

REGISTRATION FORM

Bridging the Gap from Youth to Olympian



Track & Field Clinic for
Coaches, Athletes & Parents
March 5, 2005 7:00am - 5:00pm
MidAmerica Nazarene University
Please Print & Fill In All Info Below and Return

Name: _____

Coach _____ Athlete _____ Parent _____

Address: _____

School: _____

School Phone: _____

Home Phone: _____

E-Mail: _____

I will participate in the drills in the sessions I attend:

YES _____ NO _____ T-Shirt Size: _____

Registration: \$75 for Coaches & Parents \$40 for Athletes! All On-Site Registration is \$10 additional.

Schools that have 10 or more athletes, coaches and parents register will be charged \$60 for coaches & parents and \$30 for athletes.

NOTE: Kansas T & F Athletes are not permitted to attend due to KSHSAA rules. Athletes from all other surrounding states may!

Clinic Notes to those registered by March 1st!

Send Checks Payable To:

BROCAW BLAZERS

13663 S. Locust

Olathe, KS 66062

For More Info www.trackandfieldclinic.org

Coach David Ramsey (816) 365-7938

(Detach and Mail)

CLINICIANS & STAFF

All clinicians were selected because they are positive role models and have a unique ability to communicate their knowledge in their area of expertise in Track & Field to both athletes and coaches.

Andy Bloom - Shot Put & Discus; 2000 Grand Prix Final Shot Put Champion, 2000 Olympian, 3-time US National Indoor Shot Put Champ, NCAA Champ in both shot put and discus, PR's: Shot - 71'7" & Discus - 224'7"

Shelia Burrell - Sprints, hurdles and jumps; 4-time USA National Heptathlon Champion, 2002 World #1 Ranked Heptathlete, 2001 World Championship bronze medal, 2000 & 2004 Olympian, 3-time National Heptathlon Runner-up, PR's: 100H - 13.05; HJ - 5'8"; SP - 47'3"; 200m - 22.92; LJ - 21'2"; JT - 165'; 800m - 2:10.11; Heptathlon - 6472 pts

Andy Downin - Middle Distance; 2001 USA National Outdoor 1500m Champion, 2001 US World XC Team, PR's: 1500m - 3:36.70 & Mile - 3:56.25

Dr. Milton Dowty - Chiro+Plus Kinesiology Developer. He is an expert on athletic injuries and their care and prevention.

Matt Hemingway - High Jump; 2004 Olympic silver medalist, 2004 Olympic Trials Runner-up, 2000 USA Indoor champion, 2002 & 2003 USA Outdoor Runner-up, 2003 World Championship Team, PR: 7'9.75"

Randy Huntington - Sprints, Hurdles & Jumps; Master Jumps Coach, Former USA Olympic Training Center T&F Coordinator, Coach of both Mike Powell and Willie Banks when they set World Records in the LJ & TJ respectively.

Scott Lofquist - NLP Trainer and sports psychology expert. Still holds the University of Arkansas shot & discus records.

Jason Pyrah - Middle Distance; 1996 & 2000 Olympian, 1997 & 2000 US Indoor Mile Champion, 1995 Pan American Games bronze medalist, Masters Degree in Nutrition, PR's: 1500m - 3:35.21; Mile - 3:55.14; 800m - 1:46.62

Scott Raczko - Middle Distance; HS and Pro Coach of Alan Webb.

Kathy Rounds - 400, 800 & Heptathlon; 1997 & 1999 World Championship Team Qualifier, 1997 USA National 800m Champion, PR's: 800m - 1:59.28 & 400m - 52.70

Scott Russell - Javelin; Canadian Javelin Record Holder, 2003 Canada World Championship Team, Collegiate Record 35# Weight Throw, 2002 NCAA Javelin & Indoor Weight Throw Champion, PR's: Javelin - 267'11" & 35# Weight - 81'1.5"

Toby Stevenson - Pole vault; 2004 Olympic silver medalist, 2004 Olympic Trials runner-up, 2004 USA Indoor champion, 2003 Pan Am gold medalist, 1998 NCAA champion, 2000 NCAA runner-up, 2000 Pac-10 Outdoor champion, PV PR: 19'8.25"

