

21st Annual Clinic

GULF COAST



SCHOLASTIC TRACK COACHES ASSOCIATION

Saturday, January 6, 2018

Location: The University of Houston
Alumni Center address: **3104 Cullen**

Early Entry Fee for Junior High Coaches only: \$20 for Friday & \$35 for both days (JH Coaches only). Goes up \$10 each rate for late registration.

Early Entry Fee for High School Clinic:
\$75 postmarked by 1/2/18 (\$100 onsite)

First 50 Coaches to arrive to clinic will receive Coaches' Gift sponsored BSN Sports.

President- Vicki Bevan
VPs- Juris Green, David Pollack
Treasurer- Steve Haffelder
Webmaster- Shawn Hamilton
Committee- Tim McGuire, Jeremy Dye, Jack Sands, Andy Ferrara, Aaron Shock, Shay Collette, Zach Morgan, Nicholas Coopriider, Josh Gossett, & Kristina Dube.



Directions: Travel I45 S, Exit Cullen and head west, parking (left) with the Alumni Center (right) just past the baseball field.

Junior High Clinic – Fri, Jan 5 – (5-8 pm)

Featuring 30 minute sessions on the following:

Pole Vault, Throws, Sprints, Relays, & Jumps

Guest Speakers - Josh Gossett (Klein Cain HS), Kristina Dube (Former Oak Ridge), Justine Charbonnet (Conroe HS), and more.

Social - sponsored by MF Athletic

HS Clinic- Sat, Jan 6 (8 am- 4:30 pm)

7:30 am- 8:00 am Late Registration \$100

**Coffee/ Breakfast provided.*

8:00 am-8:05 am Welcome – Vicki Bevan

8:05 am-8:30 am – UIL- Brian Polk, UIL Asst. A.D.

8:30 am-9:30 am (3 Sessions)

- Discus- Gerald Rodriguez- Summer Creek HS
- Distance- Justin Leonard- South Lake Carroll HS
- Sprints- Funmi Jimoh- 2008 Olympian Long Jump, Rice University Sprints & Hurdles Coach

9:40 am-10:40 am (4 sessions)

- Shot Put- Gerald Rodriguez- Summer Creek HS
- Pole Vault- Andrew Higham- Kingwood Park HS
- Hurdles- Michael Gibson- College Park HS
- High Jump- Kyle Tellez- University of Houston

10:45 am-11:25 am (Main) – Lennie Waite- 2016 Olympian Steeplechase, 2018 World Championships, Rice University Asst. Coach, PHD in Psychology & Sports Psychology
“Mental Training for Performance”

11:30 am-12:45 pm - Hall of Fame Lunch & Awards

Honoring our Hall of Fame Recipients and Coaches and Athletes of the Year. * Lunch- included in registration fee.

Guests of honorees will be \$10.00 for meal

1:00 pm-1:25 pm GCSTCA General Meeting

Nominate Hall of Fame &

GCSTCA 2018 New VP

Will Grundy- Milesplit

1:30 pm-2:30 pm Featured Speaker- Relays

Carl Lewis- one of the greatest athletes in the world with 10 Olympic Medals and 10 World Championship Medals. Played a key role in 2017 UH Cougars 400 m Relay NCAA Gold Medal.

www.theperfectmethod.net

2:35 pm-3:35 pm (3 sessions)

- Strength & Conditioning- David Gresham- Krimmel Intermediate School
- Horizontal Jumps- Amber Williams- Klein Oak HS
- Distance- Jennifer Gegogéine- Prosper HS

3:45 pm Yeti Roadie 20 Giveaway

***** must be in attendance – Sponsored by Will Henderson Summer Training**



4:00 pm-4:30 pm - Coaches Social

Come visit with Speakers and Hall of Famers- **sponsored by MF Athletic**

“This has been my favorite part of the clinic- great to just hang out, shoot the breeze, and visit.”

(Juris Green, TWHS Head Boys Track- “NHSCA National Boys T&F Coach of the Year”)

Please reach out to any former Hall of Famers and invite them to Lunch & Social.

2018 GCSTCA Clinic
Saturday, January 6, 2018
Registration Form

Name: _____

Title: _____

Address: _____

City: _____ State: _____

Zip: _____

Home/Cell #: _____

Home Email: _____

School: _____

School Address: _____

City: _____ Zip: _____

School Email: _____

Make Checks Payable to: GCSTCA
c/o Steve Haffelder
4005 Blue Heron Drive
Pearland, TX 77581

Cost: Early registration \$75 per coach
(includes hall fame lunch) postmark
January 2, 2018. **Late Registration \$100.**

MEMBERSHIP PRIVILEGES (\$10 if unable to attend clinic but want to join). You and your athletes can be honored for annual awards including 1st & 2nd Team All GCSTCA. Scholarships opportunities for deserving seniors and coaching comradery.

