

TEXAS TRACK & FIELD COACHES NETWORK™

The Premier Coaches Association for Track & Field in the State of Texas

*"A Special Track & Field Clinic designed for the
Middle School, High School & Track Club Coaches"*

Saturday, January 29th, 2011

*Sheraton Dallas North Hotel
Dallas, Texas*

"The Formula to Success in Athletics"

Better Educated Coaches= Superior Athletes

***Learn from some of top track & field coaches in the
Dallas/Forth Worth area to help you grow as a coach!***

Clinic Hotel

Sheraton Dallas North Hotel
4801 LBJ Freeway (Interstate 635 North)
Dallas, Texas 75244

\$79.00 "SPECIAL" Room Rate

Hotel Phone (972) 744-3277 (Sales)

Mrs. Blake Harrison-Sales Manager (972) 744-3236

For the *"Special"* Lone Star Track Clinic rate you must contact Ashley Blair-sales: ablair@sheratondallasnorth.com

Directions to Clinic

From the East: Take I-635, take the Dallas Parkway exit.
Continue west on the access roads. Hotel is on the right.

From the West: Take I-635, take the Dallas Parkway exit.
Turn left and the second light onto Dallas Parkway and left
onto the service road. Hotel is on the right.



Texas Track & Field Coaches Network-Clinic Schedule

7:30 to 9:00am	<u>Clinic Registration at Sheraton Dallas North Hotel</u>		
8:00 to 9:00am	Distance Training	Doug Robinson	Poteet High School
9:10 to 10:10am	Sprint Training	Mark Brady	DeSoto High School
10:20 to 11:20am	High Jump	Doug Robinson	Poteet High School
11:30 to 12:30am	Relays	Mark Brady	DeSoto High School
	LUNCH BREAK		
1:00 to 2:00pm	Shot & Discus Training	Michael Carter	Texas Throwbacks TC
2:10 to 3:10pm	400 Meter Training	Don Hicks	Fort Worth Select TC
3:20 to 4:20pm	Long Jump & Triple Jump	Pete Abbey	Cate Athletics
4:30 to 5:30pm	The Hurdles	Steve Silvey	Championship SSE Products
5:40 to 6:40pm	Pole Vault	Pete Abbey	Cate Athletics
6:50 to 7:50pm	Javelin	Pete Abbey	Cate Athletics

CLINIC DIRECTOR: Coach Steve Silvey

Coach Silvey has been conducting track and field clinics since 1989 for USA Track and Field (Level I Schools), University of Arkansas, Texas Tech University and the Lone Star "Elite" Track & Field Clinic. Silvey has been part of 28 National "TEAM" Championships while coaching at The University of Arkansas & Blinn College. Silvey has also been part of 26 Conference Championships in the SEC, PAC-10 & Big-12 and while coaching at the Texas Tech University, University of Oregon, University of Arkansas, Blinn College & Texas A&M University.

Team/ School: _____ HEAD TRACK COACH: _____

E-Mail Address: _____ CELL PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

NAME OF COACHES

Coaches E-Mail Address

- | | |
|-----------|-------|
| 1.) _____ | _____ |
| 2.) _____ | _____ |
| 3.) _____ | _____ |
| 4.) _____ | _____ |
| 5.) _____ | _____ |

Registration Fee: \$75.00 Pre-Registration (Post marked prior to January 21st)

\$100.00-Late Registration after January 21st (Sorry, No school purchase Orders)

Refund Policy: No Refunds except for a credit towards next year's clinic (Must Provide 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 Cell (972) 489-6679

E-Mail Contact if Needing a W-9: WCspeed@hotmail.com

**** You May Register on Line at: SSEproducts.com ****

Guest Speaker Information

Coach Mark Brady The Head track and Field Coach at Desoto High school. Coach Brady has produced numerous top high school sprinters & hurdlers and is considered to be one of the top high school coaches in the state of Texas. Coach Brady has coached many National Ranked high school athletes. Brady's Teams have won 17 District titles, 3 regional titles and have been 5-A State Team Runner-ups two times. Last year his team qualified 5 athletes for the state Championships and these athletes scored an amazing 64 points in finishing 2nd place in the 5-A State Championships. Coach Brady's 110 Hurdler (13.62), 4 x100 Relay (40.69), 4 x 200 Relay (1:24.10) all won Texas 5-A State Championships. DeSoto also ran 3:12.20 in the 4 x 400 Relay at the Regional Qualifiers meet. Coach Brady was also voted "Coach of The Year" by the Fort Worth Star-Telegram Newspaper.

