

Clinic Registration:

Postmark registration by January 5, 2009	Name: _____
	School: _____
	Home Address: _____
	City: _____ State: _____ Zip: _____
	Home Phone: _____ E-mail: _____
Make copies of this registration form as needed	

USD 378
Riley County
Garry Sigle, XC Coach
Box 326, Riley, KS 66531

KCCTFCA Winter Coaches Clinic

Presented by:

**Kansas Cross
Country/Track & Field
Coaches Association**

Courtyard by Marriott
310 Hammons Drive
Junction City, KS

January 9 & 10, 2009

Featuring:

Awards Presentations

KSHSAA Rules Meeting

Prize Drawings

Send registration and \$65 fee to:

J.J. Wannamaker
10012 Ballentine Dr.
Overland Park, KS 66214

Make checks payable to: KCCTFCA
Visa & MasterCard Accepted at Clinic

Non-Profit Organization
U.S. Postage
PAID
Riley, KS 66531
Permit No. 6

Daily Schedule

FRIDAY JAN. 9

- 5:00-7:00 On site registration
- 7:00 Session 1
Randy Wells (Warm-up)
Cliff Rovelto (Triple Jump)
Ben Sigle (Selecting Footwear)
Brosius & Lenhard (Throws Training #1)
- 8:15 Session 2
Greg Smarsh (Team Organization)
Cliff Rovelto (High Jump)
Cross Country Panel
Brosius & Lenhard (Throws Training #2)
- 9:30 KCCTFCA Coaches Social

SATURDAY JAN. 10

- 8:30am Session 3
Mike Naster (Team Building)
Phil Thornton (Long Jump)
Pat Melgares (MS Cross Country)
Tom Brosius (Javelin)
- 9:30 am Session 4
Matt Kane (Sprints)
Phil Thornton (Jump Training Drills)
800-3200 Training Discussion
TBA (Shot Put)
- 10:30am Session 5
Matt Kane (400 Training)
Travis Wyss (MS Pole Vault)
800-3200 Training Discussion Part 2
TBA (Discus)
- 11:45am **KCCTFCA Awards & Recognition**
Lunch included
- 1:00pm Session 6
TBA (Hurdles)
Tom Hays (Beginning Pole Vault)
Randy Wells (5 Exercises to do)
Mike Naster (TF Meet Organization)
- 2:00pm Session 7
TBA (Hurdles)
Tom Hays (Advanced Pole Vault)
Middle School Organization
XC & TF Issues Session
- 3:00 pm KSHSAA Track & Field Rules Mtg
Rick Bowden

Clinic Headquarters



**310 Hammons Dr.
Junction City, KS
1-785-210-1500**

Exit 298 from I-70

Clinic Room Rate: \$85

Other Area Hotels:
Holiday Inn Express
(785) 762-4200

Quality Inn – next to Courtyard
(785) 784-5106

For more information call:
Garry Sigle – (785) 485-4072
Tony Bozarth – (913) 829-5265
Mike Cooper – (913) 993-7200

Or e-mail:
jjwannamaker@everestkc.net

Clinic Registration: \$65.00

*Fee includes the following:
-2009 KCCTFCA membership
-Lunch on Saturday
-Speaker handouts

Speakers

Randy Wells – Emporia HS

Under Coach Wells' tenure, Emporia has become a Centennial League and State contender. He will speak on core strength training and warm-up drills.

Ben Sigle – Manhattan Running Company

Ben is a graduate of Riley County HS and Oklahoma State. Ben was a 5 time state champ and a 5 time All Big 12 performer. Sigle spent 3 years as a coach at Pratt CC before opening Manhattan Running Co. He will speak on finding the correct shoes.

Pat Melgares – Eisenhower MS - Manhattan

Pat is the president of the Manhattan XC club and the coach of the Eisenhower MS XC team. Pat was a 5 time All-American at Adams State under Joe Vigil. Pat will speak on training young runners.

Travis Wyss– El Dorado MS/HS

An ESU grade, Travis has served as the Pole Vault coach in El Dorado for the past 4 years. He has coached 13 League Champs and 2 state champs. He will speak about training young vaulters at many skill levels and how to organize practices to include all.

Tom Hayes – University of Kansas

Tom Hays enters his fourth season as the vertical jumps coach at the University of Kansas. In 07 his vaulter swept the Big 12 outdoor titles. Tom will present two sessions: one about beginning vault and the other on advanced vault training.

Cliff Rovelto – Kansas State University

In 2007-08, Rovelto begins his 16th season as the head coach at Kansas State and his 20th at the school overall. Rovelto is well known for his expertise in jump training coaching 55 All-Americans in the jumps while at KSU. He will speak on Triple Jump and High Jump training.

Matt Kane – Barton County CC

Coach Kane is the Head Coach at Barton County CC. He has coached 32 athletes to 84 All-American honors in the NJCAA. He will speak about sprint training.

Greg Smarsh – Andale HS

Coach Smarsh has served as the head coach at Andale since 2003. The boys squad is coming off back to back 4A titles in 07 and 08. Greg is an Andale alum. He competed in track and field at Hutchinson CC as an athlete before pursuing his teaching degree.

**More speaker information and updated
schedules will be posted on**

www.kcctfca.org