AWARDS

Boy Athlete of the Year

Kari Vincent, Jr.

Girl Athlete of the Year

Julia Heymach

Boys Coach of the Year

Juris Green

Girls Coach of the Year

Amy Pitzel

Assistant Coach of the Year

Kenneth Decuir

SCHOLARSHIP RECEPIENTS:

Dana Pollack (Seven Lakes)
Emma Neuville-Taylor (Montgomery)
Jack McCracken (Klein)
Kyle Sparks (Montgomery)

COACHES HALL OF HONOR

Theotis Bush

Joseph Richard

Mitch Reed

Sponsors who are “making a difference” in HS Track & Field!



<http://willshills.net/>



<http://thepperfectmethod.net/>
(please join for great training tips from Carl Lewis)

Clinic Speakers

Carl Lewis



Carl Lewis is in his fourth season as a full-time assistant coach at the University of Houston. Named track & field's "Athlete of the Century", Lewis is sharing great coaching education through his step by step program called "The Perfect Method" that is a proven and measurable way for all runners to achieve their goals. Lewis is known as one of the greatest athletes in the world winning 10 Olympic medals (9 gold), and 10 world championship medals. He still holds the school records for the indoor 55-m dash (6.07) and both indoor and outdoor long jump records 8.56m (28'-1") and 8.62m (28'-3.5"). A six-time All-American, Lewis won 6 national championships and 9 individual conference championships while at UH. Also, Coach Lewis played a key role in the Cougars 2017 Men's 400 meter Relay NCAA Championship. Working with the sprinters, Lewis' team of Lewis III, Burke, Martin and Burrell ran 38.44 to break the school record and claim the gold medals. His sprinters and jumpers have claimed numerous championships under his tutelage.



Carl Lewis

- ✓ International Olympic Committee Sportsman of the Century
- ✓ 8-time USA Track and Field Olympian, winner of 8 Olympic Gold Medals, 1 Silver Medal and a World Championship Gold Medal. He has 4 victories at the 1984 Olympic Games which matched the record set by Jesse Owens in 1936
- ✓ Set 20 World Records in his 13-year career
- ✓ Olympic Long Jump Champion 4 times consecutively (1984-88). His 1984 Indoor World Record of 8.79 meters still stands. He has jumped over 28 feet 7 1/2 times and is universally considered the **greatest long jumper ever**
- ✓ An activist for family, youth, education, wellness and fitness, Lewis brings his international celebrity to attract awareness to these issues around the world. He supports "Best Buddies", The Inland Mission Foundation, Ronald McDonald House Charities and many youth fitness groups. Mr. Lewis is also a United Nations Ambassador for the Food and Agricultural Organization
- ✓ Also serving as an Assistant Coach at the University of Houston.

Kyle Tellez



Kyle Tellez begins his 26th season with the University of Houston coaching athletes in the high jump, pole vault, javelin and multi events.

Under Tellez' tutelage, a strikingly large number of athletes have achieved high honors in their respective fields. Tellez has produced two-time NCAA long jump champion Jenny Adams and an outstanding seven All-Americans including Krystal Ward, Rhian Clarke, Nick Decker, Ifoma Jones, John Davis, Nathan Labus and Edwina Ammonds. Tellez also coached Jones, a four-time All-American, to a fourth place finish in the heptathlon and in seventh place finishes in the high jump at the 2000 NCAA Outdoor Championships.

Tellez attended the University of Houston and ran for the cross country and track teams in 1984-85. He earned a bachelor's degree in education from Houston. He attended Spring Branch High School here in Houston.

Kyle Tellez has two children, son TK and daughter Annie. He is the son of Houston's Hall of Fame head coach Tom Tellez.

Funmi Jimoh



Funmi Jimoh is a tremendous teacher and brings an elite athlete's experience having made the Olympic Games and three other U.S. World Championship teams.

