

Aquinas Institute and Edison Technical High School Present



**2009 Maroon and Grey  
Learn-by-Do  
Track and Field Clinic  
November 21, 2009  
Wilson Foundation Academy**

**Sponsored by:**



**UCS**



# Aquinas Institute and Edison Technical High School Present Maroon & Grey Fall Learn-By-Do Track & Field Clinic: Registration Form

## Participant Information

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
School: \_\_\_\_\_ Year in School: \_\_\_\_\_  
Home Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip code: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Shirt Size \_\_\_\_\_

### **Learn-by-do Session # 1:** Everyone      Dynamic Mobility

The sprints, hurdles, shot and shot put are repeat sessions. Please choose another area.

**Learn-by-do Session #2 choice:**      Sprints      Hurdles      High Jump      Shot Put      Race Walk (A)

**Learn-by-do Session #3 choice:**      Sprints      Hurdles      Triple Jump      Shot Put      Race Walk (B)

### **The Race Walk has two continuous sessions.**

Medical Concerns (Injuries, Allergies, Medications, etc.): \_\_\_\_\_  
\_\_\_\_\_

## Parent/Guardian Information

Name(s): \_\_\_\_\_  
Home Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip code: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_  
Additional Emergency Contact (name & number): \_\_\_\_\_

### **Please Read and Sign:**

I hereby grant permission for my child to attend the Maroon & Grey Fall Track and Field Clinic. I verify that my child has had a physical exam in the past year and is capable of participating in the activities related to the clinic. I agree to indemnify, hold harmless and defend the staff from any and all liability for injury to my child, as well as injury/damage caused by my child. I authorize the staff to act on my behalf in the event of an emergency regarding discipline or medical attention. I understand that any expenses accrued, as a result of said treatment is my responsibility. I acknowledge that my child is physically fit to participate in strenuous athletic activity, as determined by a physician.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Clinic Cost

### **(All student-athletes registrants will receive a free T-Shirt from Nike!)**

- Advanced registration (Friday, November 13th): \$15/athlete & \$30/coach
- Registration after November 13th \$25/athlete & \$50/coach

**Registration checks are payable to:** Maroon & Grey: Track and Field Clinic

### **Mail registration form to:**

Maroon & Grey Track and Field Clinic, Aquinas Institute, c/o Anthony Cook, 1127 Dewey Avenue, Rochester, NY 14613

## **Clinic Information**

### **Events & Topics Covered:**

Sprints, Hurdles, Race Walk Long Jump, Triple Jump, High Jump, Shot Put, Dynamic Warm-Up & Flexibility.

### **Clinic Philosophy:**

The purpose of this clinic is to introduce high school track & field athletes and coaches to the concepts that are used in the training of university and professional track & field athletes. These concepts will allow athletes the opportunity to reach their anticipated goals.

### **Suggested Equipment:**

Participants should bring active clothing (t-shirt, shorts, sweats, etc.), training shoes and a water bottle.

### **Directions and Parking:**

Registration and clinic sessions will take place at the Wilson Foundation Academy. You may park in any of the lots located by the Wilson Foundation Academy. **Directions to Wilson Foundation Academy:**  
<http://www.mapquest.com/maps?city=Rochester&state=NY&address=200+Genesee+St&zipcode=14611-3427&country=US&latitude=43.146244&longitude=-77.636059&geocode=ADDRESS>

### **Clinic Cost:**

**(All student-athletes registrants will receive a free t-shirt from Nike!)**

- Advanced registration (received by Friday, November 13<sup>th</sup>): \$15/athlete & \$30/coach
- Registration after November 13<sup>th</sup> \$25/athlete & \$50/coach

**There will be door prizes for coaches to win. Participating vendors are:**

- Nike
- UCS
- Fleet Feet
- Wanna Get Fast

**This clinic will stop accepting registration after 300 athletes have registered.**

**Unlimited space for all coaches.**

### **Clinic notes:**

Clinic notes will be available online starting on 20 November 2009 at the Glass Dragon Digital Publishing Online Store at: <http://papers.drtrack.com/store/>

Look for the link to 2009 Maroon and Grey Learn-by-Do Track and Field Clinic Notes.

