GEORGIA TRACK & FIELD and CROSS COUNTRY COACHES ASSOCIATION PRESENTS

GEORGIA TRACK & FIELD AND CROSS COUNTRY COACHES CLINIC

In partnership with the Atlanta Track Club

Speakers
• Krista Austin: Nutrition
• Amy Yoder Begley and Andrew Begley: Middle Distance/XC, Mixed Event Workout
• Ian Dube: Horizontal Jumps
• John Godina: Throws
• Mike Goss: High Jump
• Jeff Hartwig: Pole Vault
• Mike Judge: Throws
• Perry Julien: Injury Prevention
• Loren Seagrave: Start Acceleration, Maximum Velocity Technique, Relay Exchanges
• Bill Sheskey: Technology in the Sport
• Zach and Tripp Smith, Hammer Smith Sports: Dynamic Stretches
• Mike Zonder: NCAA Compliance Overview
Krista Austin:
In the search to become a better coach, Krista pursued degrees in exercise physiology and sport nutrition. The result was Performance & Nutrition Coaching, a company designed to provide training and nutrition services that combines the art of coaching and putting science into applied practice. Krista has served as the Physiologist for the United States Olympic Committee and personal nutritionist for Olympic and world class athletes in track and distance running.

Perry Julien:
Dr. Perry Julien is a podiatrist specializing in the medical, biomechanical and surgical treatment of the foot and ankle with an emphasis on sports medicine of the lower extremity. Dr. Julien earned his Doctor of Podiatric Medicine degree from the New York College of Podiatric Medicine in 1987 and completed his residency training in reconstructive surgery of the foot and ankle at Atlanta Hospital in Georgia. He is Board Certified by both the American Board of Podiatric Surgery and the American Board of Podiatric Orthopedics and is a Fellow of the American Academy of Podiatric Sports Medicine, the American College of Foot Surgeons and the American College of Foot Orthopedists. He is a member of the American College of Sports Medicine, the International Marathon Medical Directors Association, the Wilderness Medical Society and a national member of the Explorers Club. He is past president of the American Academy of Podiatric Sports Medicine. For the 1996 Summer Olympic Games Dr. Julien was chosen to coordinate podiatry services in the Olympic Village Polyclinic and to serve as medical administrator for the Olympic Marathons and Racewalks.

Mike Zonder:
Associate Director of Enforcement at National Collegiate Athletic Association
Meet Atlanta Track Club's Coaching Staff

Following through on its commitment to build new centralized training programs to meet the needs of its more than 24,000 beginner, committed and elite members, Atlanta Track Club announced in November 2014 that it hired Amy Begley, a 2008 US Olympian, as the first full-time head coach in the Club’s 50-year history. Andrew joined the training staff in early 2015 and together they are building our training programs for all aspects of the runner’s life-cycle.

Amy Yoder Begley

Begley, a 15-time All-American and two-time NCAA national champion while competing for the University of Arkansas, made the 2008 Olympic team at 10,000 meters with a dramatic last lap, racing the clock to beat the required “A” time standard for inclusion. In 2009, she finished sixth at the IAAF World Championships at the same distance in a personal best 31:13.78, making her the eighth-fastest American woman in history. She finished her professional career with six national titles, four of them—at 3000m indoors and 10,000 meters on the track and at 5K and 15K on the roads—in 2009.

Among her other endeavors since retiring from professional competition, Begley in 2012 founded the Distance Divas in Portland, OR, to help post-collegiate women bridge the gap to a possible professional career. She also founded the Track is for Everybody Foundation, a nonprofit developed to provide youth educational and sports programs.

Andrew Begley

Andrew, a 2000 U.S. Olympic Trials competitor at 10,000 meters, will assist in coaching Atlanta Track Club members.

Begley was an assistant coach at the University of Connecticut for one year. During Begley’s stint with the Huskies, he coached 7 conference champions and 2 NCAA Regional Qualifiers. Prior to this position, Andrew was a high school science teacher and coach in Beaverton, Oregon. During his seven years in Oregon, he served as head cross country/distance coach at Westview High School and coached a group of professional women. Begley took the program from finishing last in the conference to being consistently ranked in the top 10 in the state.

In his career as a high school coach, Begley has guided 7 athletes to 18 state titles. He also coached 3 athletes that qualified for the Footlocker Cross Country Championships. With professional athletes, he has helped five women qualify for the US Championships.
Ian Dube:
For more than 25 years, Ian Dube has coached athletes at all levels. He was the Head Coach at the 2015 Global Games in Ecuador and the National Team Coach for the US Sports Festival and NACAC. Currently he is Head Women’s Track Coach at Morris Brown College and Jumps Coach at Georgia State University, which includes the long, high and triple jumps. In 2011 under Dube's leadership at GSU, junior Angelia Nugent won both the long and triple jump titles at the CAA Championships, and advanced to the NCAA National Championships in the triple jump after placing seventh in the event at the NCAA East Regionals. Dube also helped coach women's basketball player Chan Harris to an all-CAA performance in the high jump at the 2009 CAA Championships in her first year with the team.

