

THE NORCAL JUMPS CLINIC

January 4, 2014 at Soquel High School



World Class 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?

Our coaches are proven to be the best in the world with 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 and the world!**

D1 Athletics NorCal Jumps Clinic Format

Saturday, January 4, 2014

Learn-by-doing Coach/Athlete Clinic

Athletes, bring your notebook, pencil and shoes, and get ready to listen, learn and practice! Coaches, observe and ask questions!

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: Wrap-up (coaches discussion) & Questions (athletes)

Registration is limited! **Sign-up today at Active.com** (see link at bottom of page).

Athlete Cost: **Early-bird registration is \$140/athlete until October 30, 2013.** Regular registration is \$155/athlete.

PA-USATF athlete discount is \$130. USATF card must be provided at registration

Coach Cost: **Early-bird registration is \$45/coach until October 30, 2013.** Regular registration is \$50/coach.

For every three athletes a school brings to the clinic, one coach attends for free. For this option you must email JohnR@D1Athletics.com by December 28, 2013.

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

This clinic will take place regardless of weather!

Go to our website at: www.D1Athletics.com

Olympic Coaches & Athletes share their secrets with you!

Jeremy Fischer - Long/Triple Jump, Olympic Training Center Coach, **coached 2012 Olympic Silver and Bronze medalist Will Claye in the Triple and Long Jump and the 2013 World Champion Gold medalist in the Long Jump, Brittney Reese.** He is a USATF Level 1,2,3 Lead Instructor. He has coached USATF Champions, NCAA Champions, NFL and MLB Players. He is an expert in speed, power, and the jumps.

Sheldon Blockburger - High Jump, University of Arizona Jumps Coach, **coached 2012 Olympic & 2013 World Championship Silver medalist Brigetta Barrett.** Has coached 7 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.

Jan Johnson - Pole Vault, Director of Sky Jumpers Vertical Sports Club, **1972 Olympic Bronze medalist.** Has coached three 19'+ vaulters, and his daughter Chelsea Johnson (15"6.5") the 2009 World Championship Silver medalist. He is also the Chairman of the National Pole Vault Safety Committee and Co-director of the National Pole Vault Coaches certification program.

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.**

Email: JohnR@D1Athletics.com

or go to <http://www.active.com/soquel-ca/clinics/norcal-jumps-clinic-2014>