**For further information, please contact Anthony Cook at**

[ACook@AquinasInstitute.com](mailto:ACook@AquinasInstitute.com)  
(585) 254-2020

## **Anticipated Clinic Schedule:**

**8:00AM: Registration Begins**

**9:00AM: Keynote Presentation by Fred Medina NCAA Clearing House**

**10:00AM: Event Session #1: Dynamic Warm-Up & Flexibility**

**11:15 AM: Event Session #2:**

- Hurdles (Blanks)
- Sprints (Fichter)
- Shot Put (Jensen)
- High Jump (Taylor)
- Racewalk 1A (Izzo & Izzo)

**12:30 PM: Event Session #3:**

- Hurdles (Blanks)
- Sprints (Fichter)
- Shot Put (Jensen)
- Triple Jump (Taylor)
- Racewalk 1B (Izzo & Izzo)

**1:40PM: Closing Remarks**

Sessions 2 & 3 will last approximately 60 minutes!

**The sprints, hurdles and shot are repeat sessions.**

**Choose one area per session.**

## Anticipated Clinicians:

### Andrew Blanks:



Andrew Blanks ("Coach B" as he is affectionately called) began his coaching career as Assistant Track Coach at Texas Southern University in Houston, Texas in 1972. Blanks moved from the University to Johnston Middle School where he became the Art Director and Athletic Director. He also assumed the Head Coaching job at Westbury High School in 1990. Two of Coach Blanks' pupils shared the spotlight at the 2004 Athens Olympics in the 400m hurdles final. He was the only American high school coach to have two finalists share the track in the same Olympic race that year: Bayano Kamani who represented Panama and Bennie Brazell-USA. Both are recent graduates of Coach B's program at Westbury High School in Houston, Texas where they were both Texas State Champions and Texas State Record Holders in the 300m hurdles with Kamani taking the

State Champion double by also winning the 110 hurdles. Kamani continues to compete professionally while Brazell now plays with the Cincinnati Bengals. Coach Blanks has retired from teaching but continues as the Head Coach at Westbury High School and is much sought after for clinics and private coaching. He is known as the Guru of the Hurdles in Houston.

### Dan Fichter:



Dan Fichter owns and operates Wannagetfast Power/Speed Training; a performance training business in Upstate NY area offers training to elite athletes from Pro hockey players to Olympic level athletes. Fichter has traveled the country speaking to numerous coaches on speed training, strength training, and nervous system development, and how to put these elements into a comprehensive package that can be truly devastating to your opponent. Fichter's system attacks the athlete at the individual specific level (SBN-Specific body needs) unlike most programs that offer the cookie cutter approach. Fichter's extensive research into human movement and hands-on experience with all levels of athletes provides him with the most comprehensive skills to be one of the nation's top trainers. Joining forces with Christian Korfist of Slow Guy Speed School the two have quickly developed into the "Go To Guys" of speed training. Just having finished their second

DVD called "How to Run Faster" (the series). the two trainers have finally released the never seen before program that is quickly gaining national acclaim.

### Dr. Marc Grosso:



Dr. Marc Grosso has successfully served as a coach, Master Level competition official, and administrator since 1974. He coaches all events and has had tremendous success in the endurance events, the throws, and the pole vault; events in which he has coached many league champions, school record holders, and state qualifiers. For the past fifteen years he has focused on coaching education efforts. He directed two USATF Level I coaching schools, seven track and field camps, and twenty-two clinics during that time. He has USATF Level II Coaching Certification in the Endurance Events and in Sprints and Hurdles, and is a USATF Certified Level I Instructor. Dr. Grosso earned his Ph.D. in Science Education from the University at Buffalo. He also earned an MSE in Computer Science from the University of Pennsylvania and an MA from Ball State University where he studied Exercise Physiology.

## **Christina Izzo DuBois**



Christina Izzo DuBois has been with the Counseling and Advising Center at Monroe Community College since 1998 as a Counselor. She has a vested interest in student-athletes and frequently advises students regarding personal or career issues in addition to teaching Career Development and working in the Advisement Center. While competing she was one of the best young race walkers in the United States. She won NYSPHSAA and Empire State Game racewalk titles in 1987, 1988, and 1990; placed first at the USATF (TAC) National Junior Championships in 1987, 1988, and 1989; and represented the USA at the 1989 Junior Pan-American Games in Santa Fe, Argentina. She was also a participant in the 1990 Elite Track & Field Camp at the USA Olympic Training Center in Colorado Springs, CO.