In 2004, Coach Dube's second year at Georgia State University, he guided Kristen Pace to a school record in the women's high jump, an appearance in the Indoor and Outdoor NCAA championships culminating with an appearance in the 2004 Olympic Trials.

In addition to his duties with the Panthers, in 2007 Dube guided three Masters athletes to a world championship in addition to a world record in the Men's 110m hurdles (Dexter McCloud), USATF indoor Masters Champion in the Men's 200m (Tecumseh Peete), and Tiffany Wright who was Bronze medalist in the indoor Women's Masters 200m.

Coach Dube's reach goes far beyond his coaching duties, as he is an active member of USATFGA association where he holds the position of Vice President of Communications 2015-Current. Past positions have included Executive Vice-President USATFGA 2013-2015 and President USATFGA 2009-2013. His duties for the local association include fund raising and corporate partnerships. In addition to his coaching, Dube has been employed by AT&T for 30 years where he currently is a network engineer primarily supporting international frame relay and private line networks.
Mike Goss:
Coach Goss enters his 6th year as jumps coach with Kennesaw State University. He coached high school and youth track for 8 years before joining the KSU coaching staff. A number of his former athletes achieved national ranking in Junior Olympic competition. Goss retired from the Cobb County School Public School system after teaching middle school health and physical education for 32 years.

The past three seasons, Owls jumpers have achieved numerous top finishes in conference, USATF and region competition. These top performers include Suzzette Van Lare, who finished 8th in the young women’s triple jump at the 2009 USATF National Junior Championships, Eugene, Oregon. The 2009 Atlantic Sun indoor season includes Jakia Ragland with a record braking victory in the high jump posting a mark of 5’8.25”. On the men’s side, the 2010 indoor and outdoor A-Sun champion qualified for the Indoor and Outdoor NCAA Championships that year, as well, making it to the Outdoor Finals in Eugene, Ore.

Goss’s philosophy is to blend the art and science of human performance into the drama of competition and personal goals. Coach Goss is High Performance Chair of the USATF - GA chapter.

John Godina:
John Godina is a four-time World Champion in the Shot Put with a personal best of 22.20 meters as well as having a Discus Throw Personal Best of 69.91 meters. His total of nine major Championship medals is a record for American field athletes. After retiring from competition in February of 2009, he expanded his already established training facility into what is today ALTIS. He has worked with countless athletes over his 15 years as a professional in the sport to help them improve their strength and skill levels. Nine out of ten athletes John has worked with have had personal bests while under his tutelage.

John’s vision of a training home for track and field athletes has been realized in ALTIS. His relentless drive to improve the environment for a historically under-appreciated group of athletes has resulted in what is quite possibly the only privately owned, full-service Olympic-style training center on earth. As was his original goal, ALTIS is a self-sustaining entity designed to stand the test of time.

An important piece to ALTIS is the Coaches’ Education programs, which have helped hundreds of coaches around the world improve their athletes’ performances.
Jeff Hartwig:
In 1998, Hartwig set two North American records with 6.00 and 6.01 meters. The latter was an improvement of 16 centimeters from his personal best of 5.85 m from 1997. In 1999, he won US national championships by improving his own record to 6.02 meters, and his current North American record of 6.03 meters followed in 2000. His personal best indoor is 6.02 metres, also an area record. Only Renaud Lavillenie, Sergey Bubka and Steven Hooker have jumped higher in an indoor competition.

With 5.86 metres on 4 July 2004, Hartwig holds the world's best performance for men over 35 years. He also has the world's best performance for men over 40 years at 5.70 metres (18'-8.25"), achieved while placing second at the U.S. Olympic Trials, 29 June 2008. Hartwig has received the Jim Thorpe Award as the best American field events athlete in 1998 and 1999.[1]

Jeff vaulted at Francis Howell High School (Weldon Spring, Missouri) and collegiately for Florissant Valley Community College and Arkansas State University. He has trained under the tutelage of USATF Hall of Famer and former world record holder Earl Bell for a number of years. Hartwig has been hired as the pole vault coach for MICDS High School in St. Louis.

Mike Judge:
Founder and head coach of Throw1deep Club in Marietta, is an IAAF Level 4 Instructor and Level 5 Coach. He is also a USATF Level 3 Coach.

