



Bureau County Track and Cross Country Coaches Clinic

February 6th 2010
Bureau Valley High School
Manlius Illinois

Clinic Cost \$55 if **mailed** by January 26th
\$80 if mailed after January 26th or at the door.

Tentative Schedule

8:15 – 8:50 Registration
8:50 Welcome

Drawing for FAT Software from Flash Timing equipment:
Winner will be drawn from those who attend the 10:20 session.
The winner will win 50% off their any FAT software or order from
Flash Timing. (\$3,425 Complete Flash Timing FAT System)

9:00 – 10:10	Tim Broe Distance Training	Don Helberg 300 Hurdles	Sean Canaday Shot Put	Beginner Coach/Jr. High Sessions John Brumund-Smith Sprint Mechanics & Sprint Drills
10:20 – 11:30	Joe and Janet Erb Motivation Track and Cross Country Runners	Tony Holler Developing Sprinters	Roland Brown Discus	Flash Timing FAT Timing System
11:40 – 12:50	Patton Segraves 400 / 800 and Long Relays	Lunch Provided	Lunch	Brumund-Smith Teaching the Blocks & Basic Hurdling
12:10 – 1:20	Lunch Provided	Don Helberg High Hurdles Hurdles	Chad Lakatos Training Tips for the Jumps	Lunch Provided
1:30 – 2:45	Joe and Janet Erb Cross Country	Roundtable Developing a track program Holler, Segraves, Lakatos	Scott Salisbury Prevention and Care of Common Running Injuries	John Brumund-Smith The essentials of a track coach

For more Information contact Dale Donner 309-895-2037

daledonner@yahoo.com

Or Check out online at: <http://www.bureauvalleytrack.net>

Speakers Sponsored by GTM Sportswear:

Tim Broe (Former Olympian and present coach at East Peoria) – An East Peoria High School graduate, Tim Broe went to the University of Arkansas where he was a 12-time All-American and the 2000 NCAA Champion in the 3000m Steeplechase. As a professional athlete, he was a 3-time USA Champion in cross-country and also a 3-time USA Cross Country Champion. In 2004, he was an Olympic Qualifier in the 5000m and placed 11th at the Olympic games. Currently, Tim is cross country and track coach at East Peoria High School.

Joe and Janet Erb (Winnebago) – In their 6 year tenure as the Winnebago coaches, Joe and Janet have helped lead their Winnebago Girls team to a State record 5 straight State Championships. In that same time frame, the Winnebago boys have also won 2 state titles.

Don Helberg (Wheaton North) – Don has coached Four State Champions in the 110 High Hurdles, including the state record holder. Don is also in the Illinois High School Track and Cross Country Coaches Association Hall of Fame.

John Brumund-Smith (Antioch) – Back for his fourth year of speaking, John has a very simplistic way of explaining different coaching techniques. He breaks down the events in a very easy way to understand and apply as a coach. This year he will present Basic / Junior High level sessions.

Tony Holler (Plainfield North) – In Tony’s 25 years of coaching, he has coached in Harrisburg, Franklin HS in Tennessee, and now at Plainfield North. While at Harrisburg Tony helped lead his team to 3 State Championships, and 8 State Trophies. In the past 6 years at Franklin and Plainfield, he has helped develop Four Division I track athletes.

Sean Canaday– Sean was a State Champion himself in the discus and now helps local throwers in the Springfield area. Right now he is helping Kelsey Card, Carlinville’s Junior who has won back-to-back State Titles in both the Shot and Discus.

Roland Brown (Peoria Richwoods) - Roland has coached numerous state qualifiers in the discus at the AA level. But his claim to fame was in 2004 when he had the 1-2 finishers in the discus at State.

Chad Lakatos (Edwardsville) – Chad was a product of the Harrisburg track team in the 90’s. He started his coaching at Herrin, where in his five-year tenure at Herrin he led the Tigers to Two State Championships and one Third-place finish. He is now beginning his second year at Edwardsville HS.

Patton Segraves (Belleville West) – Patton was a 9 time State Medallist at Harrisburg from 1997-99 including a state champion in the 800-meter in 1999. Patton then continued his running career for the University of Kentucky. Last year he helped lead Belleville West to a 3rd place team finish at State.

Scott Salisbury - Scott is head Trainer at Kewanee Physical Therapy and Rehab Specialists.

Flash Timing: Check out their web site: <http://flashtiming.com/>

Clinic Registration 2010

Make Checks Payable to: **Bureau County Track**
\$55 per coach prior to Jan 26th (\$80 after Jan 26th)

School _____

Coaches:

_____ Shirt size _____

_____ Shirt size _____

_____ Shirt size _____

_____ Shirt size _____

_____ Shirt size _____

Return to:

Bureau Valley High School
9154 2125 N. Ave.
Box 329
Attn: Dale Donner
Manlius, IL 61338

Total Amount Paid:

Email Address
