

CLINIC SCHEDULE SUNDAY, MARCH 14, 2010

8:00 – 9:15 am

Registration Opens

9:30 – 11:30 am

- **Velocity Performance Speed Team**
Trae Toliver & Speed Team

- **Developing the HS Shot Putter (three levels)**

Mike Mielke	Jack Mulder	Sam Springer
Glenn Thompson	Chris Guglielmo	Brian Cortina

- **Strength Training (Developing core strength)**
John McKenna (Designing a team lifting routine)

FIRST FREE RAFFLE

11:45 – 2:00 pm

- **Distance: Developing 800m, 1600m, and 3200m runner**
Chris Callinan

- **Developing the HS Hurdler (110H & 400H)**

Olympian Jack Pierce	Olympian Todd Matthews	Jack West
Barry Jackson	Ron Corson	Tim Brennan

- **Developing the HS Discus Throwers (three levels)**

Mike Mielke	Chris Guglielmo	Brian Cortina
Glenn Thompson	Jack Mulder	Sam Springer

SECOND FREE RAFFLE

2:30 – 4:30 pm

- **Developing the HS Javelin Thrower (three levels)**

Dana Pounds Lyon	Brian Chaput	Mark Mirabelli
Dan Adams	Laura Primerano	John Taylor

- **Developing the HS High Jumper**

Nik Vedejs	Ben Samara
------------	------------

- **Developing the HS Long & Triple Jumper**

Tim Brennan

MARK MIRABELLI (Throws)

Mark was selected by the USA Olympic Committee as one of ten coaches this year to participate in the "Elite Javelin Coaches Camp" in San Diego CA. Mark is a National renowned speaker at some of the largest Track & Field Clinics in the USA on the throws. He is the owner of the "Mark Mirabelli Throwing School", where he trains 100's of HS and college throwers each year. Producer of "Mark Mirabelli Throwing series I & II on CD and new DVD", he will be on hand for all the throwing sessions.



TRAE TOLIVER Velocity Speed School (Speed & Quickness)

He is an enthusiastic talented trainer dedicated to helping athletes maximize their athletic potential. He has trained hundreds of runners in all sports and is considered one of the leading specialists around. Trae is also a certified USA Weightlifting coach...learn to run faster with Trae and his Velocity Speed Team.

JOHN MCKENNA (Strength Conditioning)

A certified strength coach at Notre Dame he is considered by many the guru in Strength development for NFL players and the success of many ND athletic programs. Don't miss this informative presentation on how to incorporate a lifting program in your daily practices for any sport.



CHRIS CALLINAN (Distance)

Chris is considered one of the best distance coaches in the tri-state area and has coached numerous Indoor and Outdoor National All-Americans. Chris is a Certified USATF level I coach from the prestigious Cherokee HS with many years of experience. He has worked with some of the finest National Level Distance Coaches in the country.



JACK PIERCE (Hurdles)

One of the greatest hurdlers ever! A member of the 1992 Olympic Team and a Bronze Medal winner he is one of the best instructors around. Jack set a personal record of 12.94 seconds in highs ranking him #5 all time in the world. Presently Jack is coaching some of the finest hurdlers in the world.



TODD MATTHEWS (Hurdles)

A 2004 Olympian and African Champion with a personal best of 13.36 and is a former 5 times All-American from Clemson University. A graduate from ND High School with numerous HS honors such as Junior National Champion MVP of the Indoor & Outdoor State Championships, Todd still holds the State record in 110 hurdle record at 13.52.



RON CORSON (Hurdles)

One of the most knowledgeable Hurdling specialists on the East Coast Ron has turned out over 10 hurdlers under 14 sec. in the 110's. Ron has coached many years at two of the most prestigious schools around, Bartram High and Willingboro HS where he produced several National team members.



TIM BRENNAN (Triple Jump & Hurdles)

Mr. Brennan has coached 20 Scholastic National qualifiers, and is in his 15 year at Peddie School. He is the head coach for the Shore Athletic Club's National Team, which won the 2005 Men's and 2007 USATF Men's and Women's National Championships. Mr. Brennan is an IAAF registered coach and is a certified Level I and II coach for Sprints/Hurdles' by USATF.



BARRY JACKSON (Hurdles)

Considered one of New Jersey's finest Hurdling specialists around! Speaker at last years Bill Faulk U.S. All-Star Clinic in AC, Barry is knowledgeable in both the 110 and 400 meter hurdles. Barry has coached several All-Americans while a coach at Winslow H.S. Barry will be working with the coaches on how to improve the sprinters start out of the blocks.



JACK WEST (Hurdles)

Speaker at several East Coast Clinics. An outstanding technician in the hurdles he is well schooled in the event. A former hurdler himself, Jack presently personally trains college and HS hurdlers. What a hurdling staff!



