

Hello Coaches:

We will all have a unique opportunity next month to attend two great track and field clinics that will each be presented absolutely free for all coaches and adults who would like to attend right here in the San Gabriel Valley.

The two clinic dates and locations are...

**Beginning/Int Level Clinic  
San Dimas High School**

**Sunday, January 12**

**Advanced Level**

**Sunday, January 26 Mt SAC College**

The LA84 Foundation track and field clinics are the most informative and all-encompassing track coaching clinics offered anywhere featuring some of the finest coaches and presenters in the country.

Coaches of all abilities and levels from the absolute novice to the seasoned veteran will find each of these clinics offer specific opportunities that target every level, so your whole staff can attend together.

***Beginning/Intermediate Level Clinic:  
Sunday, January 12 – San Dimas High School***

Coaches of all abilities will benefit. We will offer comprehensive sessions in all seven broad event areas: sprints, hurdles, distances, long and triple jumps, high jump, pole vault and throws.

This is a great opportunity for the new coach who has little or no experience or the veteran coach that wants to expand his or her knowledge of more track events.

You can attend as many different sessions as you would like or you can focus the entire day on one area such as the sprints, distances, throws, etc.

**Sprints - Presenters:**

Brian FitzGerald, considered one of the finest sprint coaches in the nation, has coached four different California State 100 meter Champions.  
Andrea Blackett, who is a former Olympian and NCAA Division 1 coach at Rice and UCLA, is developing a great program at APU.

**Distances - Presenters:**

Ken Reeves, who team once again just won the California state championship in cross country at Foothill Technology, will team with Renee Smith of Mira Costa, who just had another girl qualify for the Footlocker National Cross Country Championships.

**Hurdles - Presenter:**

Michael Wellington of Alemany High School has an incredible ability to break down how to not only teach hurdling to beginners but also to get advanced level hurdlers to state and national levels.

**Pole Vault - Presenter:**

Estelle Naito, NCAA Division 1 coach at Cal State Fullerton, is a member of the National Pole Vault Summit staff.

**High Jump - Presenters:**

Doug Nordquist, Olympian and former National Champion, and Christopher Richardson, USATF Level 3 and head of the Cerritos college program, will be the high jump presenters.

**Throws - Presenters:**

Ramona Pagel, Olympian and former American Record Holder in the shot put, and Nick Garcia, IAAF Level 5 and USATF Level 3 level coach, will present in the throws.

**Long Jump - Presenter:**

Cameron Gary, former national class long and triple jumper, and now one of the most sought after presenters in the country, will teach the long and triple jump sessions.

***Advanced Level Clinic:******Sunday, January 26 – Mt SAC College***

Already set to present are Brian Weaver, whose Buchanan girls won the 2019 state track championship—qualifying an incredible 15 girls for the state meet; JT Ayers, who has built Trabuco Hills into a powerhouse with not only great numbers but elite performers; Olympian Doug Nordquist in the high jump; Olympian Ramona Pagel in the lifts and throws; and Willie Banks, former world record holder in the triple jump.

In the throws, we will offer the unparalleled tandem of coaches Tony Cirelli of Newport Harbor and Bill Pendleton of Esperanza who potentially could have the two best throwers in the country this year with boys that will be shooting for 70 feet in the shot and 200 in the discus.

Marty Simpson, who girls last year outscored every other distance group in the California State meet, to help Buchanan win the state track championship, will present in the distances.

Willie Banks, former World Record Holder in the triple jump, will be teaching sessions on the horizontal jumps.

Harry Marra, coach of Olympic Champion Ashton Eaton, will be leading sessions on the pole vault.

Several of the highest rated teacher and presenters in the country will be returning including Cameron Gary in the long and triple jump and Michael Wellington in the hurdles.

You can see the full agenda for our clinics and register all of your coaches at our website LA84.org —once again each clinic is free; however, registering online will reserve your clinic spot

You can also get additional information by contacting our clinic director, Tim O'Rourke, ( [LA84orourke@yahoo.com](mailto:LA84orourke@yahoo.com) )

Thank you,

Tim O'Rourke