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 To register call 800-556-7464 or fax 800-682-6950 or online mfathletic.com (under camps and clinics)
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Your Name (please print) _____ Phone (____) _____ E-Mail _____
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 Indicate if you coach: H.S. _____ College _____ Middle School _____ Your Shirt size (circle): S M L XL XXL
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 Name _____ E-Mail _____ Shirt size (circle): S M L XL XXL
 Name _____ E-Mail _____ Shirt size (circle): S M L XL XXL
 Name _____ E-Mail _____ Shirt size (circle): S M L XL XXL

Enclose Check, School P.O. or use MasterCard, Visa, Discover and Amex. Cost is \$85.00 per person (\$99.00 at the door):
 Credit Card # _____ Exp. Date _____

Make hotel reservations by calling the Taj Mahal 800-825-8888. Room rates \$69/Night (single or double occupancy).
 Indicate Group Code BTRAC11 to receive our group rate for 12/14/11 and 12/15/11 (per space availability)
 Deadline for hotel reservations is 11/29/11. After that date, reservations accepted on availability basis only, subject to prevailing rate.
 Note: Clinic refunds deadline 12/1/11.

U.S. All-Star Track & Field and Cross-Country CLINIC SCHEDULE

★ SCHEDULE FOR THURSDAY, DECEMBER 15

8:00 am	Registration Opens	Outside Ballroom A
9:30 am	Aaron Moser	Pre-Conference Special – (LBD) Practical Training
10:30 am	Visit Exhibitors	
11:00 am	Steve Dolan	Developing Distance Runners Potential (LBD) Hurdle Technique & Drills
	Loren Seagrave	Long Jump Technique (On Your Own)
12:00 am	Lunch	
1:00 pm	Scott Christensen	Profiling & Prepping HS Milers
	Davian Clarke	Coaching 400m
	Greg Hull	Pole Vault “Ground” Essentials
	Ty Sevin	Javelin Technique
	Gene Dall	(BEP) Building a Winning T&F Program
2:00 pm	Visit Exhibitors	
2:15 pm	Steve Dolan	Developing the Right Distance Culture
	John Henry Johnson	Developing Sprint Acceleration
	Frank Costello	High Jump Technique
	Susan Seaton	Rotational Shot Put Progressions
	Terry Oehrtman	(BEP) Practical Ideas for New Distance Coaches
3:15 pm	Refreshments	(Pre-Function B & C)
3:30 pm	Tim Mooney	High School Cross-Country Training
	Sharon Seagrave	Warm-up for Sprints & Hurdles
	Greg Hull	Pole Vault “In-Air” Essentials
	Rob Lasorsa	Discus Progressions
	Wayne Clark	(BEP) Sprint Relay Basics
4:30 pm	Visit Exhibitors	
4:45 pm	Distance Panel	Steve Dolan, Scott Christensen, Tim Mooney
	Loren Seagrave	Coaching Intermediate Hurdles
	Jumps Panel	Dick Booth, Greg Hull, Frank Costello
	Susan Seaton	(LBD) Rotational Shot Put Drills
	Wayne Clark	(BEP) Basic Hurdling
8:30 – 10:30 pm	Tiara Ballroom	Free Social/Libations/Dance Contest

★ SCHEDULE FOR FRIDAY, DECEMBER 16

7:00 am	Boardwalk Run	(Meet at Steel Pier)
7:30 am	Refreshments	Breakfast Pastry, Coffee, Tea (Pre-Function B&C)
8:00 am	Julie Benson	Coaching 800m
	Sharon Seagrave	Acceleration & Power Development
	Frank Costello	High Jump Drills
	Ty Sevin	(LBD) Javelin Drills
	Ralph Lindeman	Coaching Today's Generation Kids
9:00 am	Visit Exhibitors	
9:15 am	Tim Mooney	Building a Comprehensive T&F Program
	John Henry Johnson	Developing Max Velocity
	Ralph Lindeman	The Approach Run for Jumpers
	Rob Lasorsa	Glide Shot Put Progressions
	Gene Dall	(BEP) Coaching Beginning Pole Vaulters
10:15 am	Visit Exhibitors	
10:30 am	Julie Benson	Team Cross-Country Dynamics
	Davian Clarke	400m Training
	Dick Booth	Triple Jump Technique
	Susan Seaton	Finding & Fixing Throwing Mistakes
	Ty Sevin	3 Keys to Pole Vault Gymnastics
11:30 am	Visit Exhibitors	
11:45 am	Scott Christensen	Peaking HS Distance Runners
	Sharon Seagrave	Coaching Women's Hurdles
	Frank Costello	Training for the Jumps
	Rob Lasorsa	(LBD) Glide Shot Put Drills
	Julie Benson	Eating Disorders

