

DFHS Track & Field Booster Club's Summer Skills & Drills Camp



Location: Dutch Fork High School (Irmo, SC)

Date: Friday, June 15 and Saturday, June 16

Time: 8 a.m.- 4 p.m.

**Cost: Dutch Fork Students \$25
All Other Students \$50
(lunch and camp t-shirt/bag included)**

This year's clinic will feature all aspects of track & field event. The morning sessions will include speed & agility training for all athletes while the afternoon sessions will be divided into sprints, hurdles, cross-country, horizontal/vertical jumping, throwing, and *pole vaulting. Space is limited to 60 athletes and will include knowledgeable state and nationally recognized coaches from South Carolina, Ohio and Georgia. To participate, you must be a rising 7-12 grade student and either interested in track & field or currently participating in the sport. Please fill out the information below, mail the form and check (made payable to DFHS Track Booster Club, Inc.) to 1010 Leamington Circle, Irmo, SC 29063 no later than June 11, 2018.

Name: _____

Address: _____

Phone: _____ **email** _____

Current School: _____

Track & Field event: _____

Parents Name(s): _____

Emergency Contact Name and #: _____

T-Shirt Size: **Youth S M L** **Adult S M L XL**

If you have any questions, please contact the booster club dfhstrack@gmail.com

**The pole vaulting portion of the clinic (afternoon session) will be held off site at Shealy Athletics, which is 6.7 miles from Dutch Fork High School. Transportation will not be provided.*



2018 SKILLS & DRILLS CLINIC SCHEDULE

- **7:30-8:00 a.m. Athlete Check-In**

Athletes will check in at the front of Dutch Fork High School's stadium. Parents will need to sign the district waiver (if not provided to clinic beforehand), athletes will receive their clinic information sheets, t-shirt, and a clinic backpack.

- **8:10 a.m. Group Stretching/Warm Up with Shane Miller of Athlete's Arena**

All athletes will stretch and warm-up collectively in center field with Coach Miller.

- **8:30 a.m. Group Speed & Agility Training with Coach Ernie Clark, Coach Trinity Clements and Coach Clarence Powell.**

All athletes will participate in the Speed & Agility portion of the clinic. This will be the first session of each day. With three coaches present, athletes may be divided into groups based on specific skills.

- **10:00 a.m. BREAK**

- **10:10 a.m. Event Specific Intro Session**

Athletes attending jumps and throwing portions break-off to coaches for introductory skills session/video session.

- **11:30 a.m. Lunch and Discussion**

Lunch will be provided for all athletes/coaches inside the media room of DFHS's training facility.

During Friday's lunch, Heather Kobus with Athlete's Arena will discuss the importance of hydration, nutrition the night before the track meets, and what to pack for the day of the track meet to encourage optimal performance throughout the day.

During Saturday's lunch, "Track Trivia" with a chance to win a few great prizes.

○ **12:15 p.m. Transition to Specific Skill Areas**

The athletes will be broken out into the following:

Hurdling

Coach Ernie Clark and Coach Trinity Clements

Assisting: Two NCAA Championship qualifying athletes

Sprinters/Relay

Coach Ernie Clark and Coach Trinity Clements

Assisting: Two NCAA Championship qualifying athletes

Horizontal/Vertical Jumps

Coach Clarence Powell

Cross Country

Coach Mark Bedenbaugh

Shotput/Discus

Coach Adriane Wilson

Pole Vaulter

Coach Rusty Shealy

All pole vaulter participants will travel to

Shealy Athletics, 121 Crockett Road, Columbia SC 29212

Participants will leave from Coach Shealy's facility each day at 4 p.m.

(6.7 miles from DFHS-transportation not provided)

○ **3:30 p.m. Group Cool Down** (except pole vaulters)

