

# CLINIC PRESENTATIONS

TOPIC	SPEAKER	DESCRIPTION
100/200	Jeff Bolender	Improving speed, proper posture and form, optimizing recovery/preparation between events and mental excellence
4x100/4x200	Kevin Lucas	Explosive starts, baton holds and hand-offs, relay strategy, runner placement and building cohesion
400/4x400	Butch Reynolds	Racing styles, relay selection and racing tactics, and baton holds and hand-offs, relay strategy, runner placement and building cohesion
800/4x800	Joe Brunton	Racing styles, relay selection and racing tactics, and baton holds and hand-offs, relay strategy, runner placement and building cohesion
1600	Tyler Griffin	Racing styles and racing tactics
3200	Robert Gary	Racing styles and racing tactics
100H/110H	Tyler Metille	Proper form, lead and trail leg drills, mastering the three-step
300H	Tyler Metille	Building endurance and finding an even stride pattern
High Jump	Mike Lugar	Fine tuning the last steps of the approach, bar clearance, landing techniques
Long Jump	Marvin Whiting	Explosion off the board, landing techniques, mental adversity in challenging situations
Pole Vault	Jason Scott Alan Roark	Entry height selection, meet strategy, how to integrate other events into your routine and innovative drills for each phase of the vault
Shot Put	John Staten	Footwork, glide vs. rotational technique, drills and championship technique/strategy
Discus	Mike Pendleton	Footwork, drills and championship technique/strategy
Strength Sprint	Joe Colon	Lifting techniques and exercises to achieve optimal performance in sprinting events
Strength Distance	Vern Gambetta	Strength building exercises and lifts to achieve optimal performance in distance events
Strength Throw	John Staten	Lifting techniques and exercise to achieve optimal distance in the throw events
Injury Prevention & Nutrition	Tim Berger	Common athletic injuries: prevention/treatment and off season conditioning. Diet for peak performance, pre and post workout/race meals
Neuroplasticity	Tim Berger	Mental preparation for success
College Recruiting	Kevin Lucas Paul Benedict	College division 1, 2 and 3 coaches compare and contrast standards, myths, processes, walk-ons and scholarship negotiation to high school junior and senior athletes and parents
How to become an Official	Matt Kendeigh	Application process, position duties/descriptions, training, requirements and local association membership
Rules Interpretation	Dale Gabor	Mandatory OHSAA head coaches/officials rules interpretation meeting will be provided

## COACHES SESSION

### TOPIC & SPEAKER

COACHING SPRINTS  
BUTCH REYNOLDS

LIFTING SP COACHES  
VERN GAMBETTA

LIFTING D COACHES  
VERN GAMBETTA

COACHING MID D  
PAUL BENEDICT

COACHING DISTANCE  
ROBERT GARY

COACHING HURDLES  
WAYNE CLARK

COACHING POLE VAULT  
JASON SCOTT

COACHING HIGH JUMP  
MIKE LUGAR

COACHING LONG JUMP  
MARVIN WHITING

COACHING THROWS  
MIKE PENDELTON

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COACH'S CLINIC RUNNING CONCURRENTLY TO ATHLETE CLINIC**



# SPEAKERS



**PAUL BENEDICT** enters his fifth season as Ohio Dominican's track & field coach and eighth season as the head men's and women's cross country coach. Cross country was added as the Panthers' 13th and 14th varsity sports in 2006, while the track & field teams began competition in 2011-12. Benedict took over a very young group of runners at Ohio Dominican in 2008 and has propelled the cross country program to new heights. The men's and women's individual school records have been broken on numerous occasions and a number of personal best times have been recorded each season. In 2009, Benedict led the women's cross country team to their first meet championship, had their first National Qualifier and was named the Midlands/Independent Conference Coach of the Year.



**TIM BERGER** is a professor of sports science and teaches at Muskingum University in the undergraduate and graduate programs. He has worked for the past 35 years training coaches statewide for the Ohio Department of Education, bringing athletes and coaches the latest sports science to improve performance. He has developed and teaches the graduate level online programs of the Coaches' Institute and the Performance Institute to further the educational needs of coaching personnel and teacher recertification. His passion has always focused upon finding the newest science to aid in the successful training of athletes at all levels. His work and research in the areas of sports nutrition, brain plasticity & mental training has gained statewide popularity with coaches and athletes from over half of all the schools throughout the state. He addresses coaching personnel and athletes from all sporting backgrounds at dozens of workshops and state conferences each year.



