

# ANNOUNCING: THE 1975

## NATIONAL TRACK & FIELD

### COACHES CLINIC

RICKEY'S HYATT HOUSE HOTEL - - - PALO ALTO, CALIFORNIA

FRIDAY, SATURDAY - - - JANUARY 31 - FEBRUARY 1, 1975

FEATURING THE FINEST SPEAKING STAFF EVER ASSEMBLED

BILL BOWERMAN (Oregon University)	LLOYD (BUD) WINTER (San Jose State)	BERNY WAGNER (Oregon State)	VERN WOLFE (U. S. C.)
JIM BUSH (U. C. L. A.)	PAYTON JORDAN (Stanford University)	JIM SANTOS (Cal State Hayward)	MARSHALL CLARK (Stanford University)
LEO LONG (Los Altos High)	DR. HARMON BROWN (Olympic Development Women's Track)	ED PARKER (Mills High) (Millbrae Lions JC)	

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Registration: 11:00 - 5:00 p.m. - Friday, Jan. 31 (Program will begin at 2:00 p.m.)

Clinic Fees: \$26 Pre-Registration fee (\$10 deposit required by January 25).  
Persons registering at the door must pay \$33.  
To Pre-register, send enclosed coupon to:

Jim Gaughran, Clinic Director  
Department of Athletics, Stanford University  
Stanford, California 94305

Includes: Admission to all clinic sessions and exhibits, door prize drawings, Happy Hour, reduced rates to Marineland, speakers' notes, reduced rates at Rickey's Hyatt House Hotel.

Academic Credit: Three (3) units of credit through Santa Clara University may be registered for during check-in. (Fees are in addition to clinic fees).

Housing: Special reduced rates are available to participants at clinic headquarters - The "Fantastic" RICKEY'S HYATT HOUSE HOTEL, 4219 El Camino Real, Palo Alto, Calif. 94302 (25 miles south of San Francisco).

(Send coupon now to reserve room. Room rates will not be available after January 25th).

The 1975 Clinic has been designed to bring the top authorities in the United States together to present the nation's best ever Track and Field Clinic. The subjects will cover all aspects of Track and Field from the basics to the secrets of the champions. Clinic sessions will include sections on: Training program for long distance runners, Physiological aspects of training women athletes, development and training of high and intermediate hurdlers, spring training and techniques, development of high jumpers, development and training of pole vaulters, techniques and training of discus throwers, development and training of milers, organizing a successful track club program, training techniques for jumping events, development, training, techniques and tactics for 440 & 880 runners, developing and training of shot putters, training of cross country runners, sprint relay tactics and meet preparation, and many more. . . .

IF YOU WANT TO KNOW WHAT IS HAPPENING IN THE SPORT OF TRACK AND FIELD TODAY ON ALL LEVELS YOU CANNOT AFFORD TO MISS THIS FANTASTIC CLINIC.

# NATIONAL TRACK COACHES CLINIC

## ---- PROGRAM ----

### FRIDAY, JANUARY 31

10:00 - 5:00	REGISTRATION	Palo Alto Room, Rickey's Hyatt House
11:00 - 12:00	ED PARKER, Mills High School Millbrae Lions Women's Track Club	Organizing a Successful Track Club Program
12:00 - 1:00	LUNCH BREAK - - - - -	
1:00 - 2:00	LLOYD C. "BUD" WINTER San Jose State University	Sprint Training and Techniques
2:00 - 3:00	DR. HARMON BROWN California State University, Hayward Director of Women's Olympic Development Track Program	Physiological Aspects of Training Women Athletes in Track and Field
3:00 - 3:15	Intermission - - - - -	
3:15 - 4:15	VERN WOLFE University of Southern California	Development and Training of Shot Putters
4:14 - 5:15	BILL BOWERMAN University of Oregon	Training Principles and Practices for Middle Distances - 880 - Mile
5:15 - 6:45	DINNER BREAK - - - - -	
6:45 - 7:45	JIM SANTOS California State University, Hayward	Training Techniques for Jumping Events
7:45 - 8:45	BERNY WAGNER Oregon State Universtiy	Techniques and Training for Discus Throwers
8:45 - 9:45	JIM BUSH U.C.L.A.	Development, Training, Techniques and Tactics for 440 and 880 Runners
9:45 - 11:00	CLINIC SOCIAL (Complimentary Beverage)	

