



**39th
Annual
New England
Track & Field
Clinic
Presented By The
Massachusetts State
Track Coaches
Association
(MSTCA)
Marlborough Royal Plaza
Best Western Hotel
181 Boston Post Road West
Marlborough
Massachusetts
Friday & Saturday
March 15 & 16, 2013**

Special Thanks To,



M-F Athletic Co
For Their Support and Help

Clinic Room Discount

You may wish to stay overnight on Friday March 15, 2013 at the Marlborough Royal Plaza Best Western Hotel in Marlborough. To help we have reserved a limited amount of rooms at a discount rate. To obtain this discount rate call the Marlborough Royal Plaza Best Western Hotel at **508-460-0700** and ask for the New England Track Clinic room discount.

**For Clinic Updates
Go To
www.mstca.org**

Clinic Registration: If you are a paid MSTCA member will you be attending the General Meeting? Y / N

1 Registration Per Form Do You Plan to Attend Pole Vault Certification? Y / N

Male Female Email

NAME Phone ()

Home Address

City State Zip

School Affiliation State

\$85 for 2012-2013 Paid MSTCA Members, \$95 For Non-MSTCA Members

Registration at Clinic \$110 For All!

Mail To:

N.E. Track Clinic
C/O Cindy & Bill Tilden

PO Box 1115

Marion, Ma. 02738

No Purchase Orders

Registration Form Due Date

March 8, 2013

Check Made out to: MSTCA

**Check Must Accompany
Registration Form**

No Refund After Due Date

CLINIC SCHEDULE

Friday, March 15, 2013

3:30-8:00 Registration & Merchants
4:00-5:45 **Pole Vault Certification**
4:30-5:45 Thompson: HJ the Approach
4:30-5:45 Hudson & DeNeen: Injury Prevention
6:00-7:15 Veney: Basic Hurdles & Drills
6:00-7:15 Schexnayder: Plyo's For Jumpers
7:30-8:45 Cappos: Shot Put & Drills
7:30-8:45 Strawderman: PV On the Ground
7:30-8:45 Christensen: XC Training
9:00-12:00 **Coaches & Clinicians Social**

Saturday, March 16, 2013

7:00-10:00 Registration
7:00-8:30 Clinic Breakfast (served till 8:30am)
8:00-9:15 Christenson: 800m training
8:00-9:15 Cappos: Javelin Training
8:00-9:15 Veney: Sprinting
9:30-10:45 Thompson: HJ the Approach
9:30-10:45 Cappos: Basic Hammer
9:30-10:45 Schexnayder: Training Multi Event Athletes
11:00-12:10 Veney: 400m Hurdle Training
11:00-12:10 Christenson: HS 1 & 2 Mile Training
11:00-12:10 Schexnayder: Long Jump
65 Minute Lunch Break
12:15-1:10 MSCTA Members Meeting & Lunch
1:15-2:30 Thompson: High Jump Drills
1:15-2:30 Hudson & DeNeen: Injury Prevention
1:15-2:30 Christenson: 400m Training
2:45-4:00 Veney: Relays
2:45-4:00 Schexnayder: Triple Jump
2:45-4:00 Cappos: Discus

Directions to the Royal Plaza Best Western Hotel

From CT & Points South: Connect to I-95 North, Take Exit 24B. Stay right Go about 1 mile hotel is on your right.

From NY & Points South: Connect to I-90 (Mass Pike) East to I-495 North, Take Exit 24B. Stay Right Go about 1 mile hotel is on your right.

From Maine & Points North: South to I-495 South, Take Exit 24B. Stay Right Go about 1 mile hotel is on your right.

CLINICIANS 2013

Boo Schexnayder: Yes, Boo is back! The master of the jumps will once again speak on triple jump, long jump and don't miss his session on basic plyometrics. He was the U.S Olympic Team jumps coach and the man responsible for making LSU so dominate in the jumps the years he coached there. Boo has spoken at clinics around the world and is considered one of the world's best on the jumps.

Toney Veney: Toney has been one of the most sought after clinicians and one of the premier hurdle and sprint coaches in the country. With Coach Veney's extensive knowledge coaches of every level will learn more. He explains the basics which will help coaches from beginner to veteran. There is no one better than Toney in the sprints and hurdles.

Scott Christensen: Coach Christenson combines the practical experience of over 30 years of coaching high school Mid & Distance athletes at Stillwater High School in Minnesota with leading the US World Championship Team at the 2008 World XC Championships. That's a great honor for this coach who has been so successful in high school.

Holly Thompson: She explains how to coach high jumpers extremely well as those who have heard Holly speak know. Holly was a 6x All-American high jumper at Florida State. She works for M-F Athletic, but Holly also serves as high jump advisor to a slew of coaches and athletes. Holly has a wealth of knowledge about the high jump, and she explains the high jump brilliantly.

***The MSTCA is not responsible for the withdrawal of any Clinician, but will make every attempt to find a suitable replacement. (MSTCA) Massachusetts State Track Coaches Association**

Mark Strawderman: This 3X NCAA All-American was coached by Bill Falk at URI. He was one of the greatest eastern vaulters ever in the US, and today a terrific Pole Vault Coach. Mark will talk about the "On the Ground" fundamentals of the "Continuous Chain style of vaulting. Mark is knowledgeable and easy to follow, and he knows the fundamentals well.

Scott Cappos: He started his coaching career at West Salem High School in Wisconsin (1992-1994) is now the Director of Field Events at the University of Iowa and a USATF Level III Certified Coach in the throws. He was named USTFCCA Men's Midwest Region Throws Coach of the Year was an assistant coach on the United States Pan American Junior Athletics Championships for the throws. Coach Cappos was a three-time All-American at Indiana University, and the Big Ten shot put champion in 1990 and 1991.

Jeremy Hudson & Zachary DeNeen: Both are physical therapist at Spine and Sports Injury center of Boston. Their session on Injury Prevention are a session that all Coaches might want to see, As they will tell how we can help our athletes reduce injuries.

Check out our clinic schedule as we may add additional sessions at www.mstca.org

**If Attending Pole Vault Certification
Full Clinic Fee Applies**

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