Jimoh made her first Olympic team one year after she finished a decorated career at Rice. She graduated from Rice in 2007 and prior to this graduated from Dulles High School where she had great success in the high jump. She regularly competed for the Owls in the 100m hurdles, high jump, 4x100 relay and heptathlon. After her redshirt senior year, she began competing in the long jump on a national level in 2007. In only one year, she went from finishing ninth at USA Outdoors in 2007 to finishing 12th at the Olympic Games in 2008. Jimoh still maintains the Rice record in the heptathlon and 100m hurdles.

Her coaching career started at UTPA in 2008 while competing for Nike on the elite circuit. She later coached Men's sprints at Rice in 2015 and currently is the Rice Women's Sprints & Hurdles Coach.



Lennie Waite



Lennie Waite represented Great Britain in the 2016 Summer Olympic and 2017 World Championship in the 3000m Steeplechase. She holds a personal best of 9:35.91. She is the fifth fastest British Steeplechaser of all-time.

Waite attended Rice University. She graduated cum laude in 2008 with a B.A. in Psychology, Economics, and Managerial Studies. During her time at Rice, she set school records in the mile, 1500m and 3000m steeplechase. Waite was part of Rice's NCAA qualifying cross country teams in 2007 and 2008. She was a finalist for the NCAA Woman of the Year Award (2009). After career at Rice, she pursued her PhD at the University of Houston in Industrial/Organizational Psychology and continues to train under Rice University's Head Women's Track Coach Jim Bevan as a professional steeplechaser.

Waite completed her PhD in Psychology in 2012 and supplements her professional track career as a sport psychology consultant and performance specialist.^[5] She is a certified consultant. Lennie is married to Matt Hoffman who works in finance and they live in Houston.

Amber Williams



Coach Amber Williams was raised in Nacogdoches, Texas where she was a two sport athlete, volleyball and track and field.

She received a Track Scholarship to run at Prairie View A&M University. She ran under Great Leadership and Head Coach Essie Washington and Barbara Jacket. She competed in the 200, 400, Triple Jump and Long Jump. She received her Bachelor Degree in Health and Human Performance (Kinesiology).

Upon graduation, she received her first teaching and coaching job at Cleveland ISD. She coached volleyball for one year and basketball and track for three years. She taught resource English.

Coach Williams came to Klein Oak in 2011 and was an assistant basketball and assistant track coach. Since 2013 she has been the Head Girls Cross Country and Head Track Coach. Under her leadership currently she holds two District Championship titles - 2014 cross country season and 2015 track season (1st district championship title in Klein Oak History for the girls program). She has had athletes compete, place and win in the regional and state cross country and track meets.

When Coach Williams is not teaching and coaching, she is cherishing every moment of family time she has with her wonderful husband of nine years and their four year old son Nevin.

Justin Leonard



Coach Leonard has been the Head Boys & Girls Cross Country Coach at Southlake Carroll since 2008. During that same period he has been the assistant track coach in charge of all distance runners. Prior to 2008, Coach Leonard was the assistant coach for Carroll's cross country team (2004 – 2008). He was the Carroll head girls track coach for two seasons (2007 – 2008).

Since taking the program over in 2008, Coach Leonard has led the Dragons to numerous team championships- 7 State, 13 Regional and 18 district. The boys have won 4 state championships (2011, 2012, 2013 & 2014) and the girls have won 3 state championships (2011, 2012 & 2013). Coach Leonard's Dragons won the 2011 & 2012 Nike National Cross Country award for the number one program in the nation. Also, during Leonard's tenure the dragons have qualified for 14 trips to Nike Cross Nationals with a boys runner-up finish in 2011 and girl's runner up in 2012. Coach Leonard's runners have compiled a Footlocker National Champ, sub 4:00 minute miler, state 3200 meet record holder, 39 individual state medalists (5 state champs & 9 state runner ups), 5 Nike National All – Americans, 3 Footlocker National qualifiers, 54 Division 1 runners, Boys State XC record 20 points(2011) and Girls 32 points(2012).

Coach Leonard is a 2002 Graduate of the University of Texas at Arlington (UTA) with a BA in 2004. While at UTA he was a 4 year letterman in Track and Field. Leonard is married to the former Nicole Heil and they have three children Caitlyn, Caden and Corbin.

