

Entry Form
Hagerstown
 Community College
 Track & Field Clinic 2016
ATTN: Register Early, Space Is Limited!

Name _____
 Address _____
 Town _____
 State _____ Zip Code _____
 Phone(_____) _____ Age _____
 E-Mail (Print Clearly): _____

 Event (Limit 1) _____
 *Coaches May Attend Any/All Events

Clinic Plan Selected:
 _____ \$69 Athlete ("Learn-By-Doing")
 _____ \$50 Coach (Observe, Video, Q & A)
 _____ \$500 Team Rate **(Coach Is FREE!)**
 Max. of 10 From Same Team/Club
 *ALL Entries In SAME Envelope!
An Incredible \$240 Savings!
 *Registration At The Door Is \$79

Parental Consent/Participation Waiver:
 I wish to enroll my son/daughter/self in the 2016 Hagerstown Community College Track & Field Clinic. I understand that neither Hagerstown Community College, the clinic director, the staff, nor anyone connected with the clinic will assume any responsibility for accidents, medical, dental, or other expenses incurred as the result of injuries sustained during or as a result of any course of instruction given the participant by the clinic staff. I hereby authorize the guardian, coach, or director to act on my behalf according to his/her best judgment in any emergency requiring medical attention.

Parent/Guardian/Participant Signature: _____
 X _____

Clinic Schedule
Saturday, December 10
Location:
*Athletic, Recreation Community Center
 ARCC Building*

8:00-8:45am
 Check-In & Late Registration

8:45-9:00am
 Clinic Staff Introductions

9:00am-12:00noon
 "Learn-By-Doing"
 Athlete & Coach Instruction

12noon-1:00pm
 Lunch (*May Be Purchased)

1:00-3:00pm
 "Learn-By-Doing"
 Athlete & Coach Instruction

Videotaping Is Encouraged!

**For Detailed Directions, Campus Map
 & Information About Hagerstown
 Community College, Please Visit:**
www.hagerstowncc.edu

****Attending The Clinic From Out Of Town
 & Need A Hotel Room At A Reduced Rate?
 The Official HCC Track & Field Clinic Hotel
 Is The Courtyard Marriott-Hagerstown
 Mention The HCC Clinic & Save!**



Mike Spinner-Head Coach
 Track & Field / Cross Country
 Hagerstown Community College
 11400 Robinwood Drive
 Hagerstown, MD 21742

Attention Coach: Please Make Copies For Your Athletes And Post The Original.

ATTN: Track & Field Coach (Boys & Girls)

**Learn The Secrets
 Of The Great Ones!**
Hagerstown
Community
College
Track
&
Field
Clinic
Saturday
December 10
2016

**Hagerstown Community College
 Hagerstown, MD**

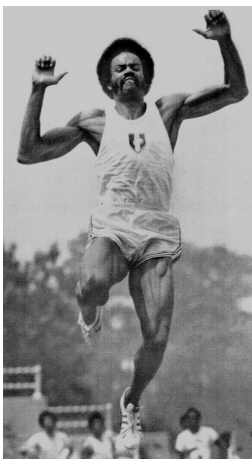
**The ONLY Clinic In Maryland
 Staffed Exclusively With
 Olympians, All-Americans &
 Championship Level Coaches!**

***100% Of ALL Monies Raised Will
 Support The HCC Track & Field &
 Cross Country Scholarship Fund!**



Hurdles & Sprints

Featuring
Norm Tate



Coaching Credentials

2014 & 2016 USA National Team
World Junior Championships

2012 & 2015 USA National Team
Coach World Championships

2-Time Olympic Gold Medalist &
110HH World Record Holder
Roger Kingdom

Olympic 110HH Bronze Medalist
Jack Pierce

NCAA 110HH Champions
Courtney Hawkins &
Aubrey Herring

Assistant Track & Field Coach
Rowan University

Athletic Credentials

USA Olympic Team Member (TJ)

American Record Holder (TJ)

7-Time National Team Member

3-Time National Champion In
BOTH Long Jump & Triple Jump

Personal Bests Of
55'11 1/2" (TJ), 27'1 1/4" (LJ)



Pole Vault

Featuring
Nick Tyson

Coaching Credentials

4 NJ State Meet of Champs. Winners

Head Coach @ Nationally Ranked
Lenape High School (NJ)

Jersey Jumps Beach Vault Co-Director

"On The Road" Track & Field
World Tour Staff-13 Years

Athletic Credentials

2-Time NJAC All-Conference Team
@ Rowan University

2-Time Team Captain @ Rowan U.