Clinic schedule may be changed due to emergency.
 (LBD) Learn-by-Doing sessions include practical teaching methods
 (BEP) Indicates Beginning Education session

OPTIONAL REGISTRATION & CLINIC
 ★ WEDNESDAY, DEC. 14, 2011
 Ballroom A
 6:00 pm – 9:30 pm
Optional Registration
 6:00 pm – 9:30 pm
 Exhibits Open
 6:30 pm
Dick Booth
 Motivating Athletes
 7:30 pm
Loren Seagrave
 Training Ideas
 8:30 pm
Scott Christensen
 Developing an Endurance Program
 9:45 pm – 10:45 pm
Taj Mahal Welcome Party With Libations

We Offer More **FREE EXTRAS**

FREE 30th Annual All-Star T-SHIRT

FREE Pre-Conference Special Presentation on Practical Training Ideas with Aaron Moser 9:30 am Thursday

FREE Refreshments Thursday Afternoon

FREE Welcoming Party 9:45 pm Wednesday

FREE Continental Breakfast Friday

FREE Social with Dance Contest & DJ Thursday 8:30 pm

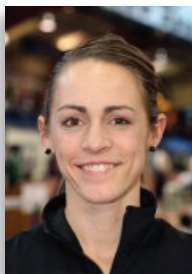
FREE Bound Notes of All Presentations

Bill Falk & M-F Athletic Present
30th Annual
U.S. All-Star
Track & Field and Cross-Country CLINIC
 Only \$85 per attendee (\$99 at the door)
 Dec. 15-16, 2011
 Plus Optional Registration & Clinic 12/14 at the Taj Mahal, Atlantic City, NJ
 Clinic Theme: **“MEAT AND POTATOES”**
 Giving You The Basics

- ★ Practical coaching information that you can use immediately
- ★ All presenters will focus on material that emphasizes important fundamentals
- ★ Sessions will include technique, drills, weight training, conditioning and more



Includes many **FREE Bonus Features**
 See Inside for Details



JULIE BENSON

Following a great career as a distance runner for James Madison, Julie coached with tremendous success at Georgetown and George Mason before joining the US Air Force Academy staff. Now USAF is rapidly moving towards the top of the NCAA. Also, she coaches Jenny (Barringer) Simpson, the US Steeple record-holder and world class runner.



STEVE DOLAN

Coach Dolan's X-C and distance runners are tearing the Heptagonals apart. Since he came to Princeton, the Tigers have dominated the Ivy League – winning championship after championship in his 8 years at the helm. You'll like Steve's presentations about developing distance runners potential and creating a winning culture.



SCOTT CHRISTENSEN

Coach Christensen combines the practical experience of 30 years coaching high school athletes at Stillwater, MN with leading the US World Championship Team at the 2008 World X-C meet. That's a great honor for this coach who has been so successful in high school. He also was the head coach for the 2003 US Junior X-C team at the worlds.



TIM MOONEY

I'm impressed by Coach Mooney's organization for his XC and track teams at Ridge HS in Basking Ridge, NJ. He lays it all out in writing – just what is expected of every team member, including obligations and rewards. Every squad member knows where he or she stands. No wonder the school has such a great record.



TERRY OEHRTMAN

Terry offers just what we are looking for in our "Meat and Potatoes" theme for the clinic. He's a veteran HS coach in Ohio who has been very successful in developing distance runners from raw beginners to accomplished athletes. Terry's BEP presentation is appropriately called "Practical Ideas For New Distance Coaches." You will learn a lot.



LOREN SEAGRAVE

No one is better at coaching sprints and hurdles! He even branched out to guide Dwight Phillips to gold in the Long Jump at the 2009 Worlds. Loren is a long-time innovator, and many of the sprint drills used today come from his ideas. Many of you have asked us to get Loren back, and we're happy he can be with us in 2011. Without doubt, Loren is a "don't miss".



JOHN HENRY JOHNSON

He's the son of Hall of Fame football player John Henry Johnson, but this offspring has made a great name coaching sprinters for 16 years at USC. He's produced 6 All-Americans for the Trojans and he's coached a host of outstanding Pac 10 sprint and relay champs. John Henry has also done an excellent job as a recruiter for USC.



SHARON SEAGRAVE

Now coaching hurdles, sprints & relays at the Univ. of Tennessee, Sharon is a combination of a former great athlete and an enthusiastic coach. She gets her audience excited about the sport of Track & Field as she dishes out helpful information. Sharon was a 2x Olympian and NCAA champ while competing for UNC and as a pro.



