

Track & Field

CLINIC OF CHAMPIONS

at Cabell Midland High School

The "Clinic of Champions" provides coaches, middle and high school athletes the opportunity to receive training methods, philosophies, and "hands on" experience from elite coaches in the sport of Track & Field.

Where: Cabell Midland High School (Ona, WV) – Gym/Auditorium Area
When: Saturday – March 13, 2010
Cost: \$5 per athlete / Coaches FREE

Clinic Includes:

Athletes/Coaches that plan on attending will participate in classroom presentations from some of the best coaches in the region. Athletes will participate in hands-on learning and skill drills while being critiqued by experienced coaches. All athletes should come dressed to participate and work on their events. There will be ample time for athletes/coaches to ask the experts questions. Multi-event athletes will have the opportunity to meet with the various experts at the clinic. Clinic is set up indoors in case of bad weather.

Clinic Time Schedule:

12:30 – 1:00 PM – Registration

Registration will be held in the Cabell Midland concourse area outside of Gym A and Gym B. Free parking is available for all participants in the school parking lot.

1:00 – 4:00 PM – Track & Field Clinic

Athletes will meet in auditorium for clinic introduction and introduction of clinic staff. Athletes will then separate into event specific groups.

Who May Attend:

Clinic is open to all high school/middle school athletes and coaches that want to enhance their knowledge and skill in the sport of Track & Field.

Name: _____ **School:** _____

Grade: 6 7 8 9 10 11 12 **Gender:** M F **Specialty:** Distance | Sprints | Throws | Jumps | Hurdles

Address: _____

E-Mail: _____ **City** _____ **State** _____ **Zip** _____
Phone: _____

Waiver: I know that athletics is a potentially hazardous activity. I should not enter and practice unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete. I assume all risks associated with this event, including but not limited to falls, contact with other participants, the effects of the weather (including high head and/or humidity), traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release Cabell Midland, Clinic officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Parent Signature _____

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Clinic Staff:

Rod O'Donnell (Distance) – named Coach of the Year twice while at Akron and Marshall Universities in the MAC and Southern Conferences. He coached numerous NCAA All-Americans in Cross Country and Track. He is a member of Marshall University and Ohio Track & Field Hall of Fame. He is currently coaching at Hudson High School in Ohio where he coached the number 2 distance runner in the nation (Wesley Smith). He ranks as one of the best distance coaches in Ohio and surrounding states.

Keith Kelly (Sprints/Relays) – Master sprinter has worked with many elite sprinters in the South, qualified for the 96' Olympic Trials, and medal winner at the Utah Winter Games.

Don Rogers (Sprints/Relays) – Head Girls Track coach at Cabell Midland. Girls team won the 2006 State Championship title. His 4x400 won the state title in 2006 & 2009. He also coached the 2009 Girls AAA 400 meter state champion.

Steve Thaxton (Pole Vault) - He was a West Virginia state champion pole vaulter at Sissonville High School. He moved on to Texas Abilene Christian University and won the NCAA Division II national pole vault title. Also, competed in the US Olympic Trials and is one of West Virginia's most decorated Pole Vaulters.

Rusty Parsons (Pole Vault) – current Cabell Midland Pole Vault coach. He coached the 2008 Boys AAA State Pole Vault Runner-up.

Bob Watts (High Jump) – currently is coaching at Huntington High school and has coached two state champions, multiply All State athletes, and numerous state qualifiers.

John Maynard (Throws) – was Southern Conference Champion in the Shot, Discus, Hammer and indoor 35lb weight events while attending Marshall University. He also held the school records during his college career. While coaching at Cabell Midland, his throwers qualified for the State Championship and scored each season. He has coached state champions in Kentucky, Ohio, and West Virginia.

Steven Freeman (Throws) – Current Cabell Midland throwing coach. He coached the 2007 and 2009 Boys AAA State Shot Put Champion (57-3.25)

Jerry Smalley (Hurdles) – Coach at Cabell Midland High School where he has coached 7 state champion shuttle hurdle relay teams along with three 300IH and two 110HH state champions. He considered among his peers to be one of WV best Hurdle coaches in the state.

Matt Lucas (Long Jump) – Coach at Cabell Midland where his jumpers have qualified each season for the WV State Championship. He has coached numerous All-State jumpers along with a state runner-up and a state champion.

Ryan Ramsby (Long Jump) – A Multi-event athlete while attending Cabell Midland High School. He was a member of the 2008 Shuttle Hurdle Relay State Championship team, State Runner-up in the Long Jump, and helped his team win the 2008 State Championship team title.

Chris Parsons (Distance) – Head Boys Track and Cross Country coach at Cabell Midland High School since the school opened its doors back in 1994. His teams have won 6 State Cross Country and 8 Track & Field Team State Championship Titles. He has coached 16 individual state champions in the 800, 1600, 3200, and 4x800 meter relay. Also, has coached 20 All-State athletes and one State Champion in Cross Country.