

Bureau County Track/Field and Cross Country Coaches Clinic

Bureau Valley High School, Manlius, IL

February 8, 2020

**Cost- \$75 (per coach) if mailed by January 29th
\$95- if mailed after January 29th or at the door.**

Make Checks Payable to: Bureau County Track

5 CPDU's will be offered

For more information email: daledonner@yahoo.com

Or check: www.bureauvalleytrack.com

Tentative Schedule

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

9:20- Welcome

	Band Room	Gym/Library	Auditorium
9:30-10:30	Brett Charlton Relays	Gregg Meyers Cross Country Essentials <i>Library</i>	Jim Aikens Shot Put
10:40-11:40	Joe Erb Distance Training	Mike Stevenson Hurdles <i>Gym</i>	Jim Aikens Discus
11:40-12:20	Lunch	Lunch Provided by First to the Finish	Lunch
12:20-1:20	Meyers / Erb Roundtable on Building a distance program	Todd Ehlert Speed Development <i>Gym</i>	Tim Thompson High Jump
1:30-2:30	Mike Stevenson Long Jump	Todd Ehlert Beginner <i>Gym</i>	

Speaker sponsored by First to the Finish

Jim Aikens – Fremd/ Burlington Central– Jim has coached the throws since 1983. Currently he is the throws coach at Burlington Central High School. Before coming to Burlington H.S. he coached the throws at Fremd High School in Palatine, from 1985 to 2017. He also served as the boys head track coach from 1990 until 2017. Coach Aikens throwers have won four state championships and 20 other state medals. Many of his throwers have earned conference, sectional, state, and national honors. Jim holds USATF Level 1 and Level 2 certification. Coach Aikens has published several articles and videos regarding throws training. He has also worked at multiple throws camps and has spoken at many state clinics around the country.

Mike Stevenson – Western Ill/Sauk – Stevenson was the Head Coach at Western Illinois for 13 seasons, after 10 years as an assistant at WIU, and 3 years at Purdue. A five time Conference Coach of the Year while at WIU, he coached 24 NCAA Division I National qualifiers, with 16 of those earning All-American status. He is a USATF Level II certified in the jumps.

Gregg Meyers - Elmwood Brimfield -Since Gregg took over the Boys Elmwood’s Cross Country program in 1997, they have qualified for state 18 times (which includes the last 17 season), won 15 regionals, 11 Sectionals, and Four State Championships, five second place finishes, and one third place finish at State. Gregg is a 2020 ITCCCA Hall of Fame inductee.

Brett Charlton – Eureka- As a head coach in Track and Cross Country, Brett has coached 12 teams to State Trophies, including 7 State Championship teams. In his 19 years as a Head Track coach, he has coached 28 relay teams to State medals, including 6 first place finishes.

Tim Thompson – Illinois State/Midwest Central - Tim has 13 years of Division 1 coaching experience at both Illinois State and Missouri-Kansas City. He has his Level 2 Certification in the jumps. He was an NCAA national qualifier when he attended Eastern Illinois with a jump of 6-11 ¾. He now coaches at Midwest Central High School.

Joe Erb - Winnebago - In 16 years as the Winnebago Cross Country Coach, Joe has led his cross country teams to 8 State Championships and 2 Runner ups. This year his girl’s team won the state championship again and placed all top five runners in the top 26.

Todd Ehlert – Geneseo - Todd has coached at Geneseo Middle School for 12 years. He has served as a Coach of both Cross Country and Track & Field for both boys and girls. His teams have won 3 IESA State Championships and a total of 8 State trophies. Seven times his athletes have won individual IESA State titles and 4 times relays have won. Four times IESA State Meet records were set.

Bureau County Coaches Clinic 2020

Clinic Date : February 8, 2020

Cost \$75 per coach by Jan 29th (\$95 after Jan 29)

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

Coaches: _____ email: _____

_____ Mail to: Bureau Valley High School

_____ 9154 County RD 2125 N

_____ Manlius IL 61338

_____ Attn: Dale Donner