

ADIDAS LONE STAR "ELITE" TRACK & FIELD CLINIC

Dear Coaches,

It's time for the 8th annual Lone Star "Elite" Track & Field Clinic. Once again you have the opportunity to listen to some of the best track and field coaches in the nation and because the clinic is located in North Dallas, you are just minutes from great shopping, the best restaurants and great night spots. PLEASE NOTE: The clinic has moved to a "NEW" December date to avoid a conflict with the Texas A&M and University of Arkansas Indoor Track & Field Meets that are always held the first week of January. Indoor Track & Field is growing in popularity!

We have upgraded our clinic to the prestigious Le Meridien Hotel by the Dallas Galleria-a convenient location allowing you to enjoy dining, shopping, nightlife in the Dallas area. It is easily accessible from both DFW international Airport and Dallas Love Field. Our goal is to provide a comfortable environment with quality education that equips you with the information and tools necessary to reach success in your sport or event. We look forward to seeing you at our 8th annual Lone Star "Elite" Track & Field Clinic.



Coach Steve Silvey
Founder & Clinic Director

8TH ANNUAL-LONE STAR "ELITE" TRACK & FIELD CLINIC

December 16th & 17th, 2011

Le Meridien Hotel by the Galleria

DALLAS, TEXAS

Tony Veney-North Carolina A&T University
Chris Bucknam-University of Arkansas
Billy Maxwell-University of Nebraska
Jerome Romain--University of Tennessee
John Kenneson-Texas Christian University
Alick Musukuma-Missouri State University
Ed Marcinkiewicz-Ex-Texas A&M & MF Athletics
Mark Brady-DeSoto High School
Don Hicks-Team Extreme Track Club
Greg Christensen-Lovejoy High School
Randy Adair-Highland Park High School
June Villers-DeSoto High School
Pete Abbey-Cate Athletics
Steve Silvey-Championship SSE Products

Clinic Hotel

Le Meridien Hotel by the (Galleria)
13402 Noel Road
Dallas, Texas 75240

\$79.00 "SPECIAL" Room Rate till Dec 1st
\$89.00 after December 1st

Phone: (972) 503-8700 For the LST Rate Contact: Lisa Anani-Sales lisa.anani@lemeridiendallas.com

Book online at: <http://www.starwoodmeeting.com/Book/lse>

Directions to Clinic

From the East: Take I-635 to Exit 22D, take the Dallas Parkway North
Take a right on Alpha Rd. Take a right at Noel Rd. and hotel is on left.

From the West: Take I-635 to Exit 22-D, take the Dallas Parkway North.
Take a right onto Alpha Rd. Take a right at Noel Rd. and hotel in on left.

"The #1 Track & Field Clinic in the South"

2011 Lone Star "Elite" Track & Field Clinic Schedule

Friday, December 16th, 2011

1100am to 6:00pm	Registration at the Le Meridien Hotel by the Dallas Galleria	
Noon to 1:00pm	Randy Adair	Building a Championship Track Program
1:10pm to 2:10pm	Mark Brady	Coaching The Relays
2:20pm to 3:50pm	John Kenneson	Shot & Discus Training (1.5 Hours)
4:00pm to 5:00pm	Alick Musukuma	800 Meter Training
5:10pm to 6:10pm	Tony Veney	Sprint Training
6:20pm to 7:50pm	Jerome Romain	Long & Triple Jump (1.5 hours)
8:00pm to 9:00pm	Tony Veney	300/400 Hurdles
9:10pm to 10:10pm	Jerome Romain	Strength Training for Track & Field
10:00 till Midnight	Coaches Social	Sponsored by: M-F ATHLETICS