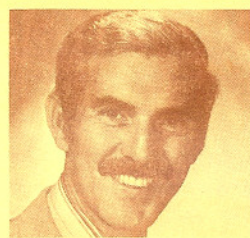
### SATURDAY, FEBRUARY 1

8:30 - 9:30	LEO LONG Los Altos High School	Development and Training of High School Discus Throwers
9:30 - 10:30	MARSHALL CLARK Stanford University	Training and Tactics in Cross-Country Running
10:30 - 10:45	COFFEE BREAK - - - - -	
10:45 - 11:45	PAYTON JORDAN Stanford University	Specific Techniques and Training in Sprinting
11:45 - 12:45	VERN WOLFE U.S.C.	Development and Training of Pole Vaulters
12:45 - 1:45	LUNCH BREAK - - - - -	
1:45 - 2:45	JIM BUSH U.C.L.A.	Development and Training of High and Intermediate Hurdlers
2:45 - 3:45	BERNY WAGNER Oregon State University	Techniques and Training for the High Jump
3:45 - 4:00	Intermission - - - - -	
4:00 - 5:00	BILL BOWERMAN Oregon University	Training Principles and Practices for Distance Runners - 3 and 6 Mile, Steeplechase and Marathoners
5:00 - 6:00	LLOYD C. "BUD" WINTER San Jose State University	Tactics and Meet Preparation for Sprinters and Sprint Relays

# SPEAKING STAFF



**BILL BOWERMAN**  
University of Oregon



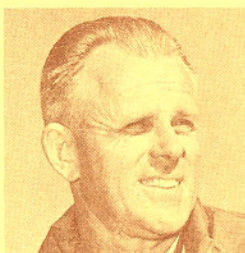
**DR. HARMON BROWN**  
Cal State University



**JIM BUSH**  
UCLA Head Track Coach



**MARSHALL CLARK**  
Stanford University



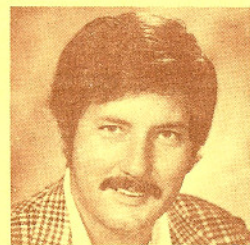
**PAYTON JORDAN**  
Stanford University



**LEO LONG**  
Los Altos High School



**ED PARKER**  
Millbrae Lions Track Club



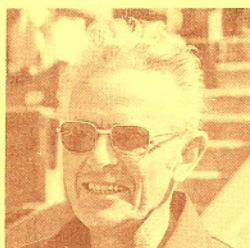
**JIM SANTOS**  
Cal State Hayward



**BERNY WAGNER**  
Oregon State University



**L. C. "BUD" WINTER**  
San Jose State University



**VERN WOLFE**  
U.S.C.

**WILLIAM (BILL) BOWERMAN:** (University of Oregon) Bill has guided Oregon to four N.C.A.A. Team Championships, served as a member of the coaching staff for the Pan American Games team, and in 1972 was the Head Coach of the USA Olympic Track and Field Team in Munich. Long recognized as America's foremost expert on the teaching, coaching and training of the Distance runner, the Bowerman methods of preparing the runner have moved Americans to the forefront in world competition.

Topics: Training Principles & Practices for Middle Distance (880-Mile) 2 mile, and Training Principles & Practices for Distance Runners (3-6 Miles), Steeplechase and Marathon.

**DR. HARMON BROWN, M.D.:** (Director of Health Services, Cal State Hayward) Currently serving on U.S. Olympic Committee (Womens Track), and Chairman of the Olympic Development Sub-Committee, Dr. Brown is one of America's leading authorities on Sports medicine and exercise physiology of the female athlete. Harmon's background includes coaching and medical advisory experience on all levels of competition, including: Age group, high school, college, Pan American games and numerous International competitions.

Topic: Physiological Aspects of Training Women Athletes in Track and Field.

