's track and field and cross country teams. He is a Level 1 USATF coach and certified personal trainer and women's fitness specialist with the National Academy of Sports Medicine (NASM). Granville was voted to CIF's All-Century Spring team in 2015, and he still holds the national high school record in the 800 meters (1:46.45), set at the California State Championships in 1996. To date, Granville holds every high school 800 meter class record in the state of California. Granville is also the owner of the G:FIT Bootcamp, an outdoor training circuit that incorporates modalities like TRX, weights, battleropes, and jump ropes into a comprehensive training routine.



Dr. Parker Daniells: Dr. Daniells currently serves as lead faculty for the Kinesiology program at William Jessup University. Parker has been at Jessup since 2009 as a coach for Cross Country and Track & Field before becoming a professor in 2015. Coach Daniells has had great success as a coach with the Warriors with 20 Men's All-Conference Awards, 12 Women's All-Conference Awards, 51 NAIA Academic Scholar-Athletes, 3 All-Americans and 1 National Champion (Marathon). Parker's Men's team won the California Pacific Conference in 2011, 2012, and 2013 while Coach Parker was named 2011, 2012, and 2013 Men's Conference Coach of the Year. During the school year, you will see Parker with the Cross Country and Track & Field teams serving as an assistant coach in the distance events.

Sprints and Hurdles



Bryan Fetzter: During Fetzter's seven-year tenure at Univ of Virginia the program was one of only three programs in the US to rank in the top five three seasons in a row from 2014-17. The program has had 4 NCAA Top 10 finishes 4 of the last 6 years, placing a program-best third at the outdoor championships in 2017. The program produced 17 NCAA Top 25 finishes since 2012 in track and field and cross country. Overall, UVA has produced 6 NCAA champions, 101 All-Americans, including 32 first-team honorees, 54 ACC champions, 33 school records, 31 school freshmen records, 5 ACC Freshman of the Year, and 15 ACC AOY or Championship MVP's, 4 World Championship competitors and an Olympian since arriving at UVA in 2012. Fetzter has coached previously at Cal and Harvard.



Mike Gipson: The former Associate Director of Track & Field at both Cal and Sacramento State, Gipson's coaching tenure has spanned 4 decades. From 1997 to 2004 Gipson served as the Associate Director of Track & Field at Sacramento State where the men and women sprinters & hurdlers amassed 22 Big Sky Conference Championships. From 2008 to 2019 Gipson was appointed the Associate Director of Track & Field at the University of California, Berkeley. During his Cal years, the Bear's sprinters and hurdlers set 6 school records, with 11 Pac-12 Champions, 32 NCAA Championship appearances and 16 All-Americans. On the International stage, Gipson has coached athletes who competed in Pan Am Junior and Pan Am Senior Championships, Japan National Championships, Southeast Asian Games, USA Nationals, World Championships, and Olympic Games.



Will Carr: Coach Carr began his coaching career in 1980 at John F. Kennedy High School, and has been coaching the hurdle events ever since. Carr has enjoyed success through the years with a number of outstanding hurdlers, most recently Maclean Conner (Pleasant Grove High School) who was the 2016 Sac Joaquin Section Division 1 110HH champion in 14.19. That same year Conner finished 3rd in the 300 meter intermediate hurdles at the CIF State Track and Field Championships. Following stints at Valley High, Laguna Creek, Florin, and Sacramento City College, Carr has served as the hurdle coach at Sheldon High School since 2011.

Jumps



Dave Anderson: Currently the TF and Cross coach at West HS in Centerton, Arkansas, Anderson has coached 27 State Championship teams and 31 State Runner-Up Teams in track and cross country. He was the Louisiana Sportswriters Association "Coach of the Year" 4 times and a nominee for National Federation of High Schools "National Coach of the Year" twice. Inducted into the ARK-LA-TEX Track and Field Hall of Fame, he is the only coach in the history of Louisiana Class 5A to win State Championships in Boys Cross Country, Girls Cross Country, Boys Track, and Girls Track. In 20 years at Ruston, Louisiana HS his athletes established 39 out of a possible 42 School Records & has coached at least 1 State Champion in every Track and Field event. He has coached six High School National Champions. Nine of his former Ruston High track/football athletes went on to play in the NFL including former LSU Tiger and Buffalo Bill Pro Bowler, Kyle Williams. Five of his athletes competed internationally representing USA Track & Field in Canada, Cuba, Finland, Australia, & Italy.