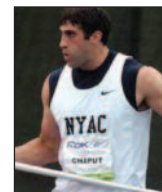
DANA POUNDS LYON (Javelin)

One of the USA best throwers with PR of 198', she is a spark plug! Presently in the US Air Force and competing for the Air Force Elite Team she is the fastest Javelin thrower down the runway! Dana will assist in one of the best ever Javelin staffs and demonstrate her elite form to the attendee's. Don't forget to bring your cameras for this spectacular session with Dana



BRIAN CHAPUT (Javelin)

Brian was a 2004-08 Olympic Trial finalist and is considered one of the most explosive throwers in the USA. He has a personal best of 268' 11" and is a true technician of the event. Don't miss this Javelin session with Mark, John, Brian, Dana, and the rest of the staff!



JOHN TAYLOR (Javelin)

John is the coach for Brian Chaput an elite Olympic hopeful for 2012 Olympic Games. He is a former Elite thrower himself who competed in two Olympic Trials. Don't miss this dynamic presenter in action with Mark!



LAUREN PRIMERANO (Javelin)

A multi-event athlete she was the former Manhattan College assistant coach. She is presently Icahn Stadium-Randall's Island Sports Foundation New York, NY Event Director/Webmaster. Lauren is a Certified Level II USATF Coach who has coached several All-Americans in different events.



DAN ADAMS (Javelin)

Dan is a former Elite Javelin specialist with many years experience in the throws. He is currently working as a Physical Therapist where he works rehabilitating 100's of athletes. Don't miss Dan's intense love of the event!



JACK MULDER (Shot & Discus)

Jack is back to help with the Elite throwing session in the Shot & Discus. An outstanding coach in the throws he will be on hand to share his expertise in both disciplines. Former Head Coach of the 164 – 0 Willingboro HS in the 90's he is full of energy and a passion for the throws.



GLENN THOMPSON (Shot & Discus)

Glenn is founder and Owner of the most prestigious Throwing Magazines in the USA "LSTJ". A former Elite thrower himself in Discus 180' and Shot Put 60's, Glenn has coached numerous HS throwers to National and State honors. He has presented at numerous prestigious coaches clinics throughout the USA.



MIKE MIELKE (Shot & Discus)

Back by popular demand! Mike is presently the US Army World Coach out of Colorado where he trains some of the best throwers in the nation. He is a former thrower himself and a 1996 Olympic Finalist in the discus with a best of 210'. Mike also coached World Class thrower Kevin Toth to 74'-4" in the spin and Tonyo Sylvester 67'5" in the glide. He is by far the most knowledgeable teacher in the event.



SAM SPRINGER (Shot & Discus)

A Former Outstanding thrower from Illinois State University who was a student of World Class thrower Jeff Chakouian is a welcome addition to this years spectacular throwing sessions! Sam has thrown over 176' in the discus and close to 50' in the shot. She has placed in the many of the NCAA



Championships and is excited to share her knowledge. Sam will also demonstrate her form in the discus.

BRIAN CORTINA (Shot & Discus)

Former All-American Discus and Shot from Cornell University he is a true technician of both events. Brian has thrown over 170' in the discus and high 50's in the shot put. Brian recently demonstrated the Shot drills for the new Mark Mirabelli DVD Throwing Series.



CHRIS GUGLIELMO (Shot & Discus)

A Former thrower himself from Charleston Southern in the Shot & Discus he is presently the throws coach at Hillsborough HS where he has produced several All-American and State champions. Chris coached shot great Taryn O'Connor 47'6", which is presently the best



Girl's indoor throw in NJ History! Chris is eager to share his training methods with everyone!

BEN SAMARA (High Jump)

A former jumper at TCNJ and presently the coach of Hopewell Valley HS State Champion Emily Kianka he will be covering the approach and flight over the bar with Nik.



NIK VEDEJS (High Jump)

A former All-American graduate of Princeton University who has jumped over 7 feet many times; he is an outstanding technician and presenter of the High Jump throughout the East! Nick will present the importance of the approach and flight over the bar.



Xtraining.biz
201-248-0761

DIRECTIONS

FROM NJ TURNPIKE

Take NJ Turnpike to Exit 8 (Rt. 33W). Once off ramp, take first left onto Davison Road. Follow Davison to "T" intersection. Turn left onto Ward Ave. Follow Ward Ave. around to "T" intersection. Turn right onto Etra Road. Entrance to Athletic Center/Fields is a few hundred yards up on the right. Meadow Lakes Nursing home is on left side of Etra.

FROM TRENTON OR SHORE POINTS

Take I-195 East or West to Exit 8. Route 539 follow signs to Hightstown for about 6 miles. Turn right onto Rt. 571 (Etra Road). Entrance is on left about 1/4 mile.