**JIM BUSH:** (University of California at Los Angeles) Jim's U.C.L.A. Bruins have won four NCAA Track & Field Championships and five Pac 8 Championships. He has produced National Champions in almost every event and distance on the college level and his Bruins have continually been named to the Olympic teams. Jim has twice been named by the U.S. Track Coaches Assn. as "Coach of the Year", and has served many times as the coach of USA International Teams. His topics for the clinic will be: Development and Training of High & Intermediate Hurdlers, and Development, Training, Techniques, and Tactics for the 440 & 880 Runners.

**MARSHALL CLARK:** (Stanford University) Highly successful coach of Stanford's cross country team for the past seven years. Marshall has coached on the high school level in Southern California prior to coming to Stanford where his teams won League and CIF championships. A recent highlight of Marshall's career came in 1972 when he led a contingent of United States athletes to Moscow for three days of International competition with twelve nations represented.

Topic: Training and Tactics in Cross Country Running.

**PAYTON JORDAN:** (Stanford University) Head Track Coach at Stanford University, Payton is former Head coach of 1968 USA Olympic Track & Field Team, Coach of 1964 USA Olympic team, and many times coach of USA International Teams. He is one of America's most respected coaches, having developed champions in this country for more than 30 years. He is currently competing in senior competition, holding the world's record for the senior 60 yard dash. Payton has been named to the Helms Hall of Fame for Achievement and Contribution to Athletics.

Topic: Sprint Training and Techniques.

**LEO LONG:** (Los Altos High School) Leo is one of America's outstanding High School Track & Field Coaches. As an athlete Leo placed in the NCAA Championships three years in the Javelin, winning the Championship in 1954. His coaching record at Los Altos High is an unbelievable 87 wins and one loss, nine league championships and the state championship team in 1970. He has produced 3 National High School champions in the Discus event and numerous champions in other events including State champions in the 2 mile, 440 and 880. We are pleased to have Leo speaking on Development and Training of High School Discus Throwers.

**ED PARKER:** (Mills High School and Millbrae Lions Track Team) One of America's leading coaches of female track and field athletes. His athletes have distinguished themselves continually over the years. Five times they have been named to Olympic Games teams, thirteen times they have won individual National Championships and in 1969 Ed's team won the Girls' National A.A.U. Team Championship. Ed has served on numerous Olympic games, Pan American Games and International competitions coaching staffs. We have asked Ed to speak on: Organizing a Successful Track Club Program.

**JIM SANTOS:** (California State University, Hayward) Currently the head coach of the men's track team at Hayward, Jim is considered one of the most knowledgeable coaches on the west coast in the areas of mechanics and techniques in track and field. Jim has also coached the women's team at Hayward where his teams won the 1972 National championship after having two teams place second at the nationals. Topic: Training Techniques for Jumping Events.

**BERNY WAGNER:** (Oregon State University) Recognized as one of America's finest university track and field coaches, Berny has been named to the coaching staff of the 1976 U.S.A. Olympic track and field team. His technical approach to the sport has gained him a reputation for having the ultimate grasp of the science of track & field. We are very pleased to have the coach who refined the "Fosbury Flop" technique of high jumping discuss Techniques and Training for the High Jump, and Techniques and Training for Discus Throwers.

**L.C. "BUD" WINTER:** (San Jose State University) World renowned Track and Field mentor and undisputed "King" of the sprinter coaches, Bud's sprinters have broken or tied 25 World sprint records during his coaching career. He has served as Olympic coach in 1960, and has consulted for the Olympic teams in 1964 and 1968. Twice named "Track Coach of the Year", he also coached the San Jose team to the NCAA Team Championship in 1969. Author of four highly regarded books on sprinting, we are asking Bud to speak on Sprint Training and Techniques and Tactics and Meet Preparation for Sprinters and Sprint Relays.

**VERN WOLFE:** (University of Southern California) As head coach of the USC Trojans, Vern has led the team to six NCAA Team Championships (and three second places), five Pacific 8 titles, and has had 18 individual NCAA champions. His Trojan athletes have either broken or tied 28 indoor and outdoor world records. His collegiate coaching record stands at 88-6-1, and twelve of his athletes have performed in the Olympic games, four of them winning gold medals, including Dallas Long (Shot) and Bob Seagren (Pole Vault). We are pleased to have Vern speaking on: Development and Training of Shot Putters, and Development and Training of Pole Vaulters.

