2009 All-State Coaches Clinic

Saturday, March 28, 2009 – 8:30 a.m. to 2:30 p.m.
Sheraton Airport Hotel, Warwick

8:30 - 9:00 a.m.	**Registration and Continental Breakfast**
9:00 – 10:00 a.m.	**Session 1: The "Wheaton Dynamic Warm-Up"** **Guest Speaker: Paul Souza** *Paul has made Wheaton College a national Div. III powerhouse in his 15 years as head coach. His women's teams have won 8 NCAA championships, in addition to finishing 2nd on 4 occasions and 3rd twice. On the men's side, Paul has led his indoor team to 3 top-6 national finishes in the last 9 years and the outdoor squad to a trio of top-8 placements since 2000. Paul will demonstrate his highly-spirited and highly-entertaining "Wheaton Dynamic Warm-Up."*
10:00 – 10:10 a.m.	**Break**
10:10 – 11:10 a.m.	**Session 2: Weight Work for Jumpers, Throwers & Runners** **Guest Speaker: Colin Aina** *Colin Aina, URI grad and 13-time A-10 champ in the hurdles and long jump, continues to compete at the national elite level in the hurdles for the Executive Track Club. As a Certified Strength and Conditioning Specialist with USATF Level 1 certification, he will conduct a session on weight work that's applicable for all high school track and field athletes.*
11:15 - 12 noon	**Session 3: Track Workouts for Distance Runners** *This interactive panel discussion will involve some of our own RI high school coaches.*
12 noon – 12:10 p.m.	**Morning Wrap-up**
12:15 – 12:45 p.m.	**Sandwich Buffet for all attendees**
1:00 – 2:30 p.m.	**Session 4: Pole Vault Certification** **Guest Speaker: Mark Strawderman** Instruction and Certification Test *A 3-time All-American in the pole vault at URI, Mark is a USATF certified "Elite-level" coach and clinician. He will instruct and prepare you for the certification test required for coaching your vaulters. Mark is general manager of the track and field division at Cranston-based M-F Athletic, the nation's leading supplier of equipment for our sport.*

The clinic is limited to the first 75 registrants. Our inaugural clinic in 2008 sold-out.

*** The 2009 All-State Coaches Clinic is made possible through a grant from The Bill Falk Fund / RI Track & Field Foundation •***

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Registration Form – 2009 All-State Coaches Clinic

**** Please Print ****

Name ____ High School __________________________

Phone _______________________________

Email _______________________________

The clinic is limited to the first 75 registrants. Mail with your $5 registration fee payable to the R.I Track & Field Foundation by Thursday, March 19 to:

Rick Marshall, 420 Stony Lane, North Kingstown RI 02852 (Phone 295-3227)