## **John Izzo**



Under John Izzo's guidance, the University of Rochester has finished highly in the New York State and ECAC Championships in the sports of cross country plus indoor and outdoor track and field. The Yellowjackets have succeeded admirably on the academic side as well. The United States Track and Field and Cross Country Coaches Association has repeatedly recognized Rochester for collective academic achievement. Before joining the college coaching ranks, Izzo coached cross country (1969-1990) and track and field (1973-1977) at Brockport High School. His cross country team ran off a streak of 60 consecutive wins and four Sectional titles. In 2006, he was inducted into the Section V Cross Country Hall of Fame. He also taught European History at the high school for 31 years before retiring in 1998. Coach Izzo is the current president of the New York State Collegiate Track Conference. He was named the 2004-2005 Atlantic Region Coach of the Year for indoor and outdoor track by the USTFCCCA.

## **Oscar Jensen:**



Oscar Jensen is widely recognized for his ability to present the principles of biomechanics and the specifics of the throwing events in an easily understood and workable fashion. In his 50<sup>th</sup> year of coaching, Oscar has produced New York State champions in the throws, sprints and distance events. Last year, he coached Chris Stogsdill to a 4:06.7 winning mile at the National Championships held in North Carolina. Since the early '80's, he has been active in USATF. He is a level III certified coach and a Level I and II Lead Instructor. Along with service on various USATF committees, Oscar has been a throws coach for the 1999 Youth World Championships in Poland, Team Manager for the 1998 USA World Cup in South Africa, and throws coach for two JR National teams and two Olympic Festival Eastern teams.

## **Fred Medina:**



Fred Medina was born in Puerto Rico. When he was a young boy his family moved to the South Bronx where he lived until he left for college. After graduating from Cardinal Hayes High School as a track and football star, Fred received a full scholarship to the University of Rhode Island. He was the first Puerto Rican Student to attend this University. After graduating, Fred worked for General Motors, was a social studies teacher and the vice principal of a St Ignatius of Loyola Jesuit High School in Puerto Rico. Mr. Medina has worked as a school counselor and coached track, wrestling, football and soccer at Monroe & East High Schools in Rochester, NY. His passion has been working with students and using athletics as a vehicle for keeping students in school and as a motivator to go on to higher education. He is committed to working with young people so they know what it takes to be a college athlete and know the

NCAA requirements beginning in the 9<sup>th</sup> grade.

## **Nathan Taylor:**



Taylor has established his legacy as an expert in the jumping events, and in particular, the triple jump. In the last four years, coaching the men's and women's jumpers at Cornell, he had 17 athletes at the NCAAs, with fourteen earning All-American status and two consecutive NCAA Champions in the Triple Jump. Only Oklahoma and Texas A+M had more. Those athletes established new school records in seven of the eight jumping events, with 2007 NCAA Outdoor Champion Ray Taylor and 2008 NCAA Champion Muhammad Halim leading the way. In his career, he has coached 20 NCAA qualifiers in the triple jump, 11 of whom went on to become All-Americans. In the long jump, he has had 15 jumpers span 24-0 in the last 10 years and six different Heps champions, while 11 different high jumpers have hit 6-11, including five consecutive NCAA qualifiers - highlighted by Garrett Huyler's 7'3 clearance in 2009. Not to be outdone in the pole vault, he has coached 11 different Heptagonal or IC4A champions, and his vaulters have set all-

time Ivy League marks both indoors and outdoors with four over 17-3 and one over 18-1. He also coaches the jumpers on the women's team, who have established school records in every jumping event including two-time All American Sarah Wilfred in the high jump and six-time All American, NCAA Runner-up and Olympic Trials finalist Jeomi Maduka in the long jump and triple jump, along with NCAA qualifiers Jamie Grubel in the heptathlon and Natalie Gengel in the vault.