



Cardinal Track and Field Club

2010 Speed – Strength – Power Clinic

Learn by doing clinic for All Sports

Monday, January 18th, 2010

9am – 1pm

Mt. Pleasant H.S. Gymnasium

This clinic is designed to assist athletes and coaches involved in speed and power sports, to develop their maximum genetic potential. The clinic, although designed around track and field, will teach athletes and coaches the important concepts needed to become faster, stronger and more elastic in all sports. Power lifting, plyometrics, bounding and technical components of sprinting, hurdling, running, jumping and throwing will be taught and applied. Each athlete/coach should be prepared to participate in all aspects of this clinic.

\$25 per athlete, coach, or spectator.

Checks made payable to - Cardinal Track Club

To RSVP contact Coach Steve Nelson at 408-505-7847

Schedule

9:00-9:30 *check in*

9:30-9:45 *Intro* –Olympic lifting, plyometrics, and bounding. Why they are important to development. When, how, and where they fit into your development!

9:45-10:45 *Olympic lifting* demonstration and trial by participants

10:45-11:00 break

11:00-11:30-*Plyometrics and bounding*

Demonstration and participation. When, how, and where they fit into your development.

11:30-12:30-*Speed/tech drills* and philosophy

Be prepared to participate - Run/Jump/Sprint/Throw specific to how principles apply to your specialties. Groups will be broken into event specific groups. We will go to the track weather permitting.

Clinicians

Steve Nelson-Mt. Pleasant H.S

Power/ speed development for all track and field events as well as other sports. Coach Nelson has mentored many of the areas top track and field athletes from the sprints/jumps to the distance events, most recently 2008 world Jr. Champion Jeneba Tarmoh

Jamal Elmidge-Mt. Pleasant H.S.

Has coached 6 of the top 10 triple jumpers in CCS history including Vashti Thomas, Undine and Galina Becker, Jade Mytles, and Stella Dugal, and currently Cydney Leath.

Angela Hill-Mt. Pleasant H.S.

Angela has been responsible for the development of the Mt. Pleasant Hurdlers over the last 10 years. Hills athletes include, state record holder Vashti Thomas, along with state runner up and Pac 10 Champion Undine Becker.

Scott Evans - Leigh H.S.-

One of the most innovative middle distance coaches in California. Scott has used speed and power as a staple for the development of top athletes such as, 800 meter State Champion and Indoor All American – Libby Jenke, All American – Amanda Thornberry, State Qualifier -Evelyn Wing, State Meet Championship 800 meter medalist and 2 time indoor All American - Jordan Diaz, and most recently, last years state 800 meter placer, Kevin Jani (Branham), among others.

Brandon Vance - San Jose City College Coach

During his tenure at Los Gatos H.S. Brandon was a state finalist in the Pole vault at Fresno State univ. Brandon is responsible for coaching some of the area's top vaulters including, 2 time state champ and 2007 world Jr. Champ Nico Weiler

Monica Gomez and Tyrenda Stamps

Monica, the Mt. Pleasant school record holder and Big West placer - 48' - while at Sacramento State, is in her 1st year as throws coach at Mt. Pleasant High School. Monica was a state meet participant during her time at Mt. Pleasant.

Tyrenda, Mt Pleasant HS hold the discus record at 146'. Tyrenda was the California JC State Champ in 2005 and while at Fresno State threw an impressive 180'. Monica currently throws in Masters Competition as well coaches at Mills College in Oakland.