



# 1<sup>st</sup> Annual Olympian's Track & Field Clinic

**February 13<sup>th</sup>, 2010**

Morning 9am – Noon      Two Sessions & Clinician's Wrap-up:      Afternoon 1pm – 3pm      Clinician's Wrap-up 3-3:30pm

## The Clinicians



**Tonie Campbell** – 3 time US Olympian 110m hurdles, Bronze medalist. P.R. 13.17 Head Track & Field Coach Southwestern College. CCC Foothill Conference Women's Coach of the Year. In his first years as Head T&F Coach, Campbell has led SWC women to 3 straight Foothill Conf. Championships. USATF Development Committee Chair.



**Philam Garcia** – 2 time Olympian (Guam) 100m/200m. Assistant Coach/Sprints Southwestern College. Philam has steered several of SWC sprinters to championships at the CCC level and garnered the attention of NCAA Division I schools where many of his sprinters are now leaders of their respective teams athletically and academically.



**Duro Agbete** – Olympian (Nigeria) 3000m Steeple-Chase. Head Cross Country Coach Southwestern College. Duro has an unmatched record by any CCC Foothill Conference coach. Over the course of his tenure, Duro has crowned more California State Champions than that of any of his peers.



**Tim Mack** – US Olympic Gold Medalist pole vault. Assistant Coach/Pole-vault Southwestern College. Along with 2004 Gold Medal accomplishments, Tim is a multiple US Champion, NCAA Champion and has several international championships to his claim. P.R. of 19' 8 1/4"



**Jamie Nieto** – Olympic High Jump finalist in Sydney Australia Games. Jamie has been one of the top US and World High Jumpers for the past 10 years. USA Indoor/Outdoor Champion with multiple championships to his record of accomplishments. P.R. 7'8"



**Al Joyner** – US Olympic Gold Medalist Triple Jumper. Part of USATF's royal family (Jackie Joyner-Kersey, sister, Bobby Kersey, brother-in law, Florence Griffith-Joyner, wife) Al is one of the countries renown sprint/jumps conditioning national coaches. Head Jumps Coach at the USOC Chula Vista Olympic Training Center.

## **6...5...4...3...2...1... Go!**

Southwestern College Track & Field Team has assembled one, if not the most exciting and elite coaching staffs in the country. The clinicians represent 6 Olympic years. 5 individuals on the current staff are Olympians with an additional Olympian as a team consultant. 4 decades of Olympic involvement by staff starting with the 1972 Munich Olympic Games to the most recent games in Beijing, China 2008. 3 Olympic Medals won by staff. 2 clinicians are Olympic Gold Medalist, and, 1 unique opportunity to learn from this amazing group of clinicians. So let's Go! Save the date and join us for a day of learning, fun and track & field insightfulness.

Southwestern College Track & Field Olympian's Clinic offers the most up-to-date information, training tips and data available. Your knowledgeable clinicians will share with you through a comfortable classroom setting informative presentations and demonstrations. Each presenter will analyze the biomechanics and specific training to produce the optimum results for your athletes and team.

This one day clinic will conveniently offer attendees unique morning and afternoon sessions. Each attendee will have an opportunity to choose one presentation per session. Presentations will be offered at Southwestern College with a unique opportunity to also choose topics not traditionally offered at other Track & Field clinics.

# Saturday February 13<sup>th</sup>, Schedule:

8 – 9 am registration  
9 am – Noon; morning session  
Noon – 1 pm; Lunch – On own  
1 – 3 pm; afternoon session  
3 – 3:30pm; Panel Discussion/Wrap-up

## Morning Session: (9:00am – Noon)

“Developing the Elite Hurdler” – Tonie Campbell  
“World Class Aquatic Training Techniques” – Staff  
“Building a Championship Distance Team” – Duro Agbede  
“Jumping to Glory” – Al Joyner

\*All classroom sessions held in **Learning Resource Center**

## Afternoon Session: (1:00 – 3:00pm)

“Winning Sprint Mechanics” – Tonie Campbell  
“Winning Olympic Lifts for Sprinters” – Staff  
“Pole-Vault basics to Gold” – Tim Mack  
“Mid/Distance Biomechanics” – Duro Agbede

\*All classroom sessions held in **Learning Resource Center**

*“Our goal...*

*Each Clinician is dedicated to present the most current and cutting edge information as to training techniques, training aids and philosophy. It is our goal that each coach and athlete in attendance will leave with a greater knowledge of how to achieve the very best performances for this season and future seasons.*

*Each session will be presented in a comfortable classroom setting with exciting video and live presentations. Clinicians welcome lively interaction from attendees and participation with drills and demonstrations. At the conclusion, our Clinician’s Wrap-up will offer attendees to “Determine the Topic” through a lively question and answer session.”*



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Name: \_\_\_\_\_

School/Affiliation: \_\_\_\_\_

### Morning Session - (choose 1)

- Developing the Elite Level Hurdler – **Tonie Campbell**
- World Class Aquatic Training Exercises – Staff
- Build a Championship Distance Team – **Duro Agbede**
- Jumping to Glory – **Al Joyner**

### Afternoon Session - (choose 1)

- Winning Sprint Mechanics – **Tonie Campbell**
- Winning Olympic Lifts for Sprinters – Staff
- Pole-Vault Basics to Gold\* @ OTC – **Tim Mack**
- Mid/Distance Biomechanics – **Duro Agbede**

### Clinic Fees:

Coaches/General Public.....\$60

Athletes/Students (with current I.D.).....\$20

\*\*USATF Members with current card take \$10 off\*\*

Fax to (619) 482-6412 or Email Registration to [acampbell@swccd.edu](mailto:acampbell@swccd.edu) Include Name, Morning and Afternoon Session choices.