○ **4:00 p.m. Athletes Dismissed**



DFHS 2018 SKILLS & DRILLS COACHING STAFF

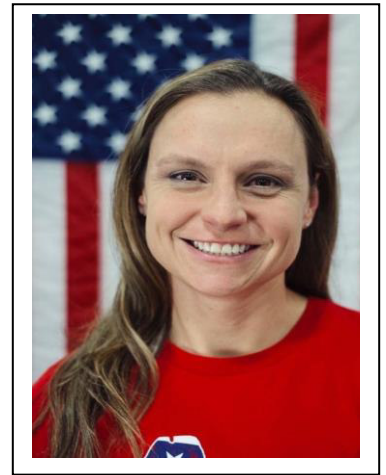


SPEED & AGILITY/SPRINT/ HURDLE CLINIC COACH

Coach Ernie Clark is in his 3rd season with Division II powerhouse Ashland University. His coaching produced 39 NCAA DII National Qualifiers, including 3-time NCAA Champion Myles Pringle (set the 400m NCAA Indoor Record at 45.96/outdoor PR of 45.50 which is top 50 in the world), and 19 NCAA All-Americans. He was named the USTFCCCA Assistant Coach of the Year in the 2018 and 2017 outdoor season. Coach Clark's athletes have produced 90 new marks on the Top 10 list in school history in hurdles, sprints, and relays and 11 NEW school records. He also coaches one of NCAA's fastest freshman in the 110m High Hurdlers (Trevor Bassitt with 14.02) and his hurdle squad was ranked as high as 2nd in the 2018 NCAA season. Before Ashland University, Coach Clark served as an assistant sprints and hurdles coach at Indiana University, and Head Coach of the Bloomington HS North Track & Field Team. He also organizes Elite Hurdle & Speed Camp in Ohio, which are attended by athletes from all over the country. His personal achievements include a two-time DII National provisional qualifier in the 400 hurdlers and Great Lakes Valley Conference Freshman of the Year. Coach Clark and his assistant coaches will be working with all athletes in the morning session regarding speed and agility and the afternoon will be working with the sprint, relay, and hurdle athletes.

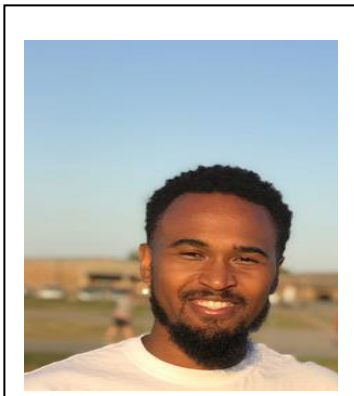
THROWING (SHOTPUT & DISCUS) CLINIC COACH

Coach Adriane Wilson was an NCAA Division II track & field athlete and is a 13-All American in the shotput, discus, hammer and 20lb. weight throw. Coach Wilson earned 7 NCAA Division II National titles and 6 Runner Up honors. She is a former NCAA Division II record holder in the discus and still owns the national indoor and outdoor shotput NCAA Division II records. As a professional track & field thrower, Adriane competed in 3 U.S. Olympic Trials ('04, '08, '12) in the shot put and is the 13th American woman to throw over 60' in that event. She also trains for the Scottish Highland Games and is a 5-time Women's World Champion, and former record holder in the 28lb. weight for height (19' spinning) and 28lb. weight for distance (53'4"). Coach Wilson is a USAW sports performance coach, a PICP level 1 coach and a certified Poliquin BioSignature practitioner. She was an Assistant Track & Field coach specializing in the multi-events/throws and concurrently served as the Head Strength and Conditioning Coordinator at Tiffin University from 2009-11. Coach Wilson is currently a personal coach at Athlete's Arena and also coaches wounded, ill and injured soldiers for Team Army preparing for the DoDefense Warrior Games. Congratulations, as she was just inducted into the NCAA Division II Athlete Hall of Fame.



HORIZONTAL & VERTICAL JUMPS CLINIC COACH

Coach Clarence Powell is from Macon, Georgia and has trained collegiate, high school and elementary athletes in track & field for many years. As a collegiate coach with Liberty University for 7 years, Coach Powell trained athletes in the long, triple and high jumps. He was a 4-year College Track & Field Champion at the Division I level for Liberty University, ranked #22 in the Nation as USATF, was a 7' High Jumper, 52' Triple Jumper, Multi All-Conference Champion, 2-time All Big South honoree, Big South Freshman of the Year and 2-time Florida State Champion in the triple jump. Coach Powell currently is a private athletic coach in Georgia, training high school and college athletes.



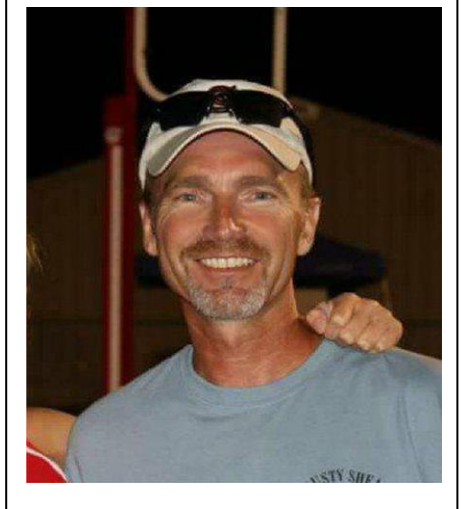


DFHS 2018 SKILLS & DRILLS COACHING STAFF

POLE VAULTING CLINIC COACH

Since 1998, Rusty Shealy has been the Director/Head Coach of Shealy Athletics. He has coached 99 SC State Vaulting Champions, 11 National Champions and 3 Team USA (World Team). His top high school male vaulter jumped 17'1" and top female 13'3.5". Coach Shealy was the high school/club coach of Sandi Morris, the 2018 World Indoor Pole Vault Champion and the Rio Olympic Silver Medalist, who has a current PR of 16" 4.75". Coach Shealy has a passion for coaching pole vaulters and Shealy Athletics is right here in Irmo, SC. Athletes from all over the country, as well as other countries, come to train with him in his camps, clinics, and private sessions through the year.

