



45<sup>th</sup> Annual

# New England Track & Field Clinic

Presented By

The Massachusetts State Track Coaches Association  
(MSTCA)

Friday & Saturday March 15 & 16, 2019

Needham Sheraton Hotel

100 Cabot Street, Needham, MA 02494

You may wish to stay overnight on Friday March 15, 2019 at the Needham Sheraton Hotel. To help we have reserved a limited amount of rooms at a discount rate. Obtain this discount rate by calling the Needham Sheraton at 781-444-1110 by **March 1, 2019** and ask for the New England Track Clinic room discount.

All attendees can register at: [WWW.MSTCA.ORG](http://WWW.MSTCA.ORG)

Upon registering, you can pay online or send in a check or purchase order.

\$90 for 2018-19 MSTCA members, \$100 for non-MSTCA members

\$120 for all walk-in registrations at the clinic

Special Thanks To:

**Marathon<sup>®</sup>  
Sports**



*Everything Track & Field*

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## Friday, March 15, 2019

3:30-8:30 Registration & Merchants  
4:00-5:45 Pole Vault Certification  
4:30-5:45 Ellis: Strength Training For Runners  
6:00-7:15 Silvey: Sprinting the 100-200m  
6:00-7:15 Wilson: Throwing the Discus  
6:00-7:15 Clark: Sports nutrition for Young Athletes  
7:30-8:45 Ireland: Training the 1-2 miler  
7:30-8:45 Wilson: Throwing the Hammer  
7:30-8:45 Fisher: Long jump  
9:00-11:00 **Coaches & Clinicians Social**

## Saturday, March 16, 2019

7:00-10:00 Registration & Merchants  
7:00-8:30 Clinic Breakfast (served 7 till 8:30am)  
8:00-9:15 Silvey: 100 & 110m hurdling  
8:00-9:15 Strawderman: P.V. The Coaches Eye  
8:00-9:15 Fisher: Building A More Durable High School Athlete  
9:30-10:45 Silvey: 300-400m Hurdles Training  
9:30-10:45 Clark: Sports Nutrition For Young Athletes  
9:30-10:45 Ellis: Strength Training For Runners  
9:30-10:45 Marathon Sports Presentation: TBA  
11:00-12:15 Ireland: 800m Training  
11:00-12:15 Fisher: Triple Jumping  
11:00-12:15 Wilson: Javelin Throwing  
11:00-12:15 Saucony Session: TBA

### 60 Minute Lunch Break

12:20-12:50 (MSTCA Members Meeting)  
1:15-2:30 Silvey: 400m Training  
1:15-2:30 Wilson: The Shot Put  
1:15-2:30 Fisher: High Jump  
2:45-4:00 Ellis: Strength Training For Throwers  
2:45-4:00 Distance Q & A Panel Discussion

**All Clinic Notes will be sent to those who register by the registration deadline via their email, a few days before the clinic date of March 15, 2019**

## CLINICIANS

**Dan Ireland:** He's a distance coaching legend and presently the Director of XC and TF at Columbia University and former Head Coach at Yale and the Reebok Enclave in Washington D.C. Coach Ireland will explain some of his methods in turning many H.S. runners into outstanding distance and track athletes. His runners are always at the top of the distance races in many major meets worldwide. He will also be one of our prime panelists at this year's distance panel session.  
**Steve Silvey:** A veteran coach at the High School to international levels. Coach Silvey has turned many H.S. Sprinters and Hurdles into state champs and top college athletes. He was the coach of the Zambia Olympic teams in the 92 & 96 Olympics. Steve started like many of us, at the H.S. level and has gone on to coach at Arkansas, Texas Tech and the U. of Oregon. His sprints

presentations are radical and simplified so that every level coach can learn from.

**Darcy Wilson:** She's the present throws coach at Harvard University and has helped the Crimson throwers gain national attention the past several years. Formerly coached at Brown University where her tenure saw 40 athletes added to the programs all-time top ten lists. Darcy's Shot Put, Javelin, Discus & Hammer presentations are ones that every coach will understand in the easy terms.

**Jeremy Fischer:** Program Manager at the U.S. Olympic Training Center in Chula Vista (CA). Fischer is a level 3 certified coach for the USATF, Level 5 Coach by the IAAF, and is the current lead jumps coach for USATF Coaches Certification Program. He has coached Olympic and Paralympic Medalists, World Champions, National Champions, and State Champions at every level. Coach Fischer has coached collegiately at California

State University, Northridge and the University of Oklahoma. He has been a three-time NCAA Mondo Regional Coach of the Year. He is one of the most wanted speakers in the jumps in the world.

**Marathon Sports Presentation:** Don't miss this TBA presentation as many free gifts are given out by the Marathon Sports staff that will make you smile.

**Panel Sessions:** There will be 1 panel session at this year's clinic. This sessions will give coaches an other opportunity to ask questions on the panel subject. This year's session is Distance Training.

**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 clinics around the country and has an aggressive blue-collar style to his training methods that improves strength endurance and explosive power.

**Nancy Clark:** An internationally known sports nutritionist and bestselling author trusted by many sports athletes. Nancy's book on nutrition for sports and exercise are the guidelines for many of today's top athletes. Her expertise in diet have helped many gain a competitive edge. She has been the team nutritionist for the Boston Red Sox and members of the Boston Celtics.

**Steve Strawderman:** A standout pole-vaulter while at URI who has worked with many young vaulters in the RI area. His presentations will help the beginner to veteran vaulter with their fundamentals of the event.

**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.**