

REGISTER **NOW**
FOR THE OUTSTANDING

DFW NATIONAL TRACK & FIELD CLINIC

JANUARY 18-20, 2013

*HELD AT THE LUXURIOUS
ARLINGTON HILTON
ARLINGTON, TEXAS*

SPONSORED BY:

THE UT ARLINGTON
TRACK & FIELD PROGRAM

BALFOUR

AND



John McKenzie
Clinic Founder
and Director



John Sauerhage
Head Coach
UT Arlington



Tom Tellez
Former Head Coach
University of Houston



Jeremy Fischer
USA Track & Field
Olympic Training Center



Justin Leonard
Head Cross Country Coach
Southlake Carroll
High School



Dean Brittenham
Strength and
Conditioning Expert



Mark Brady
Former Head Coach
DeSoto High School



Brandon Berger
Associate Head Coach
UT Arlington



Jordan Durham
Assistant Coach
UT Arlington

TALK WITH THE NATION'S TOP COACHES, CLINIC DIRECTOR, AND STAFF



John McKenzie - Clinic Director

John McKenzie is the clinic founder and director since 1973. Now a financial advisor for Merrill Lynch, the former university track coach brings a wealth of knowledge and experience to our clinic.



John Sauerhage – Head Coach at UT Arlington

Now in his 18th season as head coach at UTA, Sauerhage has led his teams to 19 Southland Conference Team titles, including the 2007 Men's Outdoor Track Championship. Specializing in distance and middle-distance running, Sauerhage has coached 26 athletes to NCAA All-American honors and has received 19 Southland Conference Coach of the Year awards. Coach Sauerhage was also named the 2007 NCAA South Central Region Coach of the Year.



Tom Tellez - Former Head Coach at University of Houston

One of the greatest track coaches of all time, Coach Tellez has knowledge and expertise in every phase of track and field. He has guided some of the greatest athletes in the history of track and field. Under Tellez's direction, numerous former Cougars became Olympic medalists, including nine-time Olympic Medalist Carl Lewis. Tom is truly a great teacher of our sport.



Jeremy Fischer – Jumps Instructor at the USA Track & Field Olympic Training Center

In five seasons as an assistant coach at Oklahoma, Fischer was in charge of jumps and multi-events with the Sooners. In 2009, Fischer led three Sooners to championships in jumps events. His top pupil, Will Claye, captured an NCAA Championship in triple jump while also breaking the school record. Fischer now works with top athletes at the USA Track & Field Olympic Training Center.



Justin Leonard - Head Cross Country Coach at Southlake Carroll High School

A successful cross country coach since beginning in 2008, Leonard's boys' and girls' teams were 2011 Texas State Champs. SC boys were the 2011 Nike Cross Nationals Boys Runner Up and the girls' team earned the State Bronze Medal three consecutive years in 2008-2010. The boys' 2010 team was State Runner-Up. Since Leonard has coached at SC, his teams have earned five Regional and eight District Team Champs, five Nike Cross National Team Qualifiers, and two individual 1600 m State Champs, among others.



Dean Brittenham – Strength and Conditioning Expert

With over 55 years of teaching, training and coaching athletes, Brittenham is a world recognized expert in strength and conditioning. He has worked with the Indiana Pacers, New England Patriots, Chicago Cubs, Baltimore Orioles, Notre Dame Basketball teams, and the U.S. Olympic bobsled team, along with other top athletes. Brittenham is a pioneer in athletic development, research and training by combining all aspects of physical and mental training into athleticism programs.



Mark Brady – Former Head Track Coach at DeSoto High School

As a 22 year head coach, Brady guided the Eagles to 19 District and four Regional titles, two State Runner-up finishes and in 2012 the school's first State Championship in boy's track and field. During his tenure, Brady produced over 10 State Champions and 20 medalists, among many other record setting athletes, earning him the Dallas Morning News's Coach of the Year award in 2010. Brady has coached over 80 athletes who have continued to compete at the college level in track and football along with 10 future NFL players.



Brandon Berger – Associate Head Coach at UT Arlington

Brandon Berger enters his 7th season as an associate head coach for the Mavs. A budding star in the coaching world, Berger has helped produce conference champions in several events. Berger has guided decathlete Romain Martin to three All-American titles, highlighted by Martin's 2nd place finish last season in the Decathlon at the NCAA Championships. Coach Berger was a hurdler and decathlete during his time at UT Arlington.



