

TARTAN

Track and Field Clinic

On January 3 2009 the Carnegie Mellon University Track and Field team is proud to present its Third Annual "Track and Field Clinic". The clinic will be held at Skibo Gymnasium & Tepper School of Business on the Carnegie Mellon University campus.

We have gathered High School and College Coaches with countless years of coaching experience. The clinic is directed toward high school and club coaches. Our objective is to enhance and continue the development of High School Track and Field programs. Coaches will have an opportunity to learn many new concepts in training and skill development.

STAFF

CLINIC COORDINATORS

Dario Donatelli (Distance)

Head Men's and Women's Track and Field/Cross Country Coach at Carnegie Mellon University. Currently in his 21st year, Coach Donatelli has coached 26 All-Americans in cross country and track. CMU has won seven conference titles under Coach Donatelli, most recently the 2007 Men's UAA Outdoor Title. He has also been named Coach of the Year nine times.

Gary Aldrich (Long Jump)

Associate Head Men's and Women's Track Coach at Carnegie Mellon University, Coach Aldrich is in his second year at CMU. He is a Lead Instructor for USATF Coaching Education Program and is Level II certified in the throws and jumps. Championship programs throughout his 15 years of coaching. He has coached a number of All-Americans.

CLINICIANS

Rob Lasorsa (Shot Put)

Under his guidance as Chairman of USA Track & Field's Men's National Shot Put Development, the USA has become the world leader in the men's shot put with Reese Hoffa, Adam Nelson, Christian Cantwell, and John Godina all exceeding the seventy foot barrier on a yearly basis. As Founder and President of the National Throws Coaches Association, Coach Lasorsa has an abundance of technical knowledge to share with coaches. Coach has produced 4 videos, 3 DVDs and written 5 books on the throwing events. He is the former Head Track Coach at Kent State University.

Leslie Bonci, MPH RD (Nutrition)

Leslie is a registered dietitian with a background in public health. Leslie's focus is on health promotion, wellness and disease prevention. She counsel clients of all ages on many nutrition-related concerns including weight management, eating disorders, sports nutrition, digestive disorders, diabetes, hyperlipidemia, and hypertension. Leslie is the director of Sports Nutrition at the University of Pittsburgh Medical Center. She works with 42 high schools, the University of Pittsburgh athletes, Pittsburgh Steelers, Pittsburgh Pirates, Pittsburgh Ballet Theatre, Cincinnati Reds, Toronto Blue Jays, and several other local and national universities. She is also consult to the (NCAA) providing nutritional expertise for the Nutrition and performance website.

Jessica Cooper (High Jump)

NCAA Outdoor All-American in the HJ finishing 3rd in 2008 & record holder at Westminster College in the HJ(1.68m) and Triple Jumps, Jess was a 2X PAC HJ champion and named PAC Women's Field MVP for 2008. She was a 4X ECAC qualifier, both indoor and outdoor. Also, she was a 2X NCAA indoor qualifier in the HJ finishing in 13th and 9th respectively. She is an assistant for CMU and will be working with the Jumpers.

Kevin Schultz (Strength & Conditioning, Discus)

Coach Schultz joined the Carnegie Mellon staff in August of 2008 as the first full-time strength and conditioning coach / Assistant Track Coach. He comes from the University of Wisconsin-La Crosse where he served as the S&C G.A. and an assistant coach with the women's T&F team working with the throwers. He is a certified Strength and Conditioning Specialist by the NSCA, a Level 1 Certified Weightlifting Club Coach and Sports Performance Coach by USA Weightlifting, and is a USATF Level 1 Coach by USAT&F.

Bradi Rhoades (Pole Vault)

Entering his 2nd year coaching at Westminster Bradi is a Slippery Rock University graduate. Rhoades was a six-time all conference vaulter. Coach Rhoades is the Jumps Coordinator for Westminster. Coach Rhoades coached Jessica Cooper to All-American status in the High Jump in 2008, the First NCAA All-American in Track & Field in Westminster College History. Bradi began vaulting before 6th grade, so he has been collectively vaulting for 16 yrs. He is a tremendous young coach!

Dave Maudie (Javelin)

1987 NCAA Division II National Champion in the Javelin from IUP. TWO TIME All-American in the Javelin, 4 years in top ten @ Nationals, PSAC Champion. Coached at Seneca Valley HS in 2008.

Dr. Robert Raemore (Sprints/Relays)

Coached Sprints & Hurdles at IUP for 35 years. Had numerous All-Americans and National Champion Amber Plowden(Schenley). Also coached 3 years at Central Catholic.

CLINIC FEES

** Fees Include Continental Breakfast and Lunch

****POSTMARKED BY December 22nd**

COACHES/PARENTS	\$50.00
ATHLETES	\$30.00

REGISTRATION AT DOOR

COACHES/PARENTS	\$60.00
ATHLETES	\$40.00

Registration/Meals/Vendors located in Skibo Gymnasium. Lecture Rooms (Simon Auditorium & Copper Auditorium) located in Tepper School of Business.

SPONSORS

NTCA – National Throws Coaches Association
www.nationalthrowscoachesassociation.com

M-F Athletic Co.
www.mfathletic.com

Coaches Choice Video
www.coacheschoice.com

Boathouse Athletics
www.boathouse.com

Asics
www.asics.com

*** Parking is available in East Campus Parking Garage next to Stadium. Garage is free, or at a meter on the streets.

City controls meters, and they do ticket.

Send to:

Make Checks payable to:

Carnegie Mellon University

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Name _____
School _____
Address _____

City _____

State _____ Zip _____

Are you a: HS Coach **Club Coach** **College Coach**

Athlete **Parent**

**You must include all names of those for which this check is written.*

2009
Carnegie Mellon University
Track & Field Clinic
SCHEDULE

8:00 – 9:20 Registration & Vendor Exhibits
Continental Breakfast

9:25 – 9:30 Introductions

9:30 – 10:20 Session 1
Distance –Dario Donatelli
Shot Put – Rob Lasorsa
Long Jump – Gary Aldrich

10:30 – 11:20 Session 2
Discus – Kevin Schultz
Sprint Physiology – Dr. Raemore
Pole Vault – Bradi Rhoades

11:30 – 12:20 General Session #1
S&C – Kevin Schultz

12:30 - 1:45 Lunch & Vendor Exhibits
Door Prizes

1:45 - 2:40 General Session #2
Nutrition – Leslie Bonci

2:45 - 3:35 Session 3
Javelin – Dave Maudie
High Jump – Jessica Cooper
Baton Work & Techniques –
Dr. Raemore

3:35 Closing

VIDEO TAPING IS ENCOURAGED
(Clinicians and Schedule subject to change)

January 3, 2009 Skibo Gymnasium Carnegie Mellon University
CLINIC IS FOR COACHES, PARENTS, & ATHLETES

Featuring:
Leslie Bonci, MPH, RD UPMC
Director of Nutrition Author & Speaker

TRACK & FIELD CLINIC

Carnegie Mellon
Tartans

3rd ANNUAL