

CLINIC PRESENTATIONS

Distance:

Jim Spivey - ASICS - World Championships Bronze Medalist, 3x Olympian, American Record Holder at 2000m, ran 3:49.80 mile
Linh Nguyen - Toledo University - 2014 MAC Women's Coach of The Year, Coached 2012 NCAA Runner-ups Paul Chelimo (5k) and Paul Katam (10k)
Lee LaBadie - Akron University - Coached Olympic 800m Bronze Medalist Clayton Murphy (1:43.93) & olympians Mark Croghan & Robert Gary. Former sub 4 Miler
Trey Brokaw - Akron University - Coached 7 NCAA D.1 qualifiers in track and 1 Olympic Trials Steeple qualifier

High Jump

Mike Schober - Kent State University - Coached 17 MAC Champions & 4 national qualifiers at KSU. Also 16 NCAA qualifiers & 7 All-Americans at Mt. Union
Adrian Ghioroae - Toledo University - 11 South Region Women assistant coach of the year, coached Olympic qualifier D.J. Smith (7'6), All-American Ke'aira Jones (6'0)

Hurdles

Tyler Mettille - Youngstown State University - Great Lakes Regional Assistant Coach of the Year, Coached 5 NCAA All-Americans, 5x NCAA Champ & 11x AA
Nate Heddleston - Mount Union - 3X USTFCCCA Coach-of-the-Year, Coached 2 NCAA hurdle Champs 2X Asst. Coach with NCAA Team National Champs
Ernie Clark - Ashland University - Coach of 4x NCAA D.2 Natl Champ Myles Pringle, 400m USAs 8th, PR 45.35, '18 USTFCCCA National Assistant Coach of Year

Injury Prevention

Dr. Victor Strimbu - Orthopaedic Associates - Board Certified Orthopedic Surgeon with Orthopaedic Associates Group

Long Jump

Tyler Mettille - Youngstown State University - Great Lakes Regional Assistant Coach of the Year, Coached 5 NCAA All-Americans, 5x NCAA Champ & 11x AA
Adrian Ghioroae - Toledo University - Coached 2x NCAA runner up in the triple jump and a World Junior Championship finalist
Quinton Harley - Ohio Wesleyan University - D. 2 All-American and Honorable Mention D. 1 All-American; on staff of GCAC championship Women's Track team at Xavier (LA) Univ.

Nutrition

Tim Berger - Muskingum University - 36 years as a sports science professor

Plyos

Ryan Ladd - Mercy Healthplex - Baldwin Wallace - won the 2016 NCAA Division III National Indoor title - director of local Mercy Rec

Pole Vault

Clint Dillon - Findlay University - D.3 All-American, 3x NCAA D.3 Qualifier, current vault coach at Findlay University
Alan Roark - Amherst Steele High School - Founder, Pole Vault Factory Club; 40 years experience, coached 16' male and 13' female high school vaulters and 7 state champions

Sports Psychology

Tim Berger - Muskingum University - 36 years as a sports science professor
TBA - PsychBC - Founded 1989, PsychBC is a team of more than 250 psychiatrists with multiple offices in Cleveland & Columbus

Sprints

Jessica Beard - 4x OHSAA State Champ - 4x OHSAA and 4x NCAA Champion at 400m; 2x World Championship Gold Medalist in 4x400; 50.56 PR
Ralph White - Coached 15 Olympians, 36 National Champions, and 353 All-Americans in 37 years of coaching
Mike Schober - Kent State University - Kent State sprints coach; has earned coach of the year awards, and coached 17 MAC Champions
Ernie Clark - Ashland University - Coach of 4x NCAA D. 2 Champion Myles Pringle, 8th 400m USAs, PR 45.35, '18 USTFCCCA National Assistant Coach of Year
Tony Bland - Ashland Univ. - Assistant Strength & Conditioning coach, Ashland University. Formerly at Morehead State

Throws

Ray Robinson - Tiffin University - 2x Team National Champs, 24 1st team All-Americans, 2017 Indoor National Assistant Coach of the Year.
Coy Blair - Tiffin Univ. - 3x D2 National Champion, Olympic Trials Qualifier, 2x USA Champs Finalist, 5x All American
Ethan Rich - Ohio Wesleyan University - 3x NCAA Regional qualifier, bronze medalist in C-USA Javelin, trained with American Big Guys Throws Club
Tony Bland - Ashland University - Assistant Strength & Conditioning coach, Ashland University.