DAVIAN CLARKE

An all-time great! 2x NCAA 400m champ for UM; 6x All-Am. competed for Jamaica in 3 Olympics; ran 43.5 relay split for Jamaica on a World Championship team plus he was head coach of the 2010 Jamaica World Indoor Championship Team. Now he coaches sprints, hurdles, 400m & relays at UNC. Plus he's a great guy.



GENE DALL

He's a NY State HS coaching legend, Gene has led the North Rockland Red Raiders to many league, regional and state wins. He knows and understands how to take raw beginners and make them into accomplished athletes. Gene will do two sessions – one is "Building a Winning Program" and the other is "Coaching Beginning Pole Vaulters".



DICK BOOTH

Florida won the 2011 NCAA Indoor title thanks to this resourceful coach. His triple-jumpers took 1,2,5 to clinch the meet for the Gators. Nothing new for Coach Booth – he's been producing championship long and triple jumpers for years. His athletes piled up a tremendous amount of points in all those Arkansas NCAA wins. Now Dick is moving on to become jumps coach at the University of Alabama.



GREG HULL

You asked us to get him back, and we did. Greg was great last time. He's a pole vault guy all the way – director of the Sky Athletic Club in Phoenix, AZ, former USATF Dir. of PV Development, now Dir. of Instruction at the PV Summit in Reno. He's worked with many famous vaulters such as Stacey Dragilia and Olympic champ Nick Hysong.



FRANK COSTELLO

A great high jumper at Maryland, Frank coached the Terrapins to many championships before leaving the profession. Now back coaching at Maryland with great success. He's already produced one of the best high jumpers in the NCAA. Frank is one of the finest high jump coaches in the world.



WAYNE CLARK

Terrific at coaching beginners, Wayne will do two BEP sessions – "Sprint Relay Basics" and "Basic Hurdling." He was the long-time winning coach at Zanesville HS in Ohio. Wayne understands that coaches need useful material they can use right away with their athletes, and he delivers plenty of great info.



AARON MOSER

Your Opinion Sheets told us that Aaron was voted #1 clinician at last year's clinic, so we brought him back. He will present all-new material in his "Practical Training" learn-by-doing pre-conference session. You're welcome to either participate or watch – either way you'll get a tremendous amount of info you can use immediately to train your athletes.



ROB LASORSA

He's great at teaching easy-to-follow throws progressions. Rob has been honored with selection to the coaching staff of the Indoor World Championships and the Pan-Am Games. He's at the top of the list for knowledge and ability to convey the fundamentals of the Throws. You've raved about Rob in previous appearances at our clinic.



SUSAN SEATON

Susan received a great coaching education at the German College of Sport Science, then she came to the U.S. and served as Throws coach at Wisconsin, Northern AZ and Cincinnati. She was named interim women's head coach at Cincinnati and did a bang-up job. Now she's head coach and the Bearcats are moving up fast in the Big East.



TY SEVIN

A former great javelin thrower at Texas A&M, Ty coached at Oklahoma State and McNeese State before taking his current job at the U.S. Olympic Training Center in Chula Vista, CA. Now he coaches some of the finest javelin throwers and pole vaulters in the world – to get them ready for Olympic competition.



RALPH LINDEMAN

One of the leading coaches in the U.S. Ralph has led the USAF Academy teams very successfully for 16 years. He is qualified to speak on any phase of T&F, because he really digs into each and every event. Ralph was enthusiastically accepted at our clinic in his past appearance. He'll cover the important points extremely well.



Join us for our
*******ANNUAL BOARDWALK RUN*******
12/16 at 7:00am.
Meeting place is at the Steel Pier.

*******FREE*******

Courtesy of the Taj Mahal. They have invited us to a
WELCOME PARTY, WEDNESDAY NIGHT, DEC. 14th at 9:45pm.

Enjoy the **FREE** libations and food.

*******FREE** Bound Notes of All Presentations*****

*******FREE*******

SOCIAL & DANCE CONTEST, THURSDAY NIGHT, DEC. 15th.
Back by popular demand DJ Scott Hubbard will keep things moving.

Sorry, our legal people say we cannot allow any filming of speakers' presentations.

*******FREE*******

AARON MOSER'S PRE-CONFERENCE SPECIAL, THURSDAY, 12/15 at 9:30am!
Learn Practical New Training Ideas.

Clinic ends at 12:45pm on 12/16 We had many requests to end before lunch on Friday instead of mid-afternoon.
Also, we put in a lunch hour on Thursday, 12/15 as requested.