

THE ULTIMATE HS JUMPS CLINIC

January 5, 2013 at Soquel High School



Olympic-level Coaching!

for athletes/coaches

Get ready for track season!

Let **D1 Athletics** teach you the critical skills necessary to improve your acceleration, maximum sprint speed, power and jumping ability!

What's different about this jumps clinic?

This isn't your garden-variety "jumps clinic" our coaches have Olympic-level experience in teaching specific drills and techniques to boost your speed, power and jumping ability.

Take this rare opportunity to learn from the best jumps coaches in the United States!

Coaches of Olympic Medalists share their secrets with you!

Jeremy Fischer, Olympic Training Center Coach, coached 2012 Olympic Silver and Bronze medalist Will Claye in the Triple and Long Jump. He is a USATF Level 1,2,3 Lead Instructor. He has coached World Championships medalist, USATF Champions, NCAA Champions, NFL and MLB Players. He is an expert in speed, power, and the jumps.

Cliff Rovelto, Kansas State Director of Track & Field, coached 2012 Olympic Silver medalist Erik Kynard. Has personally directed 51 individuals to 122 NCAA All-America honors. He has coached 44 All-Americans and 25 conference champion high jumpers, while leading 21 All-Americans and 17 conference champs in the long and triple jump.

Sheldon Blockburger, University of Arizona Jumps Coach, coached 2012 Olympic Silver medalist Brigetta Barrett. Has coached 5 NCAA Champions in the jumps and multi-events. He has coached multiple Pac-12 Champions in the jumps. He is recognized as one of the top jumps coaches in the United States.

John Rembao, USA Track & Field Development Chair from 1996-2006, has coached 3 Olympians, 15 NCAA Champions and 93 NCAA All-Americans. He coached his wife (Sue) to the 1992 Olympic Games in the high jump.

Sue Rembao, 1992 Olympian, 2-Time World Championships competitor, a physical education teacher and high school coach.

Liz Patterson, 2010 NCAA Division I High Jump Champion.

D1 Athletics NorCal Jumps Clinic Format

Saturday, January 5, 2013

Personal Learn-by-doing Coach/Athlete Mentorship

Athletes, bring your notebook, pencil and shoes, and get ready to listen, practice and learn!

- 9:00 AM: Check-in
- 10:00 AM: Warm-up & Drills
- 10:45 AM: Speed Development (acceleration & max speed)
- 11:45 AM: Lunch Break (coaches discussion)
- 12:30 PM: Event Specific Drills and Technique
- 3:30 PM: Power Development (plyometrics & throws)
- 4:30 PM: Group Warm-down & Stretch
- 5:00 PM: Questions (athletes)
- 5:30 PM: Wrap-up (coaches discussion)

Registration is limited! Sign-up today. Clinic is limited to 60 athletes. Sign-up at Active.com (see link at bottom of page).

Athlete Cost: \$154 for one-athlete, \$125 for 5 athletes or more (must email JohnR@D1Athletics.com for 5 athletes option)! Athletes receive a training manual, clinic t-shirt, snacks, and valuable time with the very best coaches our sport has to offer!

Coach Option: Coaches that bring 5 athletes attend for free (must email JohnR@D1Athletics.com for 5 athletes option), otherwise pay \$50 for a day of learning.

Location: Soquel High School - 401 Old San Jose Rd, Soquel, CA 95073

This clinic will take place irregardless of weather!

Email: JohnR@D1Athletics.com

or go to <http://www.active.com/running-clinic/soquel-ca/norcal-jumps-clinic-2013>