Brian Wellman - LJ & TJ; 1992, 1996 & 2000 Olympian, 1995 World Indoor TJ Champion, 1995 World Outdoor TJ Runner-up, 1992 Grand Prix Finals Champion, Two time NCAA TJ Champion PR's: Triple Jump - 58'1.5" Long Jump - 25' & High Jump - 7'

Gwen Wentland - High Jump; 2003 World Championship Team, 2002 & 2003 USA Outdoor Runner-up, 1995 NCAA Runner-up, 2002 Team USA World Junior Championships Coach, High Jump PR: 6'5"

CLINIC SESSION SCHEDULE

7:00-8:15 - CLINIC CHECK-IN

8:15-8:25 - OPENING COMMENTS

8:30-9:25

Session One - Strength Training For Track & Field Athletes

Session Two - 800m - 3200m Training - Part I (Youth & Jr. High)

Session Three - Sprint Mechanics & Training - Part I

9:30-10:25

Session One - Shot Put - Part I

Session Two - Sprint Mechanics & Training - Part II

Session Three - Racing Tactics for 800m - 3200m

10:30-11:25

Session One - Shot Put - Part II

Session Two - 800m - 3200m Training - Part II (HS - College)

Session Three - High Jump

Session Four - Long Jump

Session Five - Pole Vault - Part I

11:30-12:25 - LUNCH IS SERVED

12:25-1:25

Session One - Discus - Part I

Session Two - Hurdles

Session Three - Triple Jump

Session Four - Pole Vault - Part II

Session Five - Form Analysis and Biomechanics for Runners

1:30-2:25

Session One - Discus - Part II

Session Two - 400m & 800m Training

Session Three - Prevention and Treatment of Athletic Injuries

2:30-3:25

Session One - Training Your Mind to Be a Better Athlete

Session Two - Technological Advances Utilizing HyTek, Finish Lynx, Dartfish & Omega Wave

Session Three - Javelin

3:30-4:25

Session One - Rules Interpretation for KS, MO, NE & Iowa

Session Two - Roundtable Discussion/Autograph Session - From Youth to Olympian "Anything You've Ever Wanted to Ask a World Class Athlete or Coach!"

4:30-5:00 - Closing Comments & Prize Drawings

www.trackandfieldclinic.org

REGISTRATION INCLUDES

Topics to include correct technical and skill development by using drills for enhancing the following Track & Field areas; Shot Put, Discus, Javelin, Pole Vault, High Jump, Long Jump, Triple Jump, Hurdles and Sprint Mechanics.

All proceeds from the clinic will go to support youth athletics and provide training stipends for clinicians.

Iowa, Kansas, Missouri and Nebraska Track & Field rules interpretation meetings.

Prize drawings from national and local sports vendors.

Ability to interact with world class athletes and coaches.

A super lunch with world class athletes and coaches.

Great menu of topics for coaches, athletes and parents.

Clinic notes for all participants registered by March 1st.

First 200 participants registered get free clinic T-Shirts.

Participants will also have the opportunity to familiarize themselves with new T&F technology including Dartfish, Finish Lynx, Hy-Tek Meet Manager and Omega Wave.

DIRECTIONS TO THE CLINIC

MidAmerica Nazarene University is located just south of Kansas City in Olathe, KS, just east of I-35. From north or south on I-35, take the second Olathe exit which is Highway 150 or Santa Fe. Go East on Santa Fe. At the first intersection, which is Clairborne, go south (right) to College Way (approx. 8 blocks). Go east (left) at College Way. After arriving at the campus, turn south (right) on S. Lindenwood Drive. Turn left into the first parking lot in front of the Cook Center where the clinic will be held.

SPONSORS INFORMATION

GTM Sportswear - www.GTMSportswear.com

Chiro + Plus Kinesiology - www.cpkusa.com

Garry Gribble's Running Sports - (816) 822-0440

Holiday Inn - www.holiday-inn.com/olatheks

Rapid Results Systems - www.rapidresultssystems.com

D & B Print Shop – (913) 782-6688

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