



46th Annual New England Track & Field Clinic

Presented by the Massachusetts State Track
Coaches Association
Marlborough Royal Plaza
Best Western Hotel
181 Boston Post Road West
Marlborough, MA
Friday & Saturday
March 20-21, 2020

Register Online: www.mstca.org

Special thanks to:



saucony[®]

&

M-F Athletic Co.

You may wish to stay overnight on Friday March 20, 2020 at the Marlborough Royal Plaza Best Western Hotel in Marlborough. To help we have reserved a limited amount of rooms at a discount rate. To obtain this discount rate, please call the hotel at 508-460-0700 by March 5, 2020 and ask for the New England Track Clinic room discount.

Directions to the Royal Plaza Best Western Hotel

From CT & Points South: Connect to I-495 North & take Exit 24B. Go about 1 mile & hotel is on your right.

From NY & Points South: Connect to I-90(Mass Pike) East to I-495 North & take Exit 24B. Go about 1 mile & hotel is on your right.

From Maine & Points North: Connect to I-495 South & take Exit 24B. Go about 1 mile & hotel is on your right.

Clinic Mail-In Registration

Do You Plan to Attend Pole Vault Certification? Y / N

Male Female Email _____

NAME _____ Phone () _____

Home Address _____

City _____ State _____ Zip _____

School Affiliation _____ State _____

\$90 for 2019-2020 Paid MSTCA Members, \$100 For Non-MSTCA Members

You may also preregister online @ www.mstca.org by March 14, 2020.

You may register at the clinic on March 20-21 for the full price of \$120.

Mail To: MSTCA

c/o New England Track Clinic
956 Tumpike Rd, Unit D
Canton, Ma. 02021

Clinic Registration Form Due By

March 14, 2020

Check Made out to: MSTCA

Check Must Accompany
Registration Form

No refunds after March 14, 2020

Clinic Schedule

Friday, March 20, 2020

3:30-8:00	Registration & Merchants
4:00-5:45	Pole Vault Certification
4:30-5:30	Wilson: Teaching Rotation for the Throws
4:30-5:45	Silva: Flexibility-What You Need To Know
6:00-7:15	Anderson: Training The 200/400 Runner
6:00-7:15	Mederios: The Ins & Outs of High Hurdles
6:00-7:15	Lasorsa: Javelin
7:30-8:45	Schexnayder: coaching with a Short Season
7:30-8:45	Thompson: Preparation For The 1 & 2 Mile
7:30-8:45	Fleagle: Long Jump

9:00-11:00 Coaches & Clinicians Social

Saturday, March 21, 2020

7:00-10:00	Registration
7:00-8:30	Clinic Breakfast (served till 8:30am)
8:00-9:15	Mederios: Hurdling the Distance 400IH
8:00-9:15	Fleagle: Triple Jump
8:00-9:15	Silva: Flexibility-What You Need To Know
9:30-10:45	Anderson: Coaching Athletes To Their Best
9:30-10:45	Dr. Cruz: Youth Sports Specialization
9:30-10:45	Fleagle: High Jump
9:30-10:45	Thompson: Preparation for the 800m
11:00-12:15	Schexnayder: Cues to Improve Sprint Mechanics
11:00-12:15	Lasorsa: Discus
11:00-12:15	Silva: Strengthen the Foot & Hip
11:00-12:15	Marathon Sports TBA
12:20	MSTCA Members General Meeting
12:20-1:05	45 Minute Lunch Break
1:15-2:30	Anderson: 4 x 100/200/400 Relays
1:15-2:30	Schexnayder: Cold Weather Coaching Adaptations
1:15-2:30	Lasorsa: Shot Putting
2:45-4:00	Throwers Panel (Lasorsa, Wilson, Schexn.)
2:45-4:00	Thompson: Priming For Performance

Clinicians

Vince Anderson: Vince is a world class sprint, hurdle, and relay coach. He has coached a number of athletes to NCAA and US national titles, including Leonard Scott, Jabari Greer, Justin Gatlin, Gary Kikaya and Muna Lee, the 2008 US Olympic trials champion in the women's 100m. Anderson began coaching as a volunteer assistant on the staff of Tom Tellez at the University of Houston, from 1986 through 1988. During those three invaluable seasons at UH, Anderson was blessed to help with the training of several champions, through the 1988 Olympic Trials. Vince then moved on to LSU and helped them win National Championships and did the same later at Texas A & M. Coach Anderson has spoken at many track clinics around the world and is known as one of the finest speed coaches that all coaches at all levels can learn from to help sprinters at every level.