Coach Pete Abbey-Former College Coach of 15 years at L.S.U., University of Oklahoma, Oklahoma State and The University of North Texas. Abbey is a field event specialist in the Jumps and Throws and the Pole Vault. Current Director of Cates Athletics located in Denton, Texas. Coach Abbey has worked with numerous NCAA All-American athletes over the years. The past two years Abbey has coached several national Age group National Champions in the Javelin.

Coach Steve Silvey has had the opportunity to work with numerous elite Sprinters & Hurdlers on the college & international level. Silvey has been part of 26 Conference Championships in the SEC, PAC-10 & Big-12 and 28 National "TEAM" Championships while coaching at the Texas Tech University, University of Oregon, University of Arkansas, Blinn College and Texas A&M University. Coach Silvey specializes in Sprint and Hurdle training and has been conducting speed and hurdle camps since 1994. Silvey's Cross Country squads at Blinn College were ranked in the top 5 in the country each of his 7 years, including a National Championship in both 1993 & 1994!

Doug Robinson-Head Boys Track & Cross Country Coach at Poteet High School in Mesquite the past 22 years. Dallas Morning News Cross Country Coach of the Year, 2008 Cross Country: 3 Texas State Cross Country Championships; 12 Regional Championships; 18 District Championships. 3 Individual State Champions; 3 State Medalists Track: All-Americans: 800; 4 x 200; High Jump State Champions: 800; 1600; 3200; 300 Hurdles; 4 x 200 State Medalists: Shot Put; Discus; Pole Vault; High Jump; Triple Jump.

Michael Carter-Carter is best known in track and field for setting the national high school record of 81 feet 3½ inches in the 12 pound shot put, adding more than nine feet to the previous record. He set this mark at the 1979 Golden West Invitational track and field meet while competing for Thomas Jefferson High School in Dallas, Texas. No high school athlete has come within five feet of this record since. While attending Southern Methodist University, Carter won four indoor and three outdoor NCAA shot put championships. Additionally, he won the silver medal in the shot put at the 1984 Summer Olympic in Los Angeles. Personal best with the 16lb shot was 70 feet -7 inches. A 6'2", 285-lb. nose tackle, Carter was selected by the San Francisco 49'ers the fifth round of the 1984 NFL DRAFT. As a professional American football player, he played his entire NFL career with the 49ers from 1984-1992. He was a three-time Pro Bowl selection and a three-time Super Bowl winner. Carter is the only athlete to win an Olympic medal and a Super Bowl Ring in the same year. His daughter, Michelle, won the 2006 NCAA outdoor shot put championship and 2008 United States Olympic Team Trials. His other Daughter D'Andra won the NCAA Discus title in 2009 while competing for Texas Tech University.

Don Hicks- A veteran coach with over 20 years of experience, Coach Don Hicks is Head Coach of both the Fort Worth Select Indoor Track Team and Team Xtreme Outdoor Track Club ranging from ages 14 to 18. Coach Don Hicks has produced one athlete that represented the USA at the World Junior Championships, 4 National Champions and 4 High School Indoor All-Americans. Coach Hicks 4x400 team broke indoor record at the Carl Lewis Indoor meet at the University of Houston with a 3:22 clocking. His summer teams have posted such outdoor marks as 40.5 for the 4x100 relay and 3:11 for the 4 x400 relay during the USATF Nationals Age Group Championships. Coach Hicks has served as a head coach of his track club the past 6 years. Coach Hicks competed at Ranger Junior College was trained by Coach Spencer Harris.

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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 Sheraton Dallas North Hotel. 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

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