Saturday, December 17th, 2011

8:00am to 10:00a	Registration at the Le Meridien Hotel by the Dallas Galleria	
8:00am to 9:00am	Greg Christensen	Developing the Young Distance Runner
9:10am to 10:10am	Billy Maxwell	110 Meter High Hurdle Training
10:20am to 11:20am	Chris Bucknam	Championship Middle Distance Training
11:30am to 12:30am	Ed Marcinkiewicz	The High Jump
12:30pm to 1:00pm	LUNCH	
1:00pm to 2:00pm	Don Hicks	400 Meter Training
2:05pm to 3:05pm	June Villers	Women's 100 Meter Hurdles
3:10pm to 4:00pm	Pete Abbey	Training the High School Pole Vaulter
4:05pm to 5:00pm	Steve Silvey	Cutting Edge Preparation for Track

CLINIC APPLICATION

TEAM/SCHOOL: _____ **HEAD TRACK COACH:** _____

CELL PHONE : _____ **CITY:** _____ **STATE** _____ **ZIP** _____

Number of Coaches _____ E-Mail Address _____

1.) _____

2.) _____

3.) _____

4.) _____

5.) _____

Registration Fee: \$100.00 Pre-Registration (Post marked prior to December 8th, 2011)
\$125.00-Late Registration after December 8th and after .. (Sorry, No school purchase Orders)
Refund Policy: No Refunds except for a credit towards next year's clinic (Must Provide a Doctors Note prior to Clinic)

Make your check payable to: Championship SSE Products Federal Tax ID: #62-169-0160 Amount \$ _____

Mail Your Registration Form To: Coach Steve Silvey
Championship SSE Products
6601 W. Plano Parkway #814
Plano, Texas 75093

PHONE: (972) 307-3545 or Cell (972) 489-6679 E-Mail Contact for a W-9 Form: WCspeed@hotmail.com
Register On-line for the Lone Star "T& F Clinic by going to: SSEproducts.com

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8th Annual-Lone Star "Elite" Track & Field Clinic



Discount Air Travel to Dallas, Texas

Southwest Airlines fly's into its main hub at Dallas-Love Field. Love Field is just 12 miles south of the Le Meridien Hotel by the Galleria. This is about a 15 minute drive by car from the Dallas-Love Field Airport using either I-35 or the North Dallas Toll Road. To secure the cheapest airfare from southwest airlines go to:

Southwest.com

Once you are on their site, comparing price options, put in your flight information and to receive the largest discount book a flight from the category:

"WANNA GET AWAY" (**website only discount**)

This can be found on the far right side of the screen. It is very important that you book your flight 4-6 weeks in advance, to save the most money for your air travel.

DISCOUNT RENTAL CAR

Southwest Airlines also offer a tremendous discount for rental cars go to:

Southwest.com

Once you're on their website click on "**Cars**" at the top middle part of the home page. Southwest airlines will offer you're the best price of comparing 14 rental car companies prices if you desire the lowest price for your trip.

**8th Annual
Lone Star "Elite" Track and Field Clinic**



Southwest Airlines Fly's to the following Cities:

- Albuquerque, NM
- Birmingham, AL
- Chicago, IL
- Columbus, OH
- Denver, Co
- Detroit, MI
- El Paso, TX
- Harlingen, TX
- Indianapolis, IN
- Jackson, MS
- Jacksonville, FL
- Kansas City, MO
- Las Vegas, NV
- Little Rock, AR
- Lubbock, TX
- Midland, TX
- Nashville, TN
- New Orleans, LA
- Omaha, NE
- Phoenix, AZ
- San Antonio, TX
- St Louis, MO
- Tulsa, OK
- Tucson, AZ

"BAGS FLY FREE"

