

Bureau County T&F/XC Coaches Clinic

Bureau Valley High School, Manlius, IL

January, 27 2018

**Cost- \$75 (per coach) if mailed by January 18th
\$95- if mailed after January 18th or at the door.**

6 CPDU's will be offered

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

Tentative Schedule

8:15-8:50 Registration/ Packet Pick-up

8:50- Welcome

9:00-10:10	Michael Melick / Mike Heffron Cross Country	Tim Thompson: Long Jump	Ken Jakalski Affordable Tech for coaches	Janet Erb Basics of HJ & Beyond
10:20-11:30	XC Round Table Gregg Meyers and Joe Erb	Adam Weidner: Shot Put	Kevin Harrington Goal Setting	Don Helberg Sprints/Relays
11:40-12:50	Mark Truesdell Off Season Training and athlete recruitment	Lunch	Lunch	Todd Ehlert Speed Development
12:10-1:20	Tim Thompson: Pole Vault	Don Helberg 100/110 Hurdles	Ken Jakalski: What REALLY is a warm-up?	Lunch
1:30-2:45	Creston Fenn Distance Training	Todd Ehlert Developing a good program	Adam Weidner Discus	Jessica Reis Sports Nutrition

Speaker sponsored by First to the Finish

Don Helberg - Wheaton North - In Don's 34 years at Wheaton North he has coached 9 State Champions and his teams have won 2 State Trophies. He has spoke at many clinics from California to Florida and has had an article published in "Techniques" magazine. Was on the Board of Directors for USTFCCCA from 2014-16 and was President of National High School Track Coaches Association 2011-2016.

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.

Tim Thompson – Former Illinois State Jumps coach, current Midwest Central HS- 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 a NCAA national qualifier when he attended Eastern Illinois with a jump of 6-11 ¾.

Todd Ehlert – Geneseo – Todd is a physical education and health education teacher at Geneseo Middle School. He is the head XC coach, head boys track coach, and AD in charge of XC and track at the middle school. He also works for Hammond Henry Hospital and provides strength and conditioning programs for a sports performance program called "The Summit". His boys' XC team won the 2012 class 2A state championship, and his track team has 2 runner up team trophies and a 3rd place team trophy in the large schools division of the IESA track and field championships with 3 state champions.

Creston Fenn – Annawan Wethersfield – Creston ran XC at Augustana from 1998-2002. He then started up the Annawan-Wethersfield cross country program in 2008. He then lead their Girls Cross country team to a 3rd place finish at State in 2014.

Joe Erb - Winnebago - In 14 years as the Winnebago Cross Country Coach, Joe has lead his teams to 7 State Championships, and 2 Runner ups.

Janet Erb - Winnebago - Janet has coached at both the HS and MS levels in track and has had tremendous success with jumper at both levels. Last season she coached the MS 2A girls state champion and record holder (5'4") in the 7th grade. In HS she coached Alex Bolhous when he jumped 6'9"

Jessica Owen – Lakeview High School (Michigan) – After Majoring in in Nutrition, Jessica (a former BV Cross Country runner) has taken over the distance program at Lakeview and stresses the importance of Diet in their training cycle. She plans to cover general in season nutritional needs as well as competition days and nutrient timing.

Gregg Meyers -Elmwood High School. Since Gregg took over the Boys Elmwood Cross Country program in 1997, they have qualified for state 17 times, won 12 regionals, 11 Sectionals, and had 4 State Championships, 3 Runner ups, and 1 Third place finish at State.

Mark Truesdell - Rock Falls - As the head cross country coach of the boy's and girl's teams at Rock Falls, he has had multiple teams qualify for the state meet which include a couple top ten team finishes. . He has coached multiple individual state medalists along with last years boys State Champion. His girl's track teams have also seen success with multiple relay medals and individual medalists as well.

Mike Heffron (El Paso-Gridley) - Mike led his Elmwood HS team to the 1984 XC State Championship. He now coaches cross at El Paso-Gridley and track at Normal Community West. He began the EPGJH cross country program in 2007 with just 3 runners – 11 years later his growing number of athletes have run to 13 All–State performances, and over the past 4 years he has coached 7 State–qualifying XC team

Michael Melick (El Paso-Gridley) - Michael coaches boys and girls cross country and boys and girls track & field at El Paso-Gridley. He began the EPGHS cross country program in 2005 with 7 runners. His boys teams have qualified for IHSA State the past five years in a row and the girls the past two. In the last two years, all four EPG programs (JH girls, JH boys, HS girls, and HS boys) have all advanced to the State Meet. From their starting point of 10 runners in 2007, EPGXC numbers have been over 50 athletes for the past three seasons.

Kevin Harrington - St. Charles North - Kevin has 24 years coaching experience in track and field, 15 as head boys coach at St. Charles North. During those years the North Stars garnered 28 All-State performances including the 2008 State Champion 4x800. Kevin has just completed his 8th year as head cross country coach at St. Charles North with three Upstate Eight titles, 2 Regional titles, and 3 team trips to the state meet (9th in 2011).

Adam Weidner - Princeton - Adam is a former state champion in the shot put and a four time state medalist. He is also a Division III All-American in the shot put at North Central College. He has coached at Princeton High School the last two seasons and continues to do so this season.

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

Coaches: _____ email: _____

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