



3rd 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: Gerald Rodriguez

Head Track & Field

Hempstead high School

29 years coaching experience

South Texas Throws Coach of the Year in 1997

In 2001, #1 Girl/Boy High School duo at the 3A level in both the shot & discus at Taft High School with throws of 48'/150' & 59'/189', respectively.

2011 & 2012#1 Girl/Boy duo to lead the state in 4A with throws of 48'9"/157'1" & 60'4"/183'9" to go on to become district champions in both events and went on to medal at regionals and state.

Has been a keynote speaker on the rotational shot. In 1999 & 2002, he lectured at the Bill Rhyne Clinic in Corpus Christi; in 2001, he was a featured speaker at the Laredo Regional Border Symposium and later was invited back to speak at their clinic in Harlingen. Most recently, Coach Rod lectured on both the shot & discus at the Texas High School Girls' Coaches Association in Arlington in 2008. In 2010, he again lectured on the throws at the Track & Field clinic held at Stratford High School that summer. Coach Rod is Level 1 USTAF certified in Track & Field. Most recently, Coach Rod is involved in providing instruction alongside 4-time Olympian, John Godina, in association with Godina's World Throws Center in Arizona.

Vault: Don Arnold

Vaulted and coached for the pasted 37 years

Works with beginner vaulters to elite vaulters

Since 2005 has had at least one vaulter qualify for state each year.

Several 16'+ vaulters over those years.

Coached two time 5A State champion, 2nd place 5A champion, 3rd place 5A champion, 2-4th place 5A champions, 5th place 5A champion, 3rd place 4A champion and 6th place champion at the state meet.

Coached Olympic Qualifier 2012; 5.51M; 18-1".



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High Jump, Hurdles, 400m : Gary Derks
Head Track & Field

Katy Cinco Ranch (Retired)

30 Years Coaching Experience

16 District Championships in CC & Track

4 Regional Titles

2 State Track Titles

1 GHAC National Team Title (Nike)

National Indoor Record High Jump 7'5.25"

Coached 37 foot High Jumpers in HS

2004 Region 37 Individual Winners at the Regional Meet 110H, 300H, Triple Jump, High Jump, 800m, 1600, 3200m

All Americans: Jumps, Relays, Middle Distance, Distance, Hurdles, Multi Events

National Champions-Hurdles, Mile, Sprint Medley Relay, 4x200 Relay, High Jump

Clinic Speaker-Lone Star Clinic, Texas High School Coaches Association, Arkansas

High School Track Coaches Association, New Mexico High School Track Coaches

Association, Gulf Coast High School Coaches Association

Horizontal Jumps :Tony Richardson

Currently Jumps Coach – Olentangy Orange HS Lewis Center Ohio

Regional Business Manager –Bostwick Laboratories

PRs

LJ-24-11

TJ 49-9

HJ 6-6

Jumps/Sprints Coach Kent State University 1986-92

Developed 38 All MAC athletes

12 MAC Champions

2 NCAA qualifiers

1 CoSIDA Academic ALL American

Jump Specialist Kent State University

All MAC 1982-84-85 Long Jump/Triple Jump

Qualifier 1988 USA-Canada Invitational

Instructional Videos

Long Jump Skills and Drills

Developing the Young Triple Jumper

Developing the Young Sprinter

Speed Development Drills



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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 12th 2013** from 8am to 3 pm. **Lunch will be included in the entry fee. After the Clinic there will be a Coaches only social. Come to the clinic then hang out and talk track.**

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

Coaches Prior to 1/12/2013 -----\$50

Athletes -----\$25

Coaches on the day of the Clinic-----\$60

*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

8-9 am 400m Training indoor session

9-10am High Jump Indoor Session

10-11am Throws Indoor Session

10-11 am Pole Vault Classroom Session

11-12 pm Horizontal Jumps Indoor Session

12-1pm Lunch

1-3pm Pole Vault Outdoor Session

1-2 High Jump Outdoor Session

2-3 Hurdles outdoor Session

2-3 Horizontal Jumps outdoor session



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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_____

t-Shirt Size_____

I plan to attend the Cy-Ridge Field Events Clinic on Jan 12th 2013 _____