Southwest.com

W-9 for: School District Business Office

<p>Form W-9 Rev. October 2007 Department of the Treasury Internal Revenue Service</p>	<p>Request for Taxpayer Identification Number and Certification</p>	<p>Give form to the requester. Do not send to the IRS.</p>				
<p>Part I Name (as shown on your income tax return) Championship BSE Products, LLC Business name, if different from above</p>	<p>Check appropriate box: <input type="checkbox"/> Individual/Sole proprietor <input type="checkbox"/> Corporation <input type="checkbox"/> Partnership <input type="checkbox"/> Trust <input type="checkbox"/> Estate <input type="checkbox"/> Other (see instructions) <input type="checkbox"/> Exempt payee</p> <p><input checked="" type="checkbox"/> Limited liability company. Enter the tax classification (D=disregarded entity, C=corporation, P=partnership) #</p> <p><input type="checkbox"/> (Other (see instructions) #</p>					
<p>Part II Address (number, street, and apt. or suite no.) 6601 West Plano Parkway #614 City, state, and ZIP code Plano, Texas 75093 List account number(s) here (optional)</p>	<p>Requester's name and address (optional)</p>					
<p>Part III Taxpayer Identification Number (TIN)</p> <p>Enter your TIN in the appropriate box. The TIN provided must match the name given on Line 1 to avoid backup withholding. For individuals, this is your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the Part I instructions on page 3. For other entities, it is your employer identification number (EIN). If you do not have a number, see how to get a TIN on page 3. Note: If the account is in more than one name, see the chart on page 4 for guidelines on whose number to enter.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Social security number</td> <td style="width: 50%;">OT</td> </tr> <tr> <td>Employer identification number</td> <td>62 : 1690160</td> </tr> </table>			Social security number	OT	Employer identification number	62 : 1690160
Social security number	OT					
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<p>Part IV Certification</p> <p>Under penalty of perjury, I certify that:</p> <ol style="list-style-type: none"> The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me), and I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding, and I am a U.S. citizen or other U.S. person (defined below). <p>Certification instructions: You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contribution to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign this Certification, but you must provide your correct TIN. See the instructions on page 4.</p>						
<p>Sign Here</p>	<p>Signature of U.S. person #</p> <p style="font-size: 2em; font-family: cursive;"><i>Steve Kelly</i></p>	<p>Date #</p> <p style="font-size: 1.5em; font-family: cursive;">10-15-2010</p>				
<p>General Instructions</p> <p>Section references are to the Internal Revenue Code unless otherwise noted.</p> <p>Purpose of Form</p> <p>A person who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) to report, for example, income paid to you, real estate transactions, mortgage interest you paid, acquisition or abandonment of secured property, cancellation of debt, or contributions you made to an IRA.</p> <p>Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN to the person requesting it (the requester) and, when applicable, to:</p> <ol style="list-style-type: none"> Certify that the TIN you are giving is correct for you are waiting for a number to be issued). Certify that you are not subject to backup withholding, or Claim exemption from backup withholding if you are a U.S. exempt payee. If applicable, you are also certifying that as a U.S. person, your allocable share of any partnership income from a U.S. trade or business is not subject to the withholding tax on foreign partners' share of effectively connected income. <p>Note: If a requester gives you a form other than Form W-9 to request your TIN, you must use the requester's form if it is substantially similar to this Form W-9.</p>						
<p>Definition of a U.S. person. For federal tax purposes, you are considered a U.S. person if you are:</p> <ul style="list-style-type: none"> An individual who is a U.S. citizen or U.S. resident alien, A partnership, corporation, company, or association created or organized in the United States or under the laws of the United States, An estate (other than a foreign estate), or A domestic trust (as defined in Regulations section 301.7701-7). <p>Special rules for partnerships. Partnerships that conduct a trade or business in the United States are generally required to pay a withholding tax on any foreign partners' share of income from such business. Further, in certain cases where a Form W-9 has not been received, a partnership is required to presume that a partner is a foreign person, and pay the withholding tax. Therefore, if you are a U.S. person that is a partner in a partnership conducting a trade or business in the United States, provide Form W-9 to the partnership to establish your U.S. status and avoid withholding on your share of partnership income.</p> <p>The person who gives Form W-9 to the partnership for purposes of establishing its U.S. status and avoiding withholding on its allocable share of net income from the partnership conducting a trade or business in the United States is in the following cases:</p> <ul style="list-style-type: none"> The U.S. owner of a disregarded entity and not the entity, 						