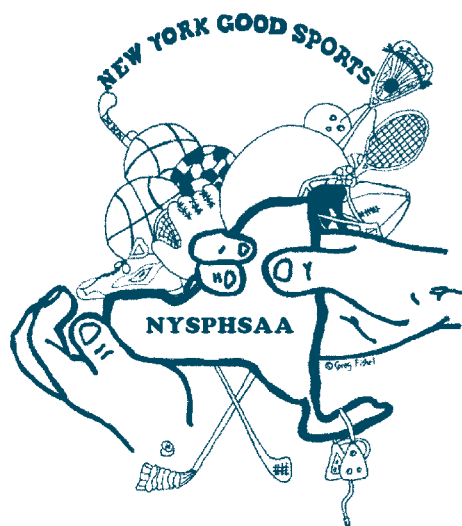


NEW YORK STATE  
PUBLIC HIGH SCHOOL  
ATHLETIC ASSOCIATION

COACHING CLINICS

- Bringing Professional Development to the Membership
- Promoting the Highest Quality of Coaching for NYS Schools
- Improving the Teaching of Fundamental Skills
- Promoting Safety for Student-Athletes
- Promoting Health & Nutrition for Student-Athletes
- Promoting Sportsmanship



SCHEDULE

Friday, March 23, 2012

3:30-4:30 pm	Registration
5:00-6:00 pm Session I	
Discus	Ed Jaskulski
Dynamic Warmup	Paul Souza
Hurdles - Low	Jen Potter
Team Management	Jim Vermeulen
6:15-7:15 pm Session II	
Middle Distance Training	Tom McTaggart
Long Jump	Marques Dexter
Track Secrets	Russ Ebbetts
Sprinting Techniques	JJ Riese
7:30-8:30 pm Session III	
Hurdles - High	Jen Potter
Strength Training	Oscar Jensen
High Jump - Advanced	Paul Souza
Steeplechase	Steve Patrick

Saturday, March 24, 2012

7:00-8:15 am	Breakfast
8:30-9:30 am Session IV	
XC Meet Management	Todd Bauer/Jason Merrill
Introduction to Pole Vaulting	Tim St. Lawrence
High Jump - Basics	Aimee Dawson
Relay Handoffs	JJ Riese
9:45-10:45 am Session V	
Recruiting Panel	Steve Patrick/JJ Riese/Marques Dexter
Advanced Pole Vaulting	Tim St. Lawrence
Cross Country	Bill Aris
Weight Throw	Oscar Jensen
11:00-12 noon Session VI	
Shot Put	Ed Jaskulski
Multi-Events	Aimee Dawson
Advanced Distance Training	Scott Love
Triple Jump	Marques Dexter
12:15	Lunch
Keynote Speaker	Bill Aris

New York State Public High School  
Athletic Association, Inc.

TRACK/FIELD &  
CROSS COUNTRY  
COACHES CLINIC



MARCH 23-24, 2012  
Holiday Inn  
Liverpool, NY



•• CLINICIANS ••

**Bill Aris**

Track & Field/X-C Coach - Fayetteville-Manlius HS

**Paul Souza**

Former Track & Field Coach - Wheaton College

**Aimee Dawson**

USA Track & Field Level I and II Coach

**Ed Jaskulski**

Track & Field/X-C Coach - Brockport State

**Jen Potter**

Track & Field Coach - Ithaca College

**Tim St. Lawrence**

Former Track & Field/X-C Coach - Warwick Valley HS

**Jim Vermeulen**

Track & Field/X-C Coach - West Genesee High School

**Tom McTaggart**

NYS Track & Field/X-C Rules Interpreter

**Marques Dexter**

Assistant Track & Field Coach - SUNY Cortland

**Russ Ebbetts**

Lead Instructor - USA Track & Field

**JJ Riese**

Assistant Track & Field Coach - Syracuse University

**Oscar Jensen**

NYSPPHSAA Boys Indoor Track Chairman

**Steve Patrick**

Head Track & Field Coach - SUNY Cortland

**Todd Bauer and Jason Merrill**

Track & Field/X-C Coaches - VVS HS

**Scott Love**

Head X-C Coach - Le Moyne College

**HOLIDAY INN - LIVERPOOL**  
**441 ELECTRONICS PARKWAY**

Reservations: (315) 457-1122. Call for \$99 room rate. Block of rooms being held until 3/9. Identify yourself as a NYSPPHSAA T/F clinic attendee and request clinic rate.

**DIRECTIONS TO**  
**Holiday Inn**

From NYS Thruway I-90 (East and West): Take Exit 37, Electronics Parkway, drive through the Toll booth and straight into the hotel parking lot.

From Route 81 (North and South): Take Exit 25, 7th North Street, take a right off the exit (7th North Street) and drive 1.5 miles to the end of road, straight into hotel parking lot.

**2012**  
**COACHES CLINICS**

B/G Lacrosse .....Feb. 10.....SUNY New Paltz  
Track & Field/X-C...Mar. 23-24...Holiday Inn, Liverpool  
Volleyball.....Mar. 31.....Binghamton  
Cheerleading.....Apr. 28.....John Jay HS, E. Fishkill  
B/G Soccer .....June 1.....SportsPlex, Clifton Park

**REGISTRATION FORM**

NYSPPHSAA

*Track/Field & Cross Country Coaches Clinic*

MARCH 23-24, 2012

HOLIDAY INN - LIVERPOOL

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE/ZIP \_\_\_\_\_

PHONE # \_\_\_\_\_

EMAIL \_\_\_\_\_

SCHOOL/AFFILIATION \_\_\_\_\_

*Minimum of 50 required to register by 3/16 to conduct workshop. You will be contacted via email or phone if workshop is cancelled. Coaches are urged to register as soon as possible. Payment can be made on the day of the clinic.*

**ONLINE REGISTRATION:**

<https://nyspphsaaclinics.ticketleap.com>

Seminar entry fee is \$80 if pre-registered and paid as follows:  
credit card, purchase order or check

Seminar entry fee is \$85 if paid at the door:  
credit card, purchase order, check or cash

\*PURCHASE ORDER REQUIRED TO INVOICE SCHOOL

**Make checks payable to:**  
NYSPPHSAA T/F & X-C CLINIC

**Submit this entry form and fee to:**  
Todd Nelson, Assistant Director  
NYS Public High School Athletic Assoc.  
8 Airport Park Blvd.  
Latham, NY 12110

Phone: 518-690-0771

Fax: 518-690-0775