

Acalanes High School Track and Field  
1200 Pleasant Hill Rd  
Lafayette, Ca. 94549

# Sports Basements Track and Field Clinic Starters Clinic For Coaches and Athletes

January 9<sup>th</sup>  
Acalanes High School  
Registration 8 a.m.  
Clinic 9-4pm  
Lunch Included

Fee \$20 Pre-registration \$25 day of  
Make out all checks to Acalanes High School Track and Field

Speakers ( The Clinic will include on the field instruction)

### **Ed Miller: Long and Triple Jumps**

Ed is a local product, attended Pleasant Hill High School, place third at State with a 6'10 jump, coached by Bob McGuire. Attended Diablo Valley College, jumped 7'0, and attended the University of California at Berkeley where he was the 75-76 NCAA Decathlon Champion. Currently Ed is the multi-event coach at CAL, where he has been for the past twenty-six years. During that time has been appointed to various coaching assignments with the USA Team: Head Coach USA (US vs. Germany Multi Event Meet), Sports Festival Assistant Coach, World Championships (Paris) 2003 Assistant Coach. Ed has coached 40 All Americans, including Bronze Medalist Chris Huffins, Sheila Hudson (American Record Holder in TJ), Jeff Rogers (CAL record holder in HJ), Kenn Harrison (Olympic Champion and Olympic Record holder at 59'4)

### **Helen Lehman-Winters**

Helen is the current Head Track and Field Coach and Head Cross Country Coach at the University of San Francisco. Helen is currently in her 4<sup>th</sup> year at the school. Prior to University of San Francisco, Helen was an assistant distance coach at UCLA. Many of you will remember Helen as the Head Track and Field Coach and Cross country Coach at Carondelet, where in the 1990 she lead her team to five straight NCS Championships. At Carondelet Helen coached Christen Gordon and Tiffany Roberts.

### **Jay Lawson: Relays and Sprints**

Jay is the current and long term Head Track and Field Coach at St. Mary's College High School in Berkeley.

His teams are known for their relays and sprinters, and every year he either has a boy or girls team reach the state level. Before they started scoring the Meet of Champions, Jay's teams dominated that meet.

### **Jeff Rogers: High Jump**

Jeff is the current record holder at CAL in the high jump at 7'5 ¾. He has taken the knowledge and skills he developed in college back to the high school, where he is the assistant coach for Track and Field and the Head Cross Country Coach. During his time at St. Mary's he as coached 3 seven footers that went on to compete at the colligate level.

### **Joe Stocking: Hurdles**

Joe is the current hurdle coach at Granada High School, but there is not at event that Joe has not coached with a great deal of success. He was the Head Coach at De La Salle High School where he coached Richard Kimball, on of the top high school distance athletes in history. He went on to DVC where he was assistant in charge of the sprints and DVC competed for the State Championship.

### **John Rankin and Tim Bayley**

John and Tim are two of the top miler/800 runners in the country. John is a 3:52 miler that was an alternate in the 2008 Olympics as a miler a. Tim is training for the next Olympics for the British Team, with a 3:58 miler and 1:46 800 to his credit. Tim currently works with athletes wanting to improve their speed in any sport.

## **Starters Clinic**

### **Manny Myers-Bernard Stephens**

We will also conduct a starter's clinic the same day at the same location. Manny and Bernard will explain the mechanics that they use at Meet of Champions with the goal of teaching those same mechanics to league starters, with the possibility of developing an additional pool of starters for the championship season.