All pole vaulters will attend the second half of the Skills & Drills Clinic at Shealy Athletics just a few miles from Dutch Fork High School.



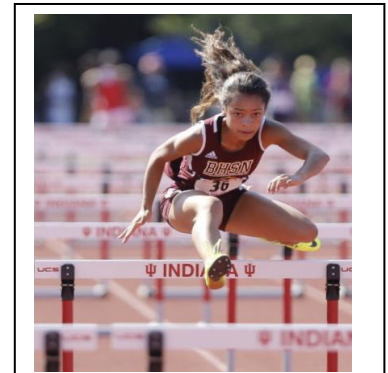
CROSS COUNTRY CLINIC COACH

Coach Mark Bedenbaugh ("Coach B") has been a coach at Pelion High School for 28 years. During this time, Coach B's girls' Cross-Country teams have won 21 conference championships, finished in the top 3 at State 11 times, and either won or been the runner-up four times. His boys' CC teams have won 14 conference championships, 5 lower state titles and either won or have been runner-up 3 times. Coach B has a long history in the world of cross country, dating back to high school where he was the first athlete at Brooklyn Cayce HS to run 2:00 in the 800 meters. He was recruited and ran at Francis Marion where he was invited to the All-Conference Track Team three times, All-Conference Cross Country Team twice, won 6 individual titles, and still holds the school record in the 5-mile CC with a time of 25:00.4. He was the State Track Coach of the Year (1992), State Boys CC Coach of the Year (1995) and State Girls CC Coach of the Year in 2001. Coach B has been inducted into the Brooklyn Cayce Hall of Fame, Francis Marion Hall of Fame and the Coaches Association State Track & Cross Country Hall of Fame. He also directs the Strictly Running's Distance Camps, Hot Summers Night 5k and the Strictly Running Racing Team.



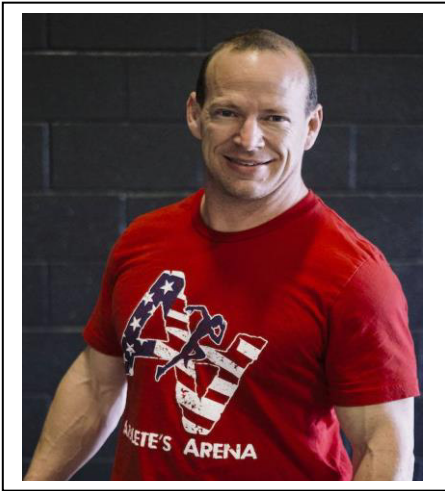
ASSISTANT SPEED & AGILITY/SPRINT/ HURDLE CLINIC COACH

Along with 2 NCAA Champions, Coach Trinity Clements will be assisting Coach Ernie Clark with the morning speed & agility portion of the clinic and with the afternoon sprint, relay and hurdling athletes. Coach Clements has been an assistant hurdle coordinated for Coach Clark's Elite Hurdle & Speed Camps in Ohio for the past 3 years. She is an accomplished athlete with 12 State Qualifying times in the 4x100, 300m, 100m Hurdles and the 4.440, and is a 2-time State Medalist, 3-time New Balance Nationals Qualifier, and earned a 5th place medal in the 4x400 New Balance National competition.





DFHS 2018 SKILLS & DRILLS COACHING STAFF



CONDITIONING CLINIC COACH

Shane Miller is the co-owner of Athlete's Arena, a premier athletic training facility in Irmo, SC. Athlete's Arena is devoted to sports performance, personal fitness, and CrossFit training since 2005. Along with being a specialist in fitness nutrition, Coach Miller holds certifications from The National Strength and Conditions Associations, The United States of American Weightlifting Association, Kettlebell Concepts, 3 CrossFit certifications (including a Level 2 certification) and 12 years of personal training and athletic development for middle school, high school, collegiate and professional athletes. He is a 2-time National Champion in the sport of Olympic Weightlifting and won a silver medal at the 2010 Pan American Games in Montreal. Coach Miller will ensure all athletes are prepared and warmed-up before the morning speed & agility sessions begin.

HEALTH, WELLNESS & NUTRITION

Heather Kobus is a private and small group trainer at Athlete's Arena. She is passionate about developing individual exercise programs that promote healthy habits involving nutrition, body compositions, functional movement, increased stamina, and also encouraging habits that are life-changing. Heather has 25 years of experience in the fitness and health industry and holds certifications from International Sports and Science Association, Reflexive Performance Reset, Precision Nutrition Level 1, TRX, Les Mills Group Fitness, AFFA, and Peak Pilates-MVe. Before her career in fitness, Heather was a professional dancer, instructor, and choreographer and continues to work with the dancing community to introduce strength, conditioning and nutrition wellness. Heather will speak to the athletes during Friday's lunch break about the importance of hydration, proper nutrition before a track meet, and what to take to the meets for optimal endurance and energy.