David Gresham



David Gresham is Head Track/CC, Head Strength and Conditioning, and assistant Football coach at Krimmel Intermediate School. He has coached for over 20 years in Klein District and teaches PE and Health. He has had over 25 District Team Championships in those sports. Regardless of where he is coaching, his teams always seem to have the most participants, display tremendous team spirit, and win district championships by overwhelming margins by being competitive in every track event. David has spoken at our clinic before and was a popular choice for a return visit. He specializes on setting up and running plyometric stations to large athletic teams with sometimes limited resources and spacing. His athletes and teams are successful because he focuses first on developing the athlete with sound principles but creative workouts. He graduated from Klein Oak High School in 1991 and had the 800m school-1:56 record and ran on the 4x400m relay team. He graduated from Sam Houston State University in 1997 with a B.S in Kinesiology. In 2001 he got his National Strength Coaches Association – Certified Strength and Conditioning Specialist Certification. He has 3 children: Gabi, Dean, and Nate. During his free time, he enjoys working out and training others through boot camps and fitness sessions. He also loves plays competitively at Disc golf, Poker, Fantasy Sports, and enjoys having cook-outs with friends and family.

James Andrew Higham

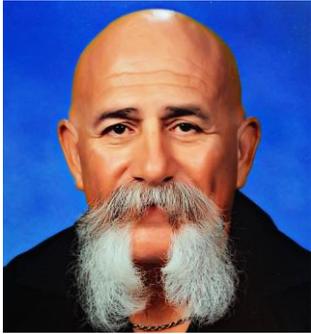


Andrew Higham is entering his 10th year of coaching, and his 2nd year at Kingwood Park High School. In his 2nd year at Kingwood Park Coach Higham will again serve as the boy's and girl's Pole Vault Coach. In 2016, Coach Higham was instrumental in turning around the Boys and girls pole vault programs. In 2017, Kingwood Park Pole Vaulters won the JV Girls, Freshman Boys, & JV Boys District Championship. KWP Varsity vaulters also placed 2nd in the boys vault while finishing 2nd, 3rd, and 4th in the girls vault. Prior to KWP, Coach Higham made stints at Aldine HS, Cleveland HS, Spring HS, and Porter HS. Wherever he coaches his pole vaulters are excelling in a very short period. In the last 5 years, his athletes' achievements have included an impressive-state qualifier and 12 regional qualifiers. In addition, he is contributing to growing track programs with participation. His knowledge, passion, and enthusiasm when coaching athletes is making a difference and our association is excited to hear him speak and share his wisdom. In his free time, he enjoys spending time with wife Lyndsey and daughter Jacksyn.

Michael Gibson

Michael Gibson has coached for 23 years both at the Junior High and High school level. While at Humble High School for seven years, Coach Gibson served as both Track & Field and Cross Country Coordinator, coaching his teams to be a top notch program in the city and state. He has had numerous athletes run at the next level where they continue to excel. Being known as "one of best in the business", he opened up College Park nearly 13 years ago where he continues to build power houses and top-notch athletes. Not only is he a distance guru, but he writes programs for sprints, relays, and hurdles. The CP hurdlers whom he has coached continue to dominate as 10 young men have broken 40 seconds and 3 sub 38. His resume for regional and state qualifiers is too extensive to list. His highlights are Katie Jensen 1st 1600m, Connor Meaux 3rd 1600m, Brian Gohlke 3rd 1600m, Josh Holeman 4th 300h and 1600m Relay 3rd place to name a few. He takes the same passion in coaching to the classroom where he teaches social studies. He was a high school standout at Kingwood, where he was coached by the great Zoe Simpson and ran an impressive 4:14 mile and also finished 3rd at the State Meet. He was recruited by legendary Baylor Coach Clyde Hart where he lettered in cross and track for 4 years. He is married to CP Volleyball Coach Collins Gibson and they share two boys, Miles and Camden.

Gerald Rodriguez



Coach Rodriguez graduated from Southside High School in 1973. He attended Ranger Jr College and went on to play for Texas A&I University on their 1976 NAIA Collegiate National Championship squad, before graduating from Corpus Christi State University (now TAMU-CC) with a degree in Kinesiology and later getting his SPED certificate.

In HS, Coach Rod was a sprinter, but he dabbled in shot and discus. A knee injury sidelined his football career in college, but introduced him to strength training. So he joined the powerlifting team and he became a national champion in 1978 in the 100kg class.

Coach Rod's began in Corpus Christi ISD, while powerlifting professionally. During this time, he was introduced to a para-athlete who needing coaching and next he became the IOC 1988 Paralympic Weightlifting team coach.

He currently coaches at Summer Creek HS. He has taken numerous athletes to the State and JO meets including all 4 sons; and he spends his summers coaching athletes.

"I never tell my athletes that they're too little to throw; I just feed them a tremendous amount of technique and put it all together with hitting positions across the ring at the right time."