Yoga

Tanna Torkelson - Threads of Wellness - Owner of Thread of Wellness, which offers yoga, nutrition and meditation services to local teams and individuals



10th ANNUAL ASICS COMET CLINIC



KEYNOTE SPEAKER: JESSICA BEARD
4x OHSAA State Champ - 4x OHSAA and
4x NCAA Champion at 400m; 2x World Championship
Gold Medalist in 4x400; 50.56 PR

SATURDAY, MARCH 16, 2019
12:00 PM - 4:00 PM

AMHERST STEELE HIGH SCHOOL
450 WASHINGTON STREET
AMHERST, OHIO 44001

CLINIC IS FREE TO ATTEND

Registration is limited to the first 1,000 attendees

- HANDS ON TRAINING
- FREE SNACK / DRINK
- AUTOGRAPH SESSION
- DEEPLY DISCOUNTED ASICS GEAR
- COLLEGIATE COACHES PANEL
- RAFFLES & DRAWINGS FOR FREE GEAR
- PARENT-SPECIFIC SESSIONS
- COACHES CLINIC
- ATHLETES SHOULD DRESS TO PARTICIPATE

Please log on to www.cometclinic.com to register



COACH INCENTIVES

Coaches Registered On CometClinic.com By March 1st May Enjoy These FREE Incentives:

Over 25 sessions available by over 20 EXPERT speakers that cover every aspect of track and field

Coaching sessions are designed to provide advanced technical instruction for coaches. Some beginner sessions will be offered as well.

FREE "Coaches Only" Catered Lunch With Motivational Speaker Ralph White (Coach of 15 Olympians!)

FREE Swag Bag From Gatorade

\$1500 ASICS Uniform Raffle For Coaches That Register At Least 12 Athletes

Drawing For A FREE Set of High Jump Standards From Richey Athletics

\$750 In Free ASICS Product For Your Coaching Staff With The Purchase Of New Team Uniforms Or Warm-Ups

A FREE 10th Annual ASICS Comet Clinic Shirt from www.BestImageGraphics.com

FREE ASICS Cinch Bag For All Coaches That Attend

\$500 raffle at retail price of any items from the BSN catalog

Multiple college recruiting booths - meet college coaches!

Deeply discounted ASICS Shoes and Gear

A \$15 Sports Medicine Class (required to receive a PAP) will be offered before the Comet Clinic starts

KEYNOTE SPEAKER

JESSICA BEARD

In 2011 Jessica Beard capped off a standout career at Texas A&M with a pair of individual NCAA titles and two relay golds. She won the 2011 Bowerman Award as the country's top collegiate track athlete. A native of Euclid, Ohio, in high school Beard shattered the state record in the 400m by 2.54 with running 51.63. She also picked up letters in basketball and cross country. She graduated with honors and a member of the National Honor Society. She has three older brothers Terrell, Brian, and Jerrell. Jessica also earned a degree in psychology from Texas A&M.

USA Championships

Third at 2009 USA Outdoors (50.81)

Three-time USA Junior champion – 2006 (51.89); 2007 (52.19); 2008 (52.23)

International Championships

Two-time World Outdoor 4x400m relay gold medalist – 2009, 2011, 2013

2008 World Junior silver medalist (52.09)

Collegiate Championships

2011 NCAA Outdoor champion (51.10)

2011 NCAA Indoor champion (50.79)

2010 NCAA Outdoor runner-up (51.02)

2009 NCAA Outdoor runner-up (50.56)

Awards and Honors

2011 Bowerman Award winner



ATHLETE INCENTIVES

Over 25 sessions available by over 20 EXPERT speakers that cover every aspect of track and field

Athlete sessions are designed to reinforce current coach instruction. Athlete sessions do not stress technique, but aspects such as:

- Mentality of a Champion*
- Performance Preparation/Analysis/Reflection*
- Consistency*
- Communication with Coaches and Teammates*
- Competing with a Purpose*
- Goal Setting*
- Event Strategy*
- Motivation*

Free snack/drink

Autograph session

Motivational speech by keynote speaker Jessica Beard

Deeply discounted ASICS Shoes and Gear

A coaches panel from a variety of colleges and universities answering questions about college track and field

Raffles and drawings for free gear!

Team building activities that allow you to compete for prizes

Multiple college recruiting booths - meet college coaches!



Deeply discounted ASICS shoes and gear available to Comet Clinic attendees

PARENT INCENTIVES

Over 25 sessions available by over 20 EXPERT speakers that cover every aspect of track and field

Parent sessions are designed to provide advanced instruction on how PARENTS can best help their children reach their goals

FREE Comet Café with an injury diagnosis and prevention session by Orthopaedic Associates

A coaches panel from a variety of colleges and universities answering questions about college track and field and scholarship negotiation

Sport Psychology and Nutrition for Parent Sessions

Deeply discounted ASICS shoes and gear

Free food and drink

Multiple college recruiting booths - meet college coaches!



www.cometclinic.com