

Marshall University Track & Field/XC Clinic

January 2, 2016

Marshall University Indoor Track

**** Open to grades 6 and up ****

Clinic Schedule

8:00am-8:45am—Clinic Registration

9:00am-11:30am—Sprints / Hurdles / Block Starts / Specific Training

9:00am-11:30am—Shot Put (Glide & Rotation)/ Discus / Throws Specific Training

9:00am-11:30am— XC / Long Distance / Specific Training

LUNCH BREAK

1:00pm-3:30pm—Long Jump / High Jump / Specific Training

1:00pm-3:30pm— Pole Vault / Specific Training

1:00pm-3:30pm— Mid-Distance / Specific Training

Coaches Pricing

- \$50 Per Day

Coaches clinic includes

- Access to track during all clinic sessions
- Coaching explanation of techniques and what to look for during practice and competition
- Q&A sessions with coaching staff to aid in retention of material taught during sessions

Athlete Pricing

- \$75 For Entire Day

*Contact Information

For more information email Jaymes Talkington at talkington9@marshall.edu
or by phone at 304-696-2905

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MEET THE STAFF

DON YENTES

- Began Coaching @ Marshall in 2013
- Former Head Coach @ Wyoming '00-'12
- 4x Coach Of The Year
- 7 Olympic Participants
- 50 Olympic Trials Participants (Multiple Countries)
- Multiple Junior National Qualifiers
- 1 NCAA Champion
- 29 NCAA All-Americans
- 93 NCAA Qualifiers
- 66 Conference Champions
- 20 Sub 14 Second Short Hurdlers
- 7 Men's 25 Foot Long Jumpers
- 9 Women 20 Foot Long Jumpers
- 15 Sub 55 Second Women's 400m
- 10 Sub 47 Second Men's 400m

CALEB BOWEN

- Began Coaching @ Marshall in 2015
- Former XC Runner @ Marshall
- 4 Year Varsity Member
- Top 25 Finisher @ 2014 Conference USA
XC Championships
- Native of Hurricane, WV

TRAVIS COLEMAN

- Began Coaching @ Marshall in 2014
- 23 Conference Scorers
- 14 Broken School Records
- 2 NCAA Qualifiers
- 1 Canadian Olympic Trial Qualifier
- 1 Junior National Qualifier
- 2x NCAA Participant
- 7x All Big South Conference Selection
- Big South Conference Shot Put Champion

JAYMES TALKINGTON

- Current Director of Operations @ Marshall
- Former Graduate Assistant @ Marshall
- Former Athlete @ Wyoming Under Coach Yentes
- All Mountain West Performer @ Wyoming
- Top 10 All Time Triple Jumper @ Wyoming
- Nebraska Class D State Record Holder In Triple Jump
- 7x Mountain West Conference Scorer