Boo Schexnayder: Coaches have asked repeatedly for Boo's return to speak on many subjects that help not only our athletes but help make things easier for the coach. Boo is one of the best Track & Field clinicians in the world, and if you haven't heard him before you will want to hear more when he is done. Boo Is Back!!

Kristin Fleagle: Before joining the Terriers, Kristin was an assistant coach at Luther College for the 2018-19 season overseeing the training of jumps and throws while helping the combined event athletes in those respected events. During the 2017-18 track and field season she was the associate head coach at Benedictine University in Lisle, Illinois where she supervised the training for long, triple, high jump, and the combined events. She guided Luther Newborn to his second NCAA championship in the triple jump while also coaching him to first appearances in the long and high jump at the NCAAs. During the indoor season she coached two men to All-American performances in the Long jump (5th) and the triple jump (3rd in 2014 at the University of Wisconsin - Steven's Point where she served as a graduate assistant from 2014-20). Kristin's coaching career began 16 and as an assistant coach in 2017 overseeing long, triple, and high jump. During those coached 7 jumpers to the NCAAs in 28 showings to collect 15 All-American awards and 1 NCAA champion. She coached 24 all-conference men's and women's performances and 8 individual champions. In 2016 she had the #1 men's LJ program in Division III with 5 men having performances over 7 meters. As an athlete she was a 16x all-conference performer with a conference title in the long jump and a 2014 appearance at the indoor NCAA championships as the lead off for her team's 4x 400 relay.

Rob Lasorsa (MF): The former Olympic throws and Elite USATF throwers coach returns after a long absence. Rated many times as one of the best throws clinician to speak at our N.E. Clinic, Rob's presentations are down to earth, enjoyable and easy to understand for all. You have a question on the throws? Well no one can answer it better than Coach Lasorsa.

Throws Panel: If you have a question you could not get in at a throws session this is the one you won't want to miss. The Panel will consist of Rob Lasorsa, Lisa Wilson & Boo Schexnayder.

Peter L. Thompson: Coach of many British track athletes including decathlete Daley Thompson. Coach Thompson has concentrated on mid and distance events where he formally innovated the New Interval Training Method used by many successful coaches worldwide. He has coached at Oxford, Univ. of Oregon, Florida State & Athletics West. Don't miss his Priming for Performance presentation.

Dr. Arisitides I. Cruz Jr.: A former Tufts University track member who achieved XC & Track & Field All-Conference and New England Honors. Dr. Cruz is presently practicing at University Orthopedics in Providence RI. and an assistant professor of Orthopedic Surgery at Warren Alpert Medical School of Brown University.

Lisa Wilson (MF): Lisa currently coaches throwers at Assumption College. She is an Olympic Qualifier and has worked at many throws camps such as M-F Throws and Ironwood Throws camp.

Sean Mederios: A hurdlers guru with high school hurdlers for sure. While at Old Rochester Regional HS in Massachusetts, Many of his hurdlers have gone on to win State & New England Championships and also been nationally recognized for their performances. Sean knows how to take an athlete and make them a hurdler. His sessions will be valuable especially if you are a beginning coach.

Mike Silva: He's a Physical Therapist who founded Foundation Performance in Providence, RI. Mike is the guy both coaches and athletes turn to for injury control. Famous runners like USATF champs Mollie Huddle and Emily Sisson are two of his clients.

***The MSTCA is not responsible for the withdrawal of any Clinician, but will make every attempt to find a suitable replacement.**