Bob Olsen: Bob competed at Hayward State and was a two-time All-American with a best mark of 16'8" in the pole vault and was second in the NCAA Division II National Championships in 1979. He competed on the international circuit with a personal best of 17' 8.75". Olsen was the Norwegian National pole vault coach in 1983. In 1995 Olsen was the Masters National Champion and placed second in the Masters pole vault in 2010, with a second place in the Masters World Championships at Sacramento, CA in 2011. Olsen was the pole vault coach at UC Davis for 6 years, coaching a National Champion and an Olympic Trials qualifier in the women's Pole Vault. Olsen has coached 30 plus years at the highest levels with Brent Burns 18'10" finalist in the 1996 and 2000 Olympic Trials. He is presently the pole vault coach at College Park High School in Pleasant Hill.

Throws



Mike Hambrick: Coach Hambrick currently lives in Sparks, Nevada via Pittsburgh, Pa. Hambrick coached the throws at Slippery Rock University and at North Allegheny Senior High school in Pittsburgh, producing 16 Pennsylvania state champions with All Americans in all five throwing events plus seven national champions. While competing at Slippery Rock University, Hambrick placed 8th and 10th at NCAA D2 nationals in the discus. In later years he earned 15 Masters National Championships in the discus, weight, and super weight. He also achieved Masters All American status in the Hammer and Weight Throw in 2019 after a 15 year hiatus from throwing. Hambrick was a high school counselor for 23 years before retiring to Nevada in 2018.



Jeff Magley: Coach Magley is entering his 2nd season as the Head TF and Cross Coach at William Jessup University. In his first season at Jessup, the Warriors had their first individual National Champion in school history, two All-Americans, and broke 22 new school records and had the highest team finish at their conference championship in school history. Prior to his arrival at Jessup, Coach Magley was the Director of Track & Field and Cross Country at Sacramento State for three years and an assistant for the Hornets for 10 years prior to taking the reins as the head coach at Jessup. During his tenure at Sacramento State, the men's and women's teams won 19 Big Sky Conference team titles and Magley coached the throwers to over 40 NCAA National Championship appearances and over 20 individual Big Sky titles as well as rewriting the school record books.



April Smith: Smith completed five years as throws coach at Fresno State. In her first year at Fresno State she had two Mountain West All Conference athletes, plus three first round national qualifiers (2 discus throwers & a javelin thrower) during her tenure. During Smith's 13 year career at Appalachian State, Smith coached 22 regional qualifiers, 10 national qualifiers and one Olympic Trials qualifier. Arguably her greatest personal accolade was in 2006 when Smith was named the NCAA East Region Women's Throws Coach of the Year. Smith also brings experience as a coach from the highest level, having been a member of the United States Track and Field coaching staff for the Junior Pan American Games in 2013.

Special Topics



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.



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. He serves as a Training Intelligence Specialist for PEAR Sports and is on the Coaches Advisory Board of Lumo Run. Certified by the Int'l 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.



Cade Jones: Jones serves as a Performance Coach and Certified Strength and Conditioning Specialist with Altis at the Barton Center for Orthopedics and Wellness in So. Lake Tahoe, working with athletic and general population clients as well as postoperative individuals. Additional duties include the role of Internship Coordinator and assistant to Nick Ward, Performance Director. Jones has worked with MLB, MiLB, MLS, NFL, USA softball athletes as well as youth and developmental athletes in soccer, softball, baseball, golf, tennis, and cross country. Prior to Rapid Sports Performance, earned a MS in Health and Human Performance from Georgia College and State University under Dr. Mike Martino while serving as a Graduate Assistant with 5 sports teams.



