

EAST BAY TRACK & FIELD CLINIC SERIES PRESENTS

## PRE-SEASON KICK OFF CLINIC SERIES

Featuring several of the area's most experienced and successful track & field coaches, as well as experts in the fields of sports psychology and nutrition, the East Bay Track & Field Clinic Series will offer sessions on a variety of topics critical for success in the sport.

Registration Fee = **\$20** each day

Clinics will be held at Campolindo High School, Moraga CA. Registration will be conducted at the door of the multi-use room: \$20 per participant, cash or check made out to Campolindo High School. Participants should bring notebooks and writing implements, snacks, water or other beverages and a packed lunch.

### SATURDAY, FEBRUARY 1, 2020

8:30-8:45 – Registration –\$20 per participant, cash or check made out to Campolindo High School

***General Nutrition for Athletes***

by Jason Oswalt, Amador Valley Head Coach

***Principles of Speed Training***

by Dr. Jamal Cooks, Bishop O'Dowd Head Coach

***Principles of Endurance Training***

by Marty Kinsey, St. Mary's College Head Coach

***Weight Training***

by Peter Scarpelli, San Ramon Valley Athletic Director

***Sports Psychology***

by Deborah Munch, Mental Performance Consultant

**Q&A**

### SATURDAY, FEBRUARY 8, 2020

8:30-8:45 – Registration –\$20 per participant, cash or check made out to Campolindo High School

***Relative Energy Deficiency in Sports***

by Dr. Derek Marks, St. Mary's College Associate Professor

***Speed Mechanics***

by Chuck Woolridge, Campolindo Head Coach

***Recovery Strategies***

by Magdalena Boulet, Marathon Olympian, Professional Ultra Runner

***Physical Movement & Brain Function***

by Tristan Tool, Miramonte Head Coach

**Q&A**

### **MAGDALENA BOULET**

Magdalena Lewy Boulet earned a spot on the U.S. Olympic Team by finishing second in the 2008 U.S. Women's Olympic Marathon Trials. She also won two team Bronze medals as the captain of the US Cross Country team at the World Cross Country Championships in 2010 and 2011. After a ten-year career running marathons on the road, she transitioned to running trail and ultra distance events in 2013. In 2015, Magda won her 100-mile debut at the prestigious Western States Endurance Run, and was named North American Ultra Runner of the Year. Magda is coached by Jack Daniels, Ph.D., a world-renowned authority on distance running. Currently Magda leads Innovation & Product Development at GU Energy Labs and enjoys training and competing in ultra endurance trail races.

### **JAMAL COOKS, PHD**

Jamal Cooks, Ph.D. is the Director of Cross Country and Track and Field at Bishop O'Dowd High School. He specializes in sprints, hurdles and jumps. Cooks' boys and girls teams have won over 30 league titles, 20 section titles, and have placed in the top 7 in each of the past three years at the California State Track and Field championships. Athletes coached by Cooks who have continued their success in the NCAA include Tierra Robinson Jones (Texas A&M), Kenny O'Neal (Florida State) and Garry Jones (USC). Cooks holds USATF Level 2 certification in sprints/hurdles/relays and in jumps.

### **MARTY KINSEY**

Marty Kinsey is the head coach for St. Mary's College XC/Track. He lives in Moraga with his wife and two daughters. During his time at St. Mary's he has led athletes to qualify for the NCAA Championships in Track for 800m, 1500m, 3000m steeplechase and 10,000m distances. Kinsey also led the college's first ever NCAA qualifier in Cross Country. Kinsey recently coached former Gael, Rajpaul Pannu, to the Olympic Trials in the marathon. Since 2011, the Gaels have earned 24 NCAA All-Academic team awards.

### **DEREK MARKS, PHD**

Derek Marks Ph.D, is an Exercise Physiologist and Sport Nutritionist who is currently an Associate Professor in the Department of Kinesiology at Saint Mary's College of California where he teaches courses in Sports Nutrition, Exercise Physiology, and Exercise Prescription. He has served as the Performance Nutritionist for the Saint Mary's College Department of Athletics since 2007 where he works with coaches, trainers, and athletes to achieve optimal performance through nutritional and lifestyle modification. His professional activities include research on ergogenic aids and consulting with competitive and recreational athletes on their nutritional programs.

### **DEBORAH MUNCH**

Deborah Munch is a mental skills consultant who specializes in working with high school, collegiate, and professional endurance athletes. In addition to working with athletes and teams to improve their mental game, Munch teaches Sport Psychology at Dominican University in San Rafael. She is a Certified Mental Performance Consultant (CMPC #652) with the Association of Applied Sport Psychology and has over 15 years of distance running coaching experience at the collegiate and high school levels.

### **TRISTAN TOOL**

Tristan Tool competed in football and track & field at Miramonte High School. Tool played football at Boise State University and run for the Santa Monica Track Club. He is currently in his tenth year as a Miramonte High School coach, where he coaches track and field and cross country, as well as strength and conditioning across all sports. As an owner of two Lamorinda based fitness businesses, Tristan is dedicated to investing in the health and wellness of the community and the empowerment of local athletes.

### **CHUCK WOOLRIDGE**

Chuck Woolridge is in his 14th year as the head coach of the Campolindo cross country and track & field teams. Prior to his tenure at Campolindo he was the head coach at College Park High School. He has 27 years of coaching experience, has USATF Level 2 certification, and is a member of the NCS cross country and track & field advisory committees. His cross country teams have earned 27 NCS titles and 7 CIF titles. In track & field his teams have won 3 NCS Tri-Valley Championships and he has coached multiple state championship individual podium finishers.