

# NORCAL TRACK & FIELD POWER EVENTS CLINIC



**NorCal Track & Field Power Events Clinic**  
**Prospect High School Track**  
18900 Prospect Road, Saratoga, CA 95070  
**Saturday, January 7, 8am-5pm**

Attend this clinic and learn how to be better in the jumps (triple/long/high/pole vault), hurdles (100/110m) and sprints (relays/100/200m). Work with top coaches that have Olympic experience! Check out our website and sign up today! For more information email [johnr@d1athletics.com](mailto:johnr@d1athletics.com) or register at [www.D1Athletics.com](http://www.D1Athletics.com)

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# NORCAL TRACK & FIELD POWER EVENTS INFO

## Coaching Staff

**Jeremy Fischer** - Olympic Training Center Track & Field Director and jumps coach. He has coached USATF Champions, NCAA Champions, World Champions, Olympians, and multiple Olympic Champions! He is recognized as one of the top jumps coaches in the United States. **He will coach the long and triple jump.**

**Sheldon Blockburger** - University of Southern California. He has coached USATF Champions, NCAA Champions, World Championship competitors and an Olympic medalist. He is recognized as one of the top coaches in the United States. **He will coach the high jump.**

**Sue Rembao** - 1992 High Jump Olympian, 2-Time World Championships competitor, a physical education teacher and high school coach. **She assist with the high jump.**

**Liz Patterson** - 2010 NCAA Division I High Jump Champion. **She will assist with the high jump.**

**Jeff McAuley** - His coaching resume includes 1999 national champion heptathlete Shelia Burrell, world class hurdler Dominique Arnold, NCAA triple jump runner-up Brandi Prieto, USATF 400m finalist Andre Ammons, and Avery Anderson, a first-year decathlete who placed sixth at the 2000 US Olympic trials among others. **He will coach the sprints and hurdles.**

**Kris Mack** - Olympic Training Center Pole Vault and Multi-events coach. Coach Mack has worked with National Champions, All-Americans, and World Championship competitors. **He will coach the Pole Vault.**

**Joe Miyoshi** - His coaching resume includes numerous state meet qualifiers. His most recent athlete, Erika Malaspina, is ranked 3rd in California at 13'2". **He will coach the pole vault.**

**John Rembao** - Director of the **NorCal Power Events Track & Field Clinic**. USA Track & Field Development Chair from 1996-2006, has coached 3 Olympians, 15 NCAA Champions and 93 NCAA All-Americans. **He will present on the high jump and direct the clinic.**

## Clinic Format as of 12.02.16

|        |   |
|--------|---|
| 8:00a  | <b>Coach Registration/Check-in</b>                              |
| 9:00a  | <b>2 presentations: High Jump/Long Jump</b>                     |
| 10:00p | <b>2 presentations: Pole Vault/Starts Relay Hand-off</b>        |
| 11:00a | <b>2 presentations: Triple Jump/Hurdles</b>                     |
| 12:00p | <b>Coach Lunch and Athlete Registration/Check-in</b>            |
| 1:00p  | <b>Warmup and drills for all events groups (by event group)</b> |
| 2:00p  | <b>Event Practice (by event group)</b>                          |
| 4:00p  | <b>Warm-down &amp; stretch</b>                                  |
| 4:30p  | <b>Coach wrap-up discussion</b>                                 |

## Registration

**Athletes Registered by December 31, 2017: \$40/athlete.**

**Coaches Registered Fee received by December 31, 2017: \$40/coach.**

**Registration Fee after December 31, 2016: \$60/athlete and coach.**

Coaches that have clubs paying for their athletes may pay on the day of the event but must first send an email to [johnr@d1athletics.com](mailto:johnr@d1athletics.com) with a list of athletes. Athletes must have a signed waiver from their parent or guardian.

Download the waiver at [D1Athletics.com](http://D1Athletics.com)

**Questions: Please email [JohnR@D1Athletics.com](mailto:JohnR@D1Athletics.com)**

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