

EAST BAY TRACK & FIELD CLINIC SERIES PRESENTS

# SPRING SEASON KICK OFF CLINIC

SATURDAY, FEBRUARY 2, 2019

Campolindo High School, 300 Moraga Road, Moraga CA 94556

Featuring three of the area's most experienced and successful track & field coaches, East Bay Track & Field Clinic Series will offer sessions on a variety of topics critical for success in the sport.

**Chuck Woolridge** is one of California's premier distance coaches, with 26 years of experience working with high school athletes, including multiple CIF podium finishers.

In addition to his recent record breaking cross country seasons, and last year's 4 x mile relay win at the prestigious Arcadia Invitational, **Chris Williams** has guided multiple CIF podium finishers in the sprints and field events, including a state champion in the 100 hurdles and a runner-up in the triple jump.

**Peter Scarpelli** churned out multiple 4 x 400 relay CIF podium finishes and three NCS Meet of Champions team titles during his tenure as head coach at Amador Valley High School. He is also an expert in strength training for all event groups.

Registration Fee = **\$20** per participant

Clinic will be held in the Campolindo Performing Arts Center (CPAC) located at the front of the school adjacent to the lower athletic field. Registration will be conducted at the door. Participants should bring notebooks and writing implements, snacks, water or other beverages and a packed lunch.

**8:30am** REGISTRATION outside CPAC

**8:45am** (10 min.)

*Welcome & Introduction*

**9:00am** SESSION 1 (55 min.)

*Speed Mechanics – Developing Biomechanical Excellence*

Chuck Woolridge

**10:00am** SESSION 2 (85 min.)

*The Greatest Factor in Your Success: Taking Ownership*

Chris Williams

**11:30pm** LUNCH in MU – Participants must bring their own packed lunches.

**12:00pm** SESSION 3 (85 min.)

*The Central Governor – Brain Science for Optimal Performance*

Chuck Woolridge

**1:30pm** SESSION 4 (85 min.)

*Motivation for the Season, and Beyond – Training Character*

Peter Scarpelli

**3:00pm** CLINIC COMPLETION