# --- CLINIC HIGHLIGHTS ---

THE NATIONAL IS AMERICA'S FINEST CLINIC

FEATURING THE FINEST SPEAKING STAFF EVER ASSEMBLED

SPEAKING TO THE WORLD'S FINEST COACHES!!!

The National Track Coaches' Clinic Committee has selected the Jan. 31 - Feb. 1 weekend and has chosen the beautiful San Francisco area to allow clinic participants the opportunity of combining business and pleasure. The business is, of course, to have the fantastic opportunity of meeting and learning from America's super coaches and teachers fresh from conducting their indoor seasons and just prior to the opening of the outdoor competitions. The pleasure will be found in being adjacent to the world's most fabulous city - SAN FRANCISCO. There are many more attractions within the immediate area, including Marine World, S.F. Chinatown, Fantastic North Beach Night Clubs, Sausalito, Fisherman's Wharf, Cable Cars, Ferry Boats, the world-famous wine country, breath-taking beaches, Golden Gate Bridge, and all of the myriad of sights and places that have made the San Francisco area one of the most exciting places in all of the world.

In order to make the National Track Coaches Clinic a truly memorable experience for all of your family, BRING THEM ALONG and stay at the magnificent RICKEY'S HYATT HOUSE HOTEL (at special rates plus children under 12, free) and have them see some of the sights while you attend the clinic sessions. Then in the evenings and on Sunday join them for the sight-seeing excitement, and make the NTCC a great family vacation.

IMPORTANT NOTICE: The rates at the RICKEY'S HYATT HOUSE HOTEL will be in effect ONLY if you send the enclosed coupon/card to reserve your room - by January 25. After this date all of the rooms that are being "held for National Track Clinic" will be released for general use, and the price will return to the regular rates. Please reserve your rooms early and don't be left out of the action at RICKEY'S HYATT HOUSE HOTEL.

SPECIAL EFFORTS have been made this year to place emphasis on developing technique and training programs for BEGINNING COMPETITORS. We feel that with the nation's top coaches and teachers dividing their time between discussing the world class programs and the programs needed by beginners of the same sports, the clinic participants will gain unmeasured benefits.

DON'T BE LEFT OUT!!! Take advantage of the finest coaching clinic ever offered; the finest panel of speakers; the most complete exhibition of equipment ever displayed, to be held on Jan. 31-Feb. 1 weekend, adjacent to SAN FRANCISCO.

EXCHANGE IDEAS WITH AMERICA'S TOP COACHES - Being aware that perhaps the most rewarding portion of any clinic is the time spent with other coaches from across the United States, discussing training programs, techniques, tactical concepts of track, etc., the National Track Clinic has been scheduled to allow for free time in the evening hours, and has directed the speakers to hold "rap sessions" to help promote this valuable side of the clinic. We hope that you will take advantage of this new facet of the NTCC and quiz your favorite coaches on your interest areas in track and field.

COSTS: To the coach who wants to attend the clinic, but is hesitant about costs involved, this may help -- the costs of attending clinics, classes, etc. when attempting to improve one's professional skills are deductible on your 1975 income tax return. (For additional information on what is or is not deductible, consult your IRS).

ACADEMIC CREDIT -- Santa Clara University is accrediting this year's National Track Coaches Clinic and will grant three (3) quarter units of credit to all clinic participants wishing to enroll for the course and meet the other prescribed requirements. The Course title is Physical Education -- X 641.1 Advanced Coaching Techniques in Track & Field. The fee for the course will be \$30.00 (in addition to the clinic fee). The fee will be payable to Santa Clara University. You may sign up for the units at the time of clinic registration, prior to the first lecture on Friday afternoon. The course will be graded on the basis of attendance and a written course evaluation and related project. The course is comprised of all lectures, film studies and demonstrations that are presented in this year's National Track Coaches Clinic.