Peanut Harms: It would not be an understatement to say that Coach "Peanut" Harms has been a decorated coach at every level of Track & Cross Country. Whether it was being the Olympic Coach for Nigeria, USA National XC Coach (twice), collegiate coach at UC Davis & Foothill College, or at El Dorado HS Coach, "Peanut" has experienced success at every level. Numerous Coach of the Year honors at all levels are joined by being named 2013 California Coaches Association Boy's Track Coach of the Year and 2017-18 NFHS California Boys and Girls XC Co-Coach of the Year with his wife Tena. Their EDHS XC teams have qualified for the State Championship 10 years in a row. Business successes include co-creating the Team Sports Division for Reebok, developing the CIF/Reebok Sponsorship Program, relaunching the Hind Apparel Brand, reformulating Pacific Coast Sports (PCS) Team Uniforms, and initiating Hoka One One performance marketing. As an athlete "Peanut" was an All American 800m runner at UC Davis where he held 7 school records and is a member of the Aggie and Sacramento Running Association's Halls of Fame.

**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!**



2019 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), Will Pitman (3M Youth TC), and Lee Webb (Logan HS-Mission Valley Youth TC).



Ken Grace - Chabot College, Hayward

It is the Pacific Association Coaches Committee's honor to award Chabot College Coach Ken Grace Legacy Coach of the Year Award for his decades of service to our sports in the Pacific Association.

Ken Grace started coaching track and field at Chabot College the spring of 1980 while finishing his master's degree at Stanford. In the fall of 1980 Ken began teaching at Las Positas College (then called Valley Campus) and began his career as a cross country coach at City College of San Francisco. While at City College of San Francisco Ken annually hosted the Lou Vasquez Cross Country Invitational in Golden Gate Park. One year, Olympic Coach Dr. Joe Vigil was brought in to present a free clinic on distance training to all interested coaches the night before the meet. While at CCSF Ken was named 1992 California Community College Coach of the Year in Cross Country and in 1995 the California Community College Coach of the Year in Track and Field. From 1993 thru 1995 Ken

represented the California Community College Track and Cross Country Coaches as President at all the CCCAA Intercollegiate Athletic Association forums. In 1994 Ken was named the distance coach for the winning West Team for the USA Olympic Festival in St. Louis, MO. In 1996 Ken was the Assistant Supervisor of the warm-up track (Cheney Stadium) for both USA Olympic Trials and the Olympic Games in Atlanta. In 2000 and 2004 Ken supervised the warm-up track at Hornet Stadium in Sacramento for the USA Olympic Trials.

In 1985 Ken became as certified USA Track and Field level 1 coach and the following year became a level 1 lead instructor. Since 1996 Ken, along with Dr. Dave Shrock, have hosted a Level 1 Coaches School at Chabot College. To date over 1200 coaches have gone through their schools. In 1992 Ken became a certified level 2 coach in both the jumps and endurance. In July of 1995 Ken changed positions and became the Dean of Athletics and Physical Education at Chabot College. During this time, until 2010, Ken hosted the Chabot College Summer All Comer's Track Meet Series. In the Fall of 1998, due to an administrative restructuring at the district, Ken returned to the classroom as a teacher and to the track as a coach. Grace said "It was the greatest move that ever happened to me".

As a teacher/coach, Ken takes great joy in seeing people improve and succeed. In fact, Ken relates that in forty years of coaching he only had three people not improve...and of the three one was sick and when we corrected the ailment, she got back to where she was. During his time Ken has coached numerous conference, NorCal and state champions at both the JC and High School levels. He has had several national champions, an Olympic Trials qualifier and a US team member for the World Cross Country Championships.

Throughout his teaching and coaching career Ken has encouraged athletes to give back to the sport. Following this philosophy here are a few of Ken's kids giving back in the coaching and teaching realm: Jim Bloomer – South Eugene High, Denise Leo – Washington High, Danny Camacho – Balboa High, Lisa Lopez – Antioch High, Michael Smith – Silverado High, Dino Antonio – Balboa High, Adam Luccarelli – City College of San Francisco, Kyle Robinson – Chabot College, Paul Castle, Michelle Noeth – Los Altos, Kevin Stang – Dublin High, Michael Taylor – Kentfield, Matt Omelagah, Ben Greenbaum – Moreau High & Chabot, Ben Vose – Washington High, Evangela Dixon – Chabot College, Moni Singh, Don Aguiar – Ponderosa High, Jadhvi Bolds – Mission San Jose, Saul Raygoza – Rio Linda, Abe Espinoza – Rio Linda, Willie Latin – Chico High, Nate Moore, Quincey James, James Jackson – Dublin High School.

These are just a few of the people Ken is most proud of.