

Bureau County T&F/XC Coaches Clinic

Bureau Valley High School, Manlius, IL

February 2, 2019

**Cost- \$75 (per coach) if mailed by January 25th
\$95- if mailed after January 25th or at the door.**

5 CPDU's will be offered

For more information contact Dale Donner 815-445-4004 or daledonner@yahoo.com
www.bureauvalleytrack.net

Tentative Schedule

8:45-9:20 Registration/ Packet Pick-up

9:20- Welcome

9:30-10:30	Chris Moseley Reflexive performance reset	Kelsey Card Shot Put	Kevin Kramer Training the Middle Distance runner
10:40-11:40	Kelsey Card Discus	Ken Jakalski Sprint Mechanics	Todd Vohland Cross Country training
11:40-12:20	Lunch	Lunch	Lunch
12:20-1:20	Mike Benton Long Jump	Tom Depasquale Hurdles	Kramer / Vohland Roundtable on Building a distance culture
1:30-2:30	Mike Sullivan The science you need to coach for dummies	Morgan Matson Triple Jump	Ken Jakalski Distance

Speaker sponsored by First to the Finish

Kelsey Card – 2016 Olympian –During her High School career Kelsey won the Shot Put and Discus IHSA Championship 4 times each. She went on to compete for Wisconsin and became an All American. In 2016, she competed in the Discus at the Rio Olympics.

Mike Sullivan – Elmwood – Mike has coached in Illinois for 42 years, most recently as an assistant at Elmwood High School. He is a member of the 2008 ITCCA Hall of Fame. He has 2 masters degrees, one in Biology and one in Physical Training. He taught Human Anatomy for over 40 years.

Ken Jakalski - Lisle -Ken's career as a head track and XC coach spans 41 years. He has spoken at various track clinics across the country, and several of his articles on speed and endurance training have appeared in various coaching magazines. He is president of Faster Than Gravity and partner in Support Force Strength and Performance Enhancement. Writing in the NSCA Journal, John Cissik noted that Jakalski presents a "glimpse as to where the field (of speed training) might go one day.

Todd Vohland – Decatur St. Teresa- Todd is in his 13th season as the head cross country coach and girls track and field coach at Decatur St. Teresa. In that time, he has 4 state titles and a 2nd place finish in cross country. He has coached 17 state medalists and one state champion. In track and field, he has had 4 individual state champions and coached 22 individual medalists. In the relays, he has had one relay state champion and 12 relays medal at the state meet. His girl's team finished third last year at the state meet. Todd was inducted into the ITCCCA Hall of Fame in 2018.

Kevin Kramer – Shelbyville - Kramer has coached boys and girls cross country and track & field at Shelbyville High School for over 30 years. In that time, he has coached athletes to State Championships on 8 occasions (4 in CC and 4 in TF) and to runner-up position 9 times. Kramer has coached athletes to a State medal in every event except the triple jump. His CC and TF teams have won 22 conference, 12 Regional, and 7 Sectional titles. Coach Kramer has coached athletes to State medals 21 times in Cross Country and 30 times in Track & Field. Kevin was inducted into the ITCCCA Hall of Fame in 2018.

Chris Moseley – Shelbyville - Chris has been an assistant to Kevin Kramer at Shelbyville High School since 2009. Be Activated Certified with Douglas Heel in 2015, and RPR Certified with Chris Korfist in 2016. Has presented at numerous clinics and practices throughout Central Illinois.

Morgan Matson – Orion – In 2018 coached State Champions in Triple Jump and the 100m hurdles, along with two other All-State athletes in the 100m and 300m hurdles. The team finished in 7th place. She was a state champion in the 4x400m relay at Sherrard High School, before taking her talents to Monmouth College.

Mike Benton – Colfax Ridgeview – Mike is in his fifth year as head boy's track and field coach at Colfax Ridgeview and has won two state trophies including the state championship last season. He has had the last two champions in the 4x200 and his 4x400 team medaled as well. He has coached state champions in the 300 hurdles and the LJ. He has had athletes medal in the triple jump, 110 HH, and the 200 as well.

Tom Depasquale – Rock Falls – During Tom's tenure at Sterling HS in the 1990's and 2000's, He coached numerous hurdlers to Conference Championships and State Medals. After Tom' previous speaking experience at our clinic, it was a common suggestion in evaluations to have him back to present again. Tom is now a Volunteer at Rock Falls HS and their track team.

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Clinic Date : February 2, 2019

Cost \$75 per coach by Jan 25th (\$95 after Jan 25)

Make Checks payable to: **Bureau County Track** School: _____

Coaches: _____ email: _____

Mail to: Bureau Valley High School

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Attn: Dale Donner