Mike was the 2013 National High School Coach of the Year. He was the Atlanta Track Club High School Coach of the Year in 2012. In 2011, Mike was named USATFGA Club Coach of the Year. He has coached 198 high school All-Americans and 25 National Champions. He has coached 78 GA high school state champions in the shot put and discus. His best male shot putter threw over 70 feet and his best discus athlete threw over 204 feet.

Mike is the former school record holder in the shot put and javelin at UGA. He graduated from Georgia with a degree in Economics. Presently, he lives in Marietta with his wife, Kim and their two children, Jay and Hannah.
Loren Seagrave:
Coach Loren Seagrave co-founded Velocity Sports Performance in Marietta, Georgia. While studying science in college, Loren developed a passion for coaching when he saw other athletes struggling to make improvements to their speed and power. As a scientist and an athlete, Coach Seagrave came to the radical conclusion early in his career that speed - the single biggest determiner in an athlete's success - could be taught.

Over the next three decades, Coach Seagrave's unique, results-oriented coaching system brought him worldwide attention. High demand for his proven methods led him to the private coaching arena, where he helped world-class athletes achieve improvements in speed, agility, power, and performance. A five-time, NCAA Track & Field Champion coach, Coach's Seagrave's client list includes over 50 Olympic medal winners, first round NFL draft picks, and professionals from virtually every sport. Loren has coached such sprint talents as Donovan Bailey and Andre Cason (Silver medal in World Championship 100m). Coach Seagrave has also coached three of the top ten US women 100-meter sprinters of all time: Dawn Sowell, Sheila Echols, and Gwen Torrence. He is regarded as one of the most renowned speed and sports performance coaches in the world and one of the leading experts of applied sports science to today's high performance athlete.

Bill Sheskey
Bill coached track and cross country at Columbia, Walton and Pope High School between 1979 and 2002. His teams won seven Georgia State High School Championships in both sports. In 1999 he designed and launched www.gatfxc.com, the first Georgia Track Coaches Association web site for posting results, rankings, and schedules for cross country and track.

He served as the Field of Play Manager for the USA Indoor Track and Field Championships in the Georgia Dome from 1994 to 2001. In addition he was a member of the Track and Field Competition Management Team for the 1996 Olympic Games. He was awarded a President’s Service Award in 1998 by the USA Track and Field Association and in 2008 he was inducted into the Georgia High School Track Hall of Fame. In high school Bill was the 1974 Massachusetts All State Champion in 880 yard run with a time of 1:53.8. He went on to Penn State University and was a four year letter winner in track and recorded a personal best of 1:51.1 in the 800 meter run. Today the annual Atlanta Track Club High School Male Runner of the Year award is named in his honor.

Bill now lives in Seneca, South Carolina with his wife Lynn and serves as the Director of Instructional Technology for the Anderson School District Four in Pendleton, South Carolina.
Hammer Smith Sports
is owned and operated by Tripp Smith, son of world renowned sports performance coach Chip Smith.

Tripp Smith
Tripp has been training athletes around the world for the past 12 years. He has an M.S. in Exercise Science from the United States Sports Academy and a B.A. in biology from The Virginia Military Institute where he was a four year football letterman and team captain. He has trained athletes from every major professional sport as well as numerous Olympians to include 28 medalists in the 2012 London Olympics. From 2009-2011 he travelled to Beijing, China to work with 14 of the Chinese summer Olympic teams in preparation for the 2012 London Olympics. Since 2004 he has trained over 300 athletes for the NFL Combine and at least one first round draft pick for the past 11 years. He has hosted various international athletes, teams, and coaches from la Courneuve Flash (American Football, Paris, France 2009 Eurobowl Champions), Phillipino Basketball Association (PBA) Team Alaska Aces, Liga ACB (Spanish Basketball League) CB Gran Canaria and various other international professional and amateur teams. He has an extensive background in sports both playing and coaching. His vast experience gives him an athlete’s perspective when training athletes.

Zach Smith:
Zach is a sports performance coach and amateur adventure junkie. He started training athletes while he was playing linebacker at Duke University and fullback at University of California, Berkeley. Since finishing graduate school at Berkeley in 2008 with a masters in Sports Management, Zach has trained professional athletes in MLB, NFL, Olympic gold medalist, PGA, and professional surfing. He is a Certified Sports Performance Specialist and a USAW Sports Performance coach. Zach has spent extensive time living in China training their Olympic teams and in South Africa working with professional surfers and soccer players. As an athlete he won numerous awards including 1st team academic all-Pac-10, the Mike Suglia award, and has never lost a restaurant food challenge. He has climbed 4 of the 7 highest mountains from each continent to include Mt. Elbrus in Russia/Europe, Mt. Kilimanjaro in Africa, Mt. Aconcagua in South America, and Denali in North America. Zach brings his passion for sports, and adventure to the athletes he coaches. He aims to help them reach their genetic potential and experience coaching at the highest level.