Jordan Durham - Assistant Coach at UT Arlington

Jordan Durham enters her 4th season as the Maverick's sprint's coach. The rising star assisted in development of All-American sprinters Cordero Gray and Jasmine Walls in 2009-10. In 2011, Durham mentored Gray and freshman Clayton Vaughn to Second-Team All-America standing. In 2012, she guided Vaughn to a 5th place finish and All-American Honors in the NCAA Indoor Championships in the 60 meters. She was a three-time All-American at Arizona State where she was a member of the Sun Devils 2008 indoor national championship team.

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GTM SPORTSWEAR

MF ATHLETICS

**US TRACK & FIELD AND CROSS COUNTRY
COACHES ASSOCIATION**

SCHEDULE OF EVENTS

FRIDAY, JANUARY 18, 2013

4:00 - 7:00 p.m.	Registration at the Arlington Hilton Hotel Ballroom
6:50 - 7:00 p.m.	John McKenzie – Welcome and Introductions
7:00 - 8:00 p.m.	Mark Brady – Sprints Training
8:00 - 9:00 p.m.	Justin Leonard – Distance
9:00 - 10:00 p.m.	Jordan Durham – 400 Meter Training
10:15 - Midnight	Coach's Social – <i>SPONSORED BY MF ATHLETICS AND GTM SPORTSWEAR</i>

SATURDAY, JANUARY 19, 2013

9:00 - 10:00 a.m.	Dean Brittenham – Athleticism
10:00 - 11:00 a.m.	Tom Tellez – Hurdles Training
11:00 - 12:00 p.m.	Jeremy Fischer – Jumps Training
12:00 - 2:00 p.m.	Lunch

Learn by Doing (Wear Activity Clothes)

<u>Rotation Times</u>	<u>Station</u>		
2:00 - 2:30 p.m.	1	Mark Brady	Starts
2:30 - 3:00 p.m.	2	Jeremy Fischer	Long Jump
3:00 - 3:30 p.m.	3	Wayne Cunnings	Shot
3:30 - 4:00 p.m.	4	Tom Tellez	Hurdles

SUNDAY, JANUARY 20, 2013

Learn By Doing (Wear Activity Clothes)

<u>Rotation Times</u>	<u>Station</u>		
9:00 - 9:30 a.m.	1	Mark Brady	Relays
9:30 - 10:00 a.m.	2	Wayne Cunnings	Discus
10:00 - 10:30 a.m.	3	Jeremy Fischer	Triple Jump
10:30 - 11:00 a.m.	4	Wade Hayes	Pole Vault

DFW National
Track & Field Clinic
January 18-20, 2013

Registration Fee: \$100.00 - Pre-Registration
\$120.00 - Late and Walk-up
Make Checks Payable To: **DFW National Track Clinic**

Name: _____

Home Address: _____ City: _____ State: _____ Zip: _____

Phone: Area Code (____) _____ Email: _____

School: _____

School Address: _____ City: _____ State: _____ Zip: _____

School Phone: Area Code (____) _____ Email: _____

Send Registration Form and Check To:

DFW National Track Clinic
P.O. Box 13872
Arlington, TX 76094

Pre-Registration closes January 12, 2013

DFW NATIONAL
TRACK & FIELD CLINIC
P.O. Box 13872
ARLINGTON, TEXAS 76094

JANUARY 18-20, 2013
ARLINGTON, TEXAS

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AND



LODGING AND LOCATION

ARLINGTON HILTON
2401 E. LAMAR BLVD.
ARLINGTON, TEXAS 76006

RATE: \$91.00 SINGLE AND DOUBLE, PLUS 15% TAX (OR 9% HOTEL TAX WITH TAX EXEMPTION STATUS)

MAKE YOUR RESERVATIONS BEFORE DECEMBER 28, 2012. CALL (817) 640-3322 AND SAY YOU ARE WITH THE DFW NATIONAL TRACK AND FIELD CLINIC.

MISCELLANEOUS INFORMATION

- TUITION IS \$100.00 FOR PRE-REGISTRATION OR \$120.00 AT THE DOOR. REGISTER EARLY AND SAVE \$20.00!
- BRING YOUR ENTIRE COACHING STAFF - MANY COACHES HAVE THEIR TUITION AND EXPENSES PAID BY THEIR SCHOOL.
- CLINIC SCHEDULE, TOPICS AND SPEAKERS ARE SUBJECT TO CHANGE WITHOUT NOTICE.
- HOTEL RESERVATIONS SHOULD BE MADE DIRECTLY WITH THE HOTEL.
- FOR ADDITIONAL INFORMATION, PHONE JOHN SAUERHAGE AT (817) 272-5753.
- NO REFUNDS PLEASE
- REGISTRATION WILL BE AT THE BALLROOM OF THE ARLINGTON HILTON.