

Acalanes High School
***Sports Basement's
Starters Clinic
Track and Field Clinic
For Coaches and Athletes***
January 9th, 2010

Acalanes High School

Fee: \$20 pre-registration \$20.00 Day of (Checks Payable to Acalanes High School)

9 am -4 pm (Registration 8 am – 9 am)

Lunch Provided

Long and Triple Jumps

Ed Miller — Multi/Event Coach, University of California, Berkeley

Relays and Sprint Team Development

Jay Lawson— Head Track and Field Coach, St. Mary's High School, Berkeley

High Jump

Jeff Rogers— Assistant Track and Field Coach, St. Mary's High School High Jump, Long and Triple Jumps

Hurdles

Joe Stocking — Assistant Track and Field Coach, Granada High School, Hurdles

Distance Events

Chuck Woolridge— Head Track and Field Coach Campolindo High School

Tad Beach— Cross Country / Track and Field Co-Head Coach Acalanes High School

Helen Lehman-Winters Head Track and Field/Cross Country Coach, University of San Francisco

Pole Vault

John Kwan— Assistant Track and Field Coach, Acalanes, Pole Vault

Brent Burns— Brent is the State Meet Record Holder in the Pole Vault and the second highest high school 17'8 1/2

Special Guest Speakers

John Rankin: Former UCLA Miler, alternate on 2008 Olympic Team and a 3:52 Miler and long term goal 2012 Olympics

Tim Bayley: Currently sponsored by Puma, a 1:46 800 and a 3:58 Mile. Goal is the 2012 Olympics

Starters Clinic

***Put on by Manny Myers and Bernard Stephens (two MOC Starters)
Learn to start...increase the number of starters for league, relay meets all following the same mechanics.***

9 am to 4 pm January 9th 2010

Acalanes High School