



2nd Annual Cy-Ridge Field Event Clinic
Hosted By Cypress Ridge High School

Who: Cypress Ridge High School Track and Field Staff would like to invite you to come learn from some of the best field even coaches in the state. They will be presenting drills, mini workouts, coaching tips, and other detailed info on each of their events, all outside. Our Presenters Will Be:

Throws: Kristina Dube

Head Women's Cross Country/Head Women's Track & Field @ Oak Ridge High School

SHSU grad 2002, competed in shot put, discus, javelin & hammer 99-02. Under Greg Hinze & Curtis Collier. 10th year coaching and teaching. 6th year hd girls track & cross country coach at ORHS. Have coached multiple district champs boys & girls in throws, regional qualifiers, and the reigning 2 time state champ In the 5A boys discus. USA Level 1 certified, currently have N'dia Warren- Jaques 43'10" in shot put, 118' in discus sophomore thrower. And Dalton Rowan was the 2 time state champ with a personal best of 197' Selected to attend us Olympic training center in chula vista, ca week long developmental clinic. Speaker 2011 at Gulf Coast Coaches Clinic in the discus. Coaching the throws is my passion. I also teach Teen Leadership at ORHS. Married 8 years, 2 kids, Riley 3ys & Brett 3 months old.

Vault: Richie Mercado

St. John's School (Houston, TX) Head Girls and Boys Track & Field Coach / Head Boys Cross Country Coach.

Richie competed as a decathlete at the University of Virginia and has coached for 27 years at St. John's School. During that time he has coached dozens of conference champions in the pole vault, high jump, horizontal jumps, throws, sprints, and hurdles. He is USATF level II certified in the jumps and combined events and is the Jr. Coordinator for USA Heptathlon. Mercado was head coach for Team USA Heptathlon at the 2008 Thorpe Cup USA / Germany dual and the 2011 Americas' Cup in Jamaica. He has directed and taught over a dozen USATF Level I Schools, served several times as an instructor in USATF Women's Jr. Elite jumps camps working with many top juniors, including Tianna Madison, 2005 World LJ Champion. He has been the USATF Combined Events Instructor for the Emerging Elite Coaching Clinics at the USOC Training Center in Chula Vista, has directed the St. John's Track & Field Camps for the past 18 years, and has served as secretary and annual congress coordinator of the North America,



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Central America, and Caribbean T&F Coaches
Association for the last 20 years.

High Jump: Austin McQuary

Head Women's Track and Field Coach at Tomball H.S.

23rd year of teaching and coaching. 21st year as Women's Head Track and Field Coach.

Have coached multiple District Champions, Regional Qualifiers and State Champions.

Most notably, Jenny Adams 2001 USA Outdoor & Indoor LJ champion, 2001 U.S. 100m hurdles runner-up; 2000 NCAA outdoor LJ champion, 11-time NCAA All-American.

Presently, Brittney Wooten, 2010 State Pole Vault Champion is in her senior year. Melai Carter 5-6 HJ 5th in state 2011.

USA Level 1 certified. Fellowship of Christian Athletes sponsor.

Married 21 years, wife Jolynn and 3 children: Madison 16, Hunter 13, Taylor 12

Horizontal Jumps : TBA

Mechanics: Billy Johnston

Head Men's and Womens Cross Country/ Head Women's Track & Field @ Montgomery High School

Coach Johnston brings 30+ years of experience and is currently coaching @ Montgomery High School In Montgomery Tx. During his career, he has coached multiple District. Regional and State Champions from the 100m dash to the 3200m run. Most recent athletes of note would be Andra Manson (2008 HJ Olympian), Lizzy Whitney (800 Meter State Champ, HJ state medalist, 400M State Medalist. Qualified for the state meet 4 consecutive years in the 400, and 800.) Also Finished as the State runner up in Women's Cross Country in 2005, as well as Women's Track Region III Champion in 2006. Billy Has studied extensively in Running mechanics, and applied what he has learned in order to continue the success of his athletes.



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What/ When: This will be an outdoor clinic Held on the Campus Of Cy-Ridge High school (7900 N. Eldridge, Houston, tx 77041) on **January 14th 2012** from **9am to 4 pm**. **Lunch will be included in the entry fee.**

All Coaches and athletes receiving this are invited to attend. Entry Fees are as follows:

Coaches Prior to 1/15/2010 -----\$40

Athletes -----\$25

Coaches on the day of the Clinic-----\$50

*Athletes will be provided sessions for athletes to attend in which mini practices will be conducted to include drills and technique advice.

We will hold the Clinic Rain or Shine. In the event of bad weather, we have a Gym reserved.

Schedule will be as Follows (**Athlete Schedule in Bold**):

9-10:15 Long Jump (**Pole Vault**)

10:30 - 11:45 High Jump (**Mechanics**)

12-1 Lunch in the Building

1:15- 2:30 Pole Vault & Throws (Indoor Session) (**Horizontals**)

1:15- 2:30 Triple Jump (**High Jump**)

2:45-4 Mechanics (**Throws Outdoor session for Coaches as well as athletes**)



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All Checks should be made out to Cy-Ridge Athletic Booster Club or CRABC. Please Respond with your intention to attend ASAP by filling out the form below, and emailing it to timothy.mcguire@cfisd.net or mailing it to

Cy-Ridge High School
C/O Tim McGuire (Track & Field)
7900 N. Eldridge Pkwy
Houston, Tx 77041

Name _____ Coach ____ Athlete_____

Cel#_____ Email_____

I plan to attend the Cy-Ridge Field Events Clinic on Jan 15th 2011 _____