**JEFF BOLENDER** has been at Cedarville University since 2001 and has been the head coach of the Yellow Jacket men's and women's track & field teams since the 2004 season. He was named the head women's cross country coach in December 2009. Bolender guided CU to the inaugural Great Midwest Athletic Conference outdoor title in 2014. He was voted the G-MAC Coach of the Year. The 2012-13 academic year was the school's first active season in NCAA Division II. The Yellow Jackets had one male athlete qualify for the NCAA Division II Indoor Track & Field Championship and three men qualify for the outdoor meet. In 2014, two men qualified in both the indoor and outdoor championships. The Jackets experienced an outstanding track & field campaign in 2012. Cedarville won the NCCAA Women's Indoor Championship for the fifth time in school history while the men were the outdoor runner-up. Both teams won the Ohio Independent Championship. Bolender guided the Lady Jackets to three consecutive NCCAA Indoor Championships from 2007 through 2009, the 2007 outdoor title, and back-to-back American Mideast Conference crowns in 2008 and 2009. His 2007 women's squad was the NAIA national outdoor runner-up plus he owns a three NAIA Top 10 finishes indoors and two more outdoors. The Yellow Jacket men claimed NCCAA indoor banners in 2006 and 2007 as well as the 2011 NCCAA outdoor and AMC titles. The Lady Jackets won the inaugural Great Midwest Athletic Conference title in 2012, followed by additional trophies in 2013 and 2014.

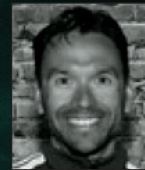


**JOE BRUNTON** is a Columbus native and former track athlete at Malone College. Brunton has more than 14 years of coaching experience at the high school and college level to his credit and has coached 20 State Qualifiers and 2 State Runners up at Ready High School.



**WAYNE CLARK** has 30 years of coaching experience, 23 of which were with Zanesville High School. During most of his 23 years, he served as head track and cross country coach. Clark also spent one year as a graduate assistant at Ohio University. Clark's involvement in track & field stretches well off the track. Over the past 15 years he has worked for MF Athletic supplying coaches and teams with athletic equipment. To his credit he spoke at track clinics in 20 states, was inducted into the Ohio Track Coaches "Hall of Fame", directed the Ohio

Coaches clinic for 22 years, and served on the Executive board of the OAT&CCC since 1979 and served as president. He also served on the Executive Board of the USTFCCCA. Clark also proudly served in the infantry during the Vietnam War.



**JOE COLON** has been strength training and doing plyometrics for 25+ years. He has competed in various power lifting competitions. He was a 3 sport athlete in high school and still plays a variety of club sports. He is a personal trainer and owns his own training center called 86 Jump St. He privately trains high school and college athletes throughout Lorain County. His training philosophy goes beyond the physical to encompass mental toughness and elite nutrition. Joe fully embraces the program he developed and often trains side by side with his athletes. He has been a registered nurse for 20 years. He currently works for the Cleveland Clinic in recovery where he deals with post operative care and rehab of various orthopedic injuries.



**DALE GABOR** is the OHSAA's administrator for cross country and track & field and serves as the head rules interpreter in both sports. He is an instructor in the OHSAA's Fundamentals of Coaching program. He retired after 25 years as the athletic director at Cleveland St. Ignatius High School. Dale was a 2010 inductee into the Northeast District Athletic Administrators Hall of Fame.



**VERN GAMBETTA** specializes in Coaching Multi-Events, Decathlon and Heptathlon. He edited Track Technique, the technical journal of USA Track & Field. Vern is also the associate editor of the IAAF technical journal, New Studies in Athletic and co-founder of the USA Track & Field coaching education program. In the past, Vern has also been Director of Athletic Development for the New York Mets. Vern was Director of Conditioning for the Chicago White Sox where he pioneered conditioning for baseball, which is now the White Sox model program. Vern has an extensive educational background. He received his BA from Fresno State University in 1968 and his teaching credential with a coaching minor from University of California Santa Barbara in 1969. In 1973-74, Vern attended Stanford University and obtained his master's in Education with an emphasis in Physical Education. Vern also has earned USATF Level II Sprint & Hurdle Coach.