2010 PROUD SPONSORS

Gold Medal Sponsors

First to the Finish 1-800-747-9013
www.firsttothefinish.com

Shanzada Inc International 303-663-1569

Computer Presense 609-284-3705
www.computerpresense.com

Champion Fitness Center
www.thewinningworkout.com

City Auto Park 609-871-2800
www.cityautopark.com

Thomas J. McHale, Sr. Vice President

PNC Investments 1-856-596-3157

JTS Johanson Transportation Service

973- 625-5482

xtraining.biz 201-248-0761

George T. Kotch, Attorney at Law 609-267-9393

Velocity Sports Performance, Cherry Hill
856-874-9700

Mortgage Mom 609-605-7153
www.mortgagemom.net

Silver Medal Sponsors

Dr. Greg Cortina, DC, PA, Chiropractor 609-585-6100
IPC Landscape Creations

www.ipclandscapegmt@comcast.net

Andrew M. Kusnirik III, Counselor at Law 609-581-1500

Indoor Air Technologies 609-448-1333
www.indoorairtech.com

William Lauricella

MASTERGRAPHX, Bob Quinn www.mgxprint.com

Princeton Orthopedics, 609-924-8131

Bronze Medal Sponsors

Classic Nissan 609-267-2886

John Bublewicz, Attorney at Law 609-587-7758

The Marketing Connexion 215-348-3851
www.themarketingconnexion.com

Bernie Barron Dollar Rent-A-Car, 609-265-8911

APPLICATION ~ MARK MIRABELLI TRACK & FIELD CLINIC

I wish to enroll my son/daughter in the 2010 Mark Mirabelli Track & Field Clinic. I understand that neither Peddie School, the director, nor anyone connected with the Mark Mirabelli Clinic will assume any responsibility for accidents, medical, dental, or other expenses incurred as the result of accidents sustained during or as a result of any course of instruction given the applicant by the clinic staff. I hereby authorize the guardian, coach, or director to act on my behalf according to his/her best judgement in any emergency requiring medical attention.

Signature of Parent _____ School _____

Applicant's Name _____ Age _____ Sex Male Female

Address _____ Street _____ City _____ State _____ Zip Code _____

Home Phone _____ Event _____ E-mail _____ Shirt Size: S, M, L, XL, XXL

THE FIRST 100 PRE-REGISTRATIONS BY MAIL WILL RECEIVE A FREE CLINIC T-SHIRT

Please fill out application and return it with a non-refundable registration fee of \$80.
Registration at the door will be \$90. Discounted team rate of \$600 for maximum of ten athletes from one team. A \$200 SAVINGS (Coaches not included)
Payment entitles you to attend all sessions.

Return to: **Mark Mirabelli • 9 Exeter Court, Lumberton, NJ 08048**
Make checks payable to: **Mark Mirabelli** For more information call: **609/267-4810**
Or pay online www.mmtrackandfield.com E-Mail: mark@mmtrackandfield.com

NOTES

- Handouts covering session topics will be available.
- All presentations are interactive. Participants are expected to wear comfortable workout gear.
- Bring indoor shots, discus and javelins.
- Lunch will be sold by the Peddie Track Team.

- Door prizes will be raffled off between sessions.
- Due to unforeseen emergency, clinicians may change.
- First to the Finish will offer 10% off any catalog item.
- The "Mark Mirabelli Throwing Series" will be on sale. \$5.00 OFF

Mark Mirabelli
Track & Field Clinic

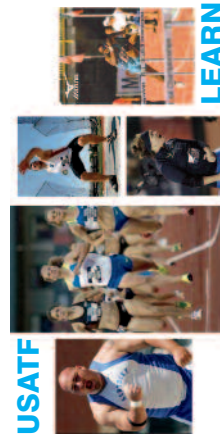
9 EXETER COURT
LUMBERTON, NJ 08048
CALL 1-609-267-4810

www.mmtrackandfield.com

Certificate of participation will be issued to coaches for 8 hours.

PLACE
STAMP
HERE

ATTN: BOYS, GIRLS AND COACHES



USATF

LEARN BY
DOING CLINIC



(800) 747-9013
www.firsttothefinish.com



The 18th Annual Mark Mirabelli Track & Field Clinic

Sunday March 14, 2010

At the
Peddie School
Hightstown, New Jersey

An exciting learning experience for all boys, girls, and coaches. Improve your technique in the following disciplines from Olympians and Nationally renowned

Clinicians:

Sprints/
Distance

Shot Put

Javelin

High
Jump

Lifting

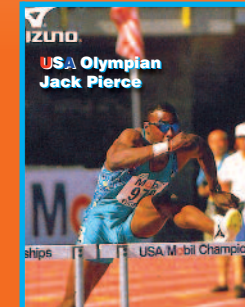
Discus

Triple
Jump

Hurdles

All events held outside and inside on the all weather Mondo track. In the event of inclement weather, all clinic activities will be held in the indoor Mondo track & field house.

"Learn by Doing"



USA Olympian
Jack Pierce



2009
USA M-bil Champion
Dana Pounds Lyon



USA Outstanding
Thrower
Sam Springer



Olympian
Todd Matthews



856-874-9700