Burlington County Champion
@ Lenape High School (NJ)



Shot Put

Featuring
Brian Wethey

Coaching Credentials

Former Glen Mills H.S. Throws Coach

2-Time National Champion (Shot Put)

14 Pennsylvania State Champions (SP)

4 Penn Relays Champions (Shot Put)

18-Time PA State Team Champions

Athletic Credentials

3-Time NJCAA Region XX Champion
Hagerstown Community College

NJCAA Region XX Championships
Most Valuable Athlete

Pennsylvania State Champion-Javelin

Bucks/Montgomery Counties Champion
Shot Put, Discus, Javelin

North Penn H.S. Record (220'3" Javelin)



Distance & Middle Distance

Featuring
Ringo Adamson

Coaching Credentials

Head Track & Field/Cross Country Coach
@ Rowan University

NJAC Indoor Coach of the Year
2013 & 2014

NJAC Outdoor Coach of the Year
2012 & 2013

USATF Atlantic Region Coach of the Year
2012

Coach Of 15 All Americans @ Rowan U.

Athletic Credentials

2-Time Olympic Team (Jamaica)
6-Time World Cross-Country Team
NCAA D-III Hall of Fame Member
D-III National Champion (Steeplechase)
8-Time All American (Glassboro State)

*A Racing Clinic Teaching The Secrets
To Winning On The Track!



High Jump

Featuring
Mike Pascuzzo

Coaching Credentials

Over 160 High School State
Champions From 13 States

Coached 2016 Olympian & 2015
Pan Am Games Silver Medalist,
Priscilla Frederick

Olympic Trials Finalists In BOTH
Men's & Women's Competition

Dozens Of NCAA & High School
All-Americans & Champions

Athletic Credentials

3-Time Olympic Trials Competitor

4-Time USA National Team Member

2-Time ACC Champion

ACC Indoor Record Holder

University of Maryland
Record Holder (1982-Present)

9-Time All American

2-Time JUCO National Champion
Hagerstown Community College

JUCO National Record (1981-1985)

HCC Record (1981-Present)

HCC Hall Of Fame Member

NJCAA Region XX Hall Of Fame

Personal Best of 7'5 1/4"



Visit Our Official Clinic Sponsors



Greencastle, PA
(717) 643-0218



Hagerstown (240) 420-6868



mspinler@cvac-md.us



www.verticaladventures.org

About The Clinic

This Is A Unique Opportunity To Learn
The Secrets Of These Highly Successful
Athletes & Coaches In A Friendly,
Interactive Setting. This Is A
Comprehensive "Learn-By-Doing" Clinic,
Taught At The Highest Level.

Who Can Attend

Each Event Has Its Own Age
Requirements, Due To Technical
Considerations & Equipment Needs.
***See Below For Event Age Eligibility.**

Hurdles/Sprints
High Jump/Shot Put
Distance/Middle Distance
Ages 12 & Up

Pole Vault
Ages 13 & UP

***Athletes 1 Event Only. Coaches
May Attend Any & All Sessions.**

How Do I Register?
Complete & Sign The Entry Form

Mail To:

Hagerstown Community College
Attn: Mike Spinnler, Track & Field
11400 Robinwood Drive
Hagerstown, MD 21742
Contact Phone#: (240) 500-2451

Make Checks Payable To:
Hagerstown Community College
***On Memo Line of Your Check,
Write HCC Track & Field Clinic**
***100% Of ALL Monies Raised
Support HCC Track & Field
And Cross Country
Scholarship Fund!**