**ROBERT GARY** Furman head coach Robert Gary, a native of Chicago, IL, is a two-time Olympian (Atlanta, 1996 and Athens, 2004), two-time World Championships qualifier, 11-time World Cross Country USA Team member, and Track & Field News 2004 Cross Country Runner of the Year. Following an illustrious running career, Gary has established himself as one of the nation's elite coaches through his involvement with USA Track & Field, as head coach of the Ohio State men's cross country and track & field program, and now in his third season as head coach of the Furman cross country and track & field program, as well as the Furman Elite Professional Running Team.



**TYLER GRIFFIN** enters his third season as an assistant cross country and track & field coach at Mount Union. Griffin returns to Mount Union after competing for the Purple Raiders from 2007-11. He was named Ohio Athletic Conference Cross Country Runner of the Year in 2010 after capturing the OAC individual title and helping the Raiders claim a record 25th conference title. A three-time national qualifier and four-time regional qualifier, Griffin was a two-time All-Great Lakes and four-time All-OAC recipient. On the track, Griffin was a national champion in the 1500 meter run in 2009 and was a three-time national qualifier. He was an OAC Champion eight times as an individual and three times as a member of a relay team while earning All-OAC honors 17 times. In 2010, Griffin was named Outstanding Distance Athlete at the OAC Indoor Track & Field Championships after capturing the 3,000 meter run and one mile conference titles and finishing second in the 1000 meter run. He was also named the All-Academic Team by United States Track & Field and Cross Country Coaches Association in 2010.





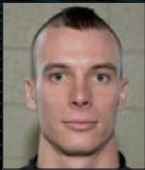
**MATT KENDEIGH** is an OHSAA Official. Matt has been involved with officiating for 11 years working Track and Field, Cross Country, Basketball, Football and Volleyball. In his 11 years Matt has worked the OHSAA State Track & Field Meet and State Football Championships. As the secretary of the Lorain County Track Officials Association, Matt has offered a class for potential Track & Field Officials.



**KEVIN LUCAS** enters his sixth year at Mount Union in the fall of 2014 and has not only continued and expanded the strong tradition of the Purple Raider cross country and track & field teams. He has been the head women's cross country and track & field coach for five seasons and took over control of both men's and women's cross country and track & field programs in December 2010. The highlight of his tenure so far has been leading the men's outdoor track & field team to its first ever national title in 2014 on his way to earning Ohio Athletic Conference, Great Lakes Region and National Coach of the Year honors for the accomplishment.



**MIKE LUGAR** was the founder and coach of Lake Erie Jumps Club, as well as an assistant coach at Elyria High School and Amherst High School. Lake Erie Jumps Club has represented jumpers from all over Northern Ohio. He currently has 22 state championship medals accredited to his coaching and training. Mike trained hundreds of athletes throughout the years, including notable names high jumper, Henry Patterson (7'8") and United States Olympian, Tianna Bartoletta (a current member of the world record 4x1 team). Mike has coached all levels of athletes from junior high to the professional level. The system that Mike has created for training jumpers is by far the most effective and productive approach to the sport. As an athlete, Mike was a high school all American in the decathlon and an all-state pole vaulter. He is currently a masters pole vaulter, high jumper and long jumper, gaining all-American status in all three. In 2008, Mike was the Police and Fire World Champion in the long jump. In 2013, he jumped 6'5" in the high jump to win the Masters Indoor National title.



**TYLER METILLE** is in his first year as an assistant track & field coach at Mount Union. Metille had a decorated career on the track with the Purple Raiders as he was an 11-time All-American, a four-time national champion and a three-time Ohio Athletic Conference Sprinter of the meet at conference championships. He won national titles in the 400 meter hurdles outdoors in 2013, was part of a 4x400 relay team that swept indoor and outdoor national titles in 2014, then finished things off repeating with a 4x400 relay national title outdoors in 2015.



