



Presents

**PAUL SOUZA'S
ELITE
TRACK & FIELD SERIES**

**New England's Premier
Track & Field Clinic**

High School
Boys and Girls
Ages 13 to 18

2 Full Day Sessions
July 24 -25, 2010

Franklin High School
Franklin, MA

**Sprints • Hurdles • Jumps
Throws**



PAUL SOUZA



**Head Men's and Women's
Track & Field Coach
Wheaton College
High Jump**

- ★ **5 x NCAA Indoor National Team Champions**
- ★ **3 x NCAA Outdoor National Team Champions**
- ★ **2004 US World Indoor Championships Team Coach**
- ★ **2000 US Jr. World Championships Team Coach**

Personal Coach:

- ★ **Eric Taylor-Perry 7'5 1/4"**
*1996 NCAA Division III Indoor Champion
1996 Olympic Trial finalist*
- ★ **Raheim Greenridge 7'2 1/2"**
*2000 NCAA Division III Indoor/Outdoor Champion
National Outdoor Record Holder*
- ★ **Dan Olson 7'3 1/2"**
*5 time NCAA Division III National Champion
2004 Olympic Trial Qualifier*
- ★ **Beth Castagno 6'0"**
*2000 NCAA Division III Outdoor National Champion
2004 Olympic Trial Finalist*
- ★ **Jennifer Harlow 5'9"**
2006, 07 NCAA Indoor National Champion
- ★ **Henry Patterson 7'7 3/4"**
*1999 USATF Indoor Champion
2000/2004 Olympic Trial Finalist*
- ★ **Isaac Hill 7'6 1/2"**
*1998 USATF Indoor Champion
2000 Olympic Trial Qualifier*

CLINIC STAFF



MARC MANGIACOTTI
*Sprints/Hurdles
Wheaton College Co-Head Coach
17 NCAA All-American Sprinters
Former Assistant Coach
University of Houston*



KATHRINE WALLACE
*Horizontal Jumps
MIT
2 NCAA All-Americans
Former NCAA All-American High Jumper
at Wheaton College
2010 USTCCCA Regional Jumps Coach of
the Year*



KATHY GLOWE
*Jumps
John Carroll University Assistant Coach
1 NCAA National Champion
4 NCAA All-Americans*



FRED BARENDs
*Sprints
Capital University Head Coach
4 NCAA National Champions
22 NCAA All-Americans*



LISA WALLIN
*Throws
Tufts University Assistant Coach
NCAA National Championships Qualifier
Wheaton College-Shot Put*

USA world @vents
Paul Souza's
Elite Track & Field Series
1 Grove Street
PO Box 812864
Wellesley, MA 02482
508-397-7984
www.elitetrackandfield.com



ELITE TRACK & FIELD SERIES MISSION

- ★ Develop Good Training Habits
- ★ Improve Event Technique
- ★ Enhance Biomotor Abilities
- ★ Improve Overall Athleticism
- ★ Develop Self-Esteem and Self-Motivation
- ★ Improve Performance

TUITION AND GENERAL INFORMATION

\$250.00 per person includes:

- ★ Training facilities and instructors
- ★ Guest speakers
- ★ Two days of instruction
- ★ Elite Series t-shirt and bag
- ★ Elite Series notebook with drill sequences
- ★ Insurance costs

***Registration ends July 12th
Cancellations after July 1st
will result in forfeit of registration fee***

WHAT TO BRING

- ★ Warm-ups
- ★ Training Flats
- ★ Event Specific Shoes/Spikes

ELITE SERIES FEATURES

- ★ Professional Coaching
- ★ Individual Instruction
- ★ Current Training Techniques
- ★ Proper Drill Sequences
- ★ Conceptual Approach
- ★ Comprehensive Notebook with Drills
- ★ Learn By Doing

FACILITIES

- ★ Franklin High School
- ★ State-of-the-art field-turf complex
- ★ All-weather track surface
- ★ Comprehensive weight room
- ★ Indoor facilities (in case of rain)

HOTEL INFORMATION

The Hampton Inn
735 Union Street, Franklin, MA 08874
(508) 520-2999

HEALTH CARE

Athletes must present an updated copy of physicals and immunization records. The Elite Series will provide a certified athletic trainer on sight, as well as emergency on-call medical assistance. Athletes must be cleared by a doctor to be able to perform exercise of a rigorous nature. Parents/guardians must sign the insurance waiver in order for their son/daughter to participate.

DAILY FORMAT

Schedule subject to change

SATURDAY 9:00AM - 5:00PM Morning Session– Preparation Techniques

Lower Leg Preparation
Joint Mobility
Continuous Motion Warm-up
Dynamic Flexibility
Hip Mobility
LUNCH

Afternoon Session– Power Development

Core Development Exercises
General Strength Exercises
Running Mechanics

Lunchtime Presentations

Nutrition for Peak Performance
Psychology of the Successful Athlete

SUNDAY 9:00AM - 5:00PM Morning Session– Event Specific Technique

Acceleration Mechanics
Commonalities
Event Specific Sessions
LUNCH

Afternoon Session – Performance and Review

Event Specific Instruction
Event Performance
Alternative Training Techniques
Review

Special Note to Parents and Athletes

The Elite Track & Field Series is a purely instructional clinic. The staff is comprised of some of the most successful track & field coaches in the nation. The instruction and techniques presented are on the cutting edge of track & field training. Because we only have two days to present a wealth of information, no horse play will be tolerated. Any discipline problems will result in a dismissal without a refund.

Name _____ Grade (Fall 10) _____
Address _____ State _____ Zip _____
Phone (____) _____ Town _____ School _____ Email _____
Events: _____

Personal Bests: _____

TO BE COMPLETED BY PARENT OR GUARDIAN
I understand that neither the Elite Series/USA/World Events nor anyone associated with the clinic will be held liable or responsible for accidental, medical, or dental expenses incurred as a result of participation in the program. The applicant is in good health and able to participate in physical activity of a vigorous nature. In the event of illness or injury, The Elite Track & Field Series has my permission to request medical treatment as necessary to ensure the well-being of the applicant.

Signature of Parent or Guardian _____

Is applicant allergic to any medication? Yes No Yes No No No No

Name of medication(s) _____

Name of medical insurance covering applicant _____ Policy No. _____

MAKE CHECKS PAYABLE TO USA/WORLD EVENTS
1 Grove Street • PO Box 812864 • Wellesley, MA 02482