



*Percy Knox Foundation*



# Presents: "Track 101"

## *Development Clinic*

**Date:** *Saturday January 10th, 2009*

**Location:** *College of the Canyons*

**Time:** *9am*

**Registration:** *\$10 early bird special. \$15 if postmark after December 10th, 2008. Clinic space is limited to the first 1,000 athletes.*

**Free Nike Prizes    Free Drawings    Free Caps    Free Gifts**

Learn various training techniques from a star studded line up of top: **coaches**, **athletes**, and **officials**.

**Chewuakii "Choo Choo" Knighten -Buggs:** *California state high school record holder, high school national record holder, UCLA Pac Ten champion.*

**Robin Simmons:** *USC all-Americanlist.*

**Jim Richardson:** *Head coach: Long Beach City and Pasadena City College. Various Jr. College Titles.*

**Percy Knox Sr.:** *He currently holds the world age 40-44 record in the 100 yard dash, set July 11, 1975. Coach Knox has coached track and field since 1965 helping various athletes achieve their dreams of making it to High School State, College and Olympic championships.*

**Michelle Perry:** *Two-time ('05, '07) World Outdoor champion; 2005 USA Outdoor 100mH champion; 3rd at 2004 U.S. Olympic Trials in heptathlon; 4th in 100mH at 2003 Pan Am Games; 4-time NCAA All-American.*

**Lendie Kane:** *Head Coach College of the Canyons, 2007 California Community College Men's track and field Coach of the year. 2007 Western State conference Men's Cross Country Coach of the Year.*

**Nick Rogers:** *3rd, 2000 Olympic Trials 5k; 2001 U.S. 10k road champion; 2001 U.S. World Championships Team member; Two-time USA World Cross Country team member.*

**Denean Howard-Hill:** *Sprint Coach College of the Canyons, four time Olympian, member of the USA 4X400 relay record team.*

**Ralph Tilley:** *Head coach Dorsey high school, various LA City and California State Titles.*

**James Harvey:** *Inducted into the California Jr. College Hall of Fame. Worked as head sprint coach for Valley College and Antelope Valley College.*

**Ricky Rucker:** *Sprint /Hurdle Coach LA Taft high school.*

**Cody MacArthur:** *Holds two Atlantic Sun Conference Records in the Hammer and Discus*

**Austin Shanks:** *LA City high school champion, Wide Receiver Los Angeles Rams, Atlanta Falcons, 49ers.*

**Steve Lang:** *Head coach Fremont high school. Various LA City and State Titles.*

**Willie Deckard:** *USC all-Americanlist, worked as Crenshaw high school head coach.*

**Derick Knight:** *Pac Ten Champion UCLA, Head Coach Leuzinger high school.*

**Ron Delaney:** *Sprint coach Kennedy and Highland high school.*

**Dave Washington:** *Head coach Sierra (Gardena) high school.*

**DeLewis Johnson:** *USATF Official, Officiated at the 2008 Olympic trials.*

**The clinic is designed as a learning experience for all levels of development training:**

- Learn proper track and field etiquette from a Master USATF track official.
- Proper block starts.
- Sprinting technique.
- Mid Distance technique.
- Distance technique.
- Throwing and jumping techniques.
- Hurdles techniques.
- Proper diet for runners.
- Pole vaulting techniques.
- Nike shoe clinic

Take home a greater knowledge of fundamental techniques, developing practical instruction that will bring an improved performance to a higher level.

Athletes will practice track and field fundamentals while developing individual abilities. We will focus upon having a positive attitude towards personal and team development.

Athletes will have the opportunity to actually see the practical application through the use of athlete demonstrators on the track and field.

**This clinic is a must for everyone who would like to improve their performance level and walk away with a greater knowledge and understanding of the sport.**

# Track 101

## Development Clinic

Name: \_\_\_\_\_ Please Print

School: \_\_\_\_\_ Please Print

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Amount enclosed: \_\_\_\_\_

Each class is approximately 2hrs. Please check each class that you would like to attend. **MAXIMUM THREE PICKS.** Everyone will receive proper track and field etiquette, and nutritional training at 9am.

	Beginner	Novice	Intermediate	Advance
Sprint	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mid distance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pole Vault	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Long Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triple Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hurdles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Throwing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Mail Payment to:** Percy Knox Foundation P.O. Box 901567 Palmdale Ca 93590. C/O Track 101