**MIKE PENDLETON** has been the throws coach at Woodmore High School where he has coached his daughters to incredible levels. Emily Pendleton is currently training for the 2016 Olympics. She was the Ohio state discus champion in 2004, 2005 and 2006, as well as the 2007 national champion and is the all time Ohio discus record thrower. Erin Pendleton was a three-time all Ohio discus thrower and placed second in 2007. Carly Pendleton was runner-up in the discus in 2010 and State Champion in 2011, and Megan Pendleton was an all Ohio discus thrower in 2013.



**BUTCH REYNOLDS** began competing in track & field at 12 years of age. Within four years of lacing up his first set of track shoes he was setting records, many of which are still standing today. Although Butch says that his first love was football, he appeared to be more of a natural track & field athlete. Butch is best known for his Olympic track & field performances. However, his most impressive moment came in 1988, in Zurich Switzerland, when he became the fastest man in the world in the 400 meter race. He set a world record with a winning time of 43.29 seconds, a record that stood for 11 years. Another highlight in Butch's career was participating in the Winter Olympic Torch Run, which came through his hometown of Akron, Ohio. Butch stated that "It was an honor for

me to participate in this event" which took place in 2002, especially since this would be his last Olympic Run through the streets of Akron, Ohio. Butch was a member of the 1993 gold medal 4x400 meter relay which still holds the world record at 2:54.29. To his credit, he has Olympic Gold and Silver medals as well as four gold, two silver and one bronze World Championship Medals.



**ALAN ROARK** has been a pole vault coach for 32 years and is the director of the "Drill of the Month" articles for [www.pvej.com](http://www.pvej.com). Alan attended "Emerging Elite Coaches Camp" at the Olympic Training Center in Chula Vista, California in 2007 and taught a clinic at Pole Vault Summit in 2007. He taught OHSAA pole vault safety clinics for 3 years. Alan is the founder of The Pole Vault Factory vault club at Oberlin College. At least one of Alan's athletes have vaulted 12' each year he has coached. He has coached one 16' high school male vaulter (state champ and state record holder), one 13' high school female vaulter (state champ and state record holder), and one 13'7" college female vaulter. Alan also had 1st and 2nd place vaulters at the state meet twice.



**JASON SCOTT** a former Cedarville Yellow Jacket All-America pole vaulter, joined the athletic department as the men's and women's track & field assistant coach beginning with the 2013-14 academic year. Scott is the most decorated pole vaulter in the history of CU track & field. He was a two-time NAIA indoor national champion and won the outdoor title once during his career from 2004 through 2007. He was a five-time NAIA All-American in the event. The Clayton, Ohio native owns the top ten all-time Yellow Jacket marks indoors featuring the school record at 17-8.50. He has CU's top nine outdoor efforts including the school record at 17-1. Scott has remained competitive since graduation. He qualified for the 2009 and 2010 USA Indoor Championships placing as high as fourth. He also qualified for the 2010 Outdoor Championship.



**JOHN STATEN** is in his second season as the throws coach at Ohio Dominican. Staten has spent the last four seasons as an assistant track & field coach at Otterbein, coaching throwers and serving as strength coach. A 2005 graduate of Otterbein, he was a four-year varsity member of the track & field team and took part in two Ohio Athletic Conference (OAC) championships – 2003 indoor and 2004 outdoor. He was a four-time OAC qualifier in the discus, and sits sixth on the school's all-time list with a throw of 154-4. In addition, he was a five-time OAC qualifier in the shot put, twice indoor and three times outdoor. Staten was a throws coach for three seasons at Olentangy High School (2006-08) and one season at Thomas Worthington High School (2009). Over that time, he coached one state qualifier and six regional qualifiers.



**MARVIN WHITING** is a Central State graduate and has a coaching career that has spanned 43 years with the Columbus City Schools and Ohio Dominican. During his tenure at Columbus Brookhaven Marvin coached 5 state champions and 5 regional team champions. Marvin has coached 5 years at Ohio Dominican as the Hurdle/Sprint/Jumps coach.

