

“Know It All” Clinic

Helping One of Our Own

A fund raising (and fun raising) clinic to help benefit John Larralde, long time coach at Carpinteria High School

Saturday, August 1, 2009 – 9:00 AM to 4:00 PM
Carpinteria High School, Carpinteria, CA

Primary Purpose of the Clinic: To raise funds to help pay off John Larralde’s 4 week stay at the hospital as a result of a battle with MRSA staph infection. John’s outstanding bill is over 5 figures. This is our opportunity to give back to John for all his outstanding contributions to high school, community college and college athletics over his 35 year coaching career.

Secondary Purpose of the Clinic: To reestablish the “Know It All” Clinic format and bring coaching staffs together to interact and help make us better coaches. This is not your powerpoint/lecture clinic, it is high school coaches helping each other coaching high school athletes from the fastest to the speed challenged. This will be an interactive clinic with coaches directing and driving the curriculum. Event areas will get together to help solve the challenges of their events. The “Know It All” Clinic was a staple of the Central Coast coaching environment in the late 1980’s and the early 1990’s.

Cost: \$100 per staff or \$35 per individual. Additional donations will be accepted. If finances are a challenge, please do not hesitate to contact us about the possibilities of scholarships. John wants every coach who wants to come to the clinic to be able to come to the clinic.

Clinic Highlights:

- Meet in event areas to discuss common challenges and solutions.
All sections will be interactive rather than lecture.
- Panel of high school coaches in every event area
- Coaches’ gathering after the clinic
- Family weekend
- Carpinteria
- Sun, surf and The Palms
- For those who do not go to clinics because they know it all
- For those who go to clinics because they want to know it all
- A “Fly by the Seat of Your Pants” production
- This is not your Tim O’Rourke directed clinic

Expect glitches, see glitches and embrace the glitches in an outstanding weekend of coaches’ interaction and knowledge.

For information or registration, contact

Van Latham (lathamchs@yahoo.com)

Ken Reeves (kenreeves@sbcglobal.net)

warriorcountry.com/track/



“Know It All” Clinic Participants

1. **Vern Gambetta:** Will do the keynote address at the beginning of the clinic. Vern is considered the founding father of functional sports training. Vern has been involved in functional training in a variety of sports. He started as the head track coach at Santa Barbara High School. From there, went on to be the head track coach at University of California. In addition, he has worked on the Oregon Project with Nike, edited Track Technique for USA Track and Field and was the associate editor of the IAAF technical journal. Was also a co-founder of the USA Track and Field Coaching Education Program, the model used for the LA 84 Coaching Education program. Outside of track and field, Vern has worked with several MLB teams and the highly successful University of Texas baseball program. He was also worked as conditioning coach for NBA basketball teams and national basketball programs, been the conditioning coach for the 1998 USA World Cup Soccer Program, worked as conditioning coach for a number of MLS teams. In addition, he was worked with NHL teams, NFL teams, worked as a consultant to the 2000 bronze medal softball team from Australia and has worked with some of the top level NCAA and club swim programs. In tennis, he has also served as Monica Seles’ conditioning coach. To say that he is well aware of the necessary components for an overall conditioning program for athletes is an understatement.
2. **Brian FitzGerald:** Head track and field coach and athletic director at Rio Mesa High School. Has coached two Gatorade National Track and Field athletes of the year. Teams have won state and CIF championships and this past year, he once again coached the State 100 meter sprint champion. In addition, his Rio Mesa program holds all of the sprint records in Ventura County. From a beginning sprinter to an Olympic caliber sprinter, Brian has the expertise to help them shine. Known as the top sprint coach in the State of California, Brian yearly has 4 x 100 teams in the CIF finals in both the men and the women.
3. **Tim O’Rourke:** Director of the LA 84 track and field and cross country coaching education programs, Tim is one of the leading clinicians in the nation. Former head coach at Arroyo High School, he has coached every event in track and field. A distance runner in high school, Tim not only developed a great cross country program at Arroyo (winning the national championship in both 1986 and 1987), but also became known as one of the top throws coaches in the state. Today, he is also the meet director of the Mt. Sac Invitational, the Mt. Sac Relays and the well received Arroyo Meet of Champions. In addition he is heavily involved in the Footlocker National Cross Country Championships and flies across the country to announce road races and track and field meets.
4. **Kevin Smith:** Head cross country coach and track and field coach at Oak Park High School. Kevin’s teams have won numerous state and CIF titles in cross country and the Eagles have also taken home the 1st place plaque at CIF track and field. Kevin is a member of the Ventura County Sports Hall of Fame and is known as a top sprint coach in track and field and one of the elite distance coaches in the state.

5. Other committed participants
 - a. **Ken Reeves** - former head coach of Nordhoff High School
 - b. **Justin Monical** - head coach of Yucca Valley High School
 - c. **Bill Tokar** - former head cross country coach at Ventura High School
 - d. **Van Latham** - head track and field coach at Carpinteria High School
 - e. **Pete Dolan** - head track and field and cross country coach at UCSB
 - f. **Matt Farmer** - Venue Sports
 - g. **Fred Morgan** - throws coach at Ventura