

Pre Registration is
\$ 30 or Day of \$40
Special School Rate!!

\$100
for both boys & girls staffs

Make Checks Payable to
Portage High School

Mail to:
Portage High School West
C/O John Kappes
6400 US Hwy 6
Portage, IN 46368

When: Friday 5th 2010
5 to 8:30 pm
+ coaches social

Where: Portage High School
Enter Door M at the back of the building

For: High School & Middle
School Coaches

Email Questions to
Mark Harsha
mharsha@portage.k12.in.us
or
John Kappes
jkappes@portage.k12.in.us

Clinic Sponsors & Vendors



Everything Track & Field



NWI
Northwest Indiana

Track & Field
Coaches Clinic

Presented by
Portage High School

Friday Feb. 5th 2010

Evening

**Sessions on track &
field events, dinner and
coaches social**

Registration

Name: _____

School: _____

Phone: _____

Email: _____

Amount Enclosed: _____

Mark Harsha—Portage HSShot Put

Mark Harsha (Portage) has been coaching girls and boys in the throwing events for 18 years. During that time, he's produced 1 All American, 2 State Champions, 9 All-state and 13 State Finalist throwers. Mark is an experienced State and National level clinic presenter with a wealth of knowledge and practical training techniques to share.

Rhonda Anderson—Wheeler HSHurdles

Rhonda Anderson (Wheeler) brings elite-level and Hall of Fame experience with many accolades as both a coach and athlete. She was a State and National Champion and the youngest member 1976 Olympic Track and Field Team in 100 meter hurdles. At Lew Wallace she produced 3 State Champion and 2 Runner-up Girls' teams with numerous All-state athletes. Rhonda will share her vast experience and knowledge in the hurdles and sprints.

Tim Ray—Chesterton HSDistance

Tim Ray (Chesterton) has demonstrated a high level of consistency over the years at the helm of Chesterton's boys' distance program. Under his direction they've made 10 consecutive trips top the CC state finals with 8 All-state runners, an All American and most recently a Runner-up team finish. He's also produced 16 state finalists in the Track distance events. Tim will share his experiences in successfully training the distance events.

Johnston FamilyPole Vault

Jim Sr. (Hobart), Jim (Merrillville), & Rob Johnston (Penn) as a family have a wealth of Pole vault experience and have produced 7 State Champions and 28 All-state Pole Vaulters over the years, both boys and girls. Individually, they are Champion pole-vaulters themselves. This panel style presentation will span two sessions; the first being a classroom setting and the second being a live critique of young vaulters. The Johnstons will share their own unique experiences ranging from how to train a vaulter without an indoor facility, to coaching cues for technique and training methodology. This is a must see for new and experienced vault coaches.

Ben Daniels—Merrillville HSHigh Jump

Ben Daniels (Merrillville) is a former State Champion and Collegiate high jumper. Ben's now uses his knowledge and experience to contribute to Merrillville's impressive and ongoing success in the jumps, producing state finalist athletes from the boys and girls teams.

Tim Bumber—Michigan CitySprints & Relays

Tim Bumber (Michigan City) is a long-time head Track & Field and Cross Country coach. Tim's expertise runs the gamut of all the track and field events. His athletes and teams have enjoyed much success with limited facilities and he has consistently produced state finalists from many different events. Tim's session will focus on the development of successful sprinters and relay teams.

Rob Lasorsa—National Throws Coaches Assoc.Medicine Ball Training

Rob Lasorsa has National level experience as an athlete and coach. Rob has served as a development chairman for USA Track and Field and has held coaching stints at several universities, including North Carolina State University, United States Military Academy, and Kent State University. In addition, he is also an accomplished national level clinician. His sessions will focus on medicine ball training drills, techniques and athletic development for all the track and field events.

Clinic Schedule

5 – 5:30 Registration

5:30 to 6:20	Rhonda Anderson Hurdles	Tim Ray Distance		
6:20 to 6:40	Dinner sponsored by MF Athletics & visit Vendors			
6:40 to 7:30	Mark Harsha Shot Put	Pole Vault Panel	Rob Lasorsa Med Ball Training	
7:40 to 8:30	Tim Bumber Sprints & Relays	Ben Daniels High Jump	Rob Lasorsa Med Ball Training	Pole Vault instruction in the fieldhouse
8:30 - ??? Social at a local establishment TBD				