

44th
Annual



**New England
Track & Field
Clinic**
Presented By The
Massachusetts State
Track Coaches
Association
(MSTCA)
At The
Framingham Sheraton Hotel
1657 Worcester Road
Framingham
Massachusetts
Friday & Saturday
March 16 & 17, 2018

Special Thanks To,
Saucony[®]



&
M-F Athletic Co
For Their Support and Help

Clinic Room Discount

You may wish to stay overnight on Friday March 16, 2018 at the Framingham Sheraton Hotel. To help we have reserved a limited amount of rooms at a discount rate. Obtain this discount rate by going to <http://www.starwoodmeeting.com/Book/NETrackClinic> or by call the Framingham Sheraton at 508-879-7200 by **March 3, 2018** and ask for the New England Track Clinic room discount.

Pole Vault Certification

If attending pole vault certification full clinic fee applies

You May Do Clinic Register On-Line By Going Too

WWW.MSTCA.ORG

Clinic Mail-In Registration

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 _____

\$90 for 2017-2018 Paid MSTCA Members, \$100 For Non-MSTCA Members

You May Register at the Clinic March 16 & 17 \$120 For All!

You May Also Pre-Register By March 9, 2018 On-Line at www.mstca.org

Mail To:

N.E. Track Clinic

C/O Cindy & Bill Tilden

PO Box 1115

Marion, Ma. 02738

No Purchase Orders

Clinic Registration Form Due By

March 9, 2018

Check Made out to: MSTCA

Check Must Accompany

Registration Form

No Refund After Due Date

March 9, 2018

CLINIC SCHEDULE

Friday, March 16, 2018

- 3:30-8:30 Registration & Merchants
4:00-5:45 Pole Vault Certification
4:30-5:45 Schexnayder: Similarities in LJ & TJ
4:30-5:45 Karp: The Art and Science of Recovery
4:30-5:45 Shea: Weight Training for Runners
6:00-7:15 Mitchell: Coaching HS Cross-Country
6:00-7:15 Veney: Training for Speed 100 & 200m
6:00-7:15 Fallon-Korb: Tips For Coaching Millennials
6:00-7:15 Ellis: Mistakes & Corrections for the Glide SP
7:30-8:45 Mederios: Developing New Hurdlers
7:30-8:45 Schexnayder: Hamstrings & Shin splints
7:30-8:45 Fallon-Korb: Dealing With Athletes
Pressure & Anxiety
7:30-8:45 Ellis: Weight Training For Power & Speed
in the throws

9:00-12:00 **Coaches & Clinicians Social**
Saturday, March 17, 2018

- 7:00-10:00 Registration & Merchants
7:00-8:30 Clinic Breakfast (served 7 till 8:30am)
8:00-9:15 Schexnayder: Hamstrings & Shin splints
8:00-9:15 Fallon-Korb: How To Build Mental Toughness
8:00-9:15 Karp: Using Interval Training-Chasing Zatopek
9:30-10:45 Veney: 400m training
9:30-10:45 Shea: Flexibility Stretches for Athletes
9:30-10:45 Mitchell: Training the HS 1 & 2 Miler
9:30-10:45 Ellis: Discus Technique & Drills
11:00-12:15 Veney: The Relays
11:00-12:15 Schexnayder: High Jump
11:00-12:15 Karp: Fatigue in Distance Running Events
11:00-12:15 Saucony Session: Guest Speaker
60 Minute Lunch Break
12:20-12:50 (MSTCA Members Meeting)
1:15-2:30 Mitchell: training For 800m
1:15-2:30 Sprints Panel: Schexnayder, Veney, Mederios
2:45-4:00 Ellis: Common errors For
Rotational SP & Discus
2:45-4:00 Coaching Female Athletes Panel:
Fallon-Korb, Mitchell, Karp & Special Guests

Directions to the Framingham Sheraton Hotel

From Points East: Mass turnpike (I-90) west to Exit 12. Bear left after toll (Marlbough). Stay in right lane, hotel on right.

From Points West: Mass turnpike (I-90) west to Exit 12. Bear left after toll. Stay in right lane, hotel on right.

From Points South: Take I-95 North to exit 6B I-495 North. Continue on I-495 to exit 22 (Mass Pike I-90 towards Boston take exit 12. Bear left after toll (Marlbough). Stay in right lane, hotel on right.

From Points North: Take I-93 south to exit 7B (I-95 South / Route 128 South towards Waltham). Follow Exit 25 (I-90 west Mass Pike). From I-90 West, take Exit 12 Bear left after toll (Framingham). Stay in right lane, hotel on right.

CLINICIANS

Jason Karp Ph.D.: Dr. Karp is the author of 8 books & over 400 articles on coaching, running & fitness. He has been an instructor at the U.S. Olympic Training Center and is a nationally certified running coach by USA Track & Field. He owns Run-Fit, LLC, which provides coaching & educational services to runners & fitness professionals around the world.

Boo Schexnayder: Once again coaches have asked overwhelmingly asked for Boo to return. The Director of the Track & Field Academy will once again take center stage as he discusses the needs in the Jumps. Try to take in his session on hamstrings and shin splints. You will find no better person or speaker to listen to than Boo. You asked for him back again, you got him again!.

Vicki Mitchell: One of the finest middle & distance speakers ever, Coach Mitchell has lead the University of Buffalo to great success for 17 years. She was 10X All-American at Cortland State, and she competed in 5 international USA team meets. Vicki has coached many athletes from club, to high school, to national level.

Toney Veney: He has been called one of the most knowledgeable and is one of the most sought after clinicians in our country on the sprints. Toney's extensive knowledge will help coaches of every level learn more to increase their ability. He explains the basics the way you can understand them.

Andrea Fallon-Korb: The founder of Aspire where she provides consultation for athletes, teams & coaches. Andrea has a M.ED. In Sports Psychology and drawing on her experience as an outstanding athletes while at Carleton College. She understands the life of a coach & athlete and her sessions are to help you the coach get more out of your athletes in a relaxed environment.

Panel Sessions: There will be 2 panel session again at this years clinic. These sessions will give coaches an other opportunity to ask question on the panel subject. This years sessions are: Coaching Female Athletes & The Sprints. Question cards from coaches will be submitted and drawn for each panel to answer.

Matt Ellis: A former thrower for Stonehill College in Massachusetts and owner of Primal Athlete Training Center in Cranston RI. Ellis's love for the track & field throws still continues. Matt has spoken at many clinic around the country and has a aggressive blue-collar style to his training methods that improves strength endurance and explosive power.

Sean Mederios: An assistant coach at Old Rochester Regional High School in Massachusetts, Sean has put together an outstanding number of hurdlers in his years of coaching at ORR. Learn some of Coach Medeiros's tricks for developing your new hurdlers as they start their learning process.

Brendan Shea: Brendan owns and operates Shea Training Systems in Hanover Ma. He has worked with H.S. athletes and coaches along with professional athletes to increase their athletic ability. His sessions on proper warm up and weight training for athletes are 2 sessions coaches will enjoy and learn from.

Clinic Registration Includes: Friday Night Coaches Keg Beer Social, Clinic Notes on CD & Saturday Morning Clinic Attendees Breakfast.

GO TO: WWW.MSTCA.ORG
For Clinic Updates,
Or To Register Online

The Massachusetts State Track Coaches Association (MSTCA) is not responsible for the withdrawal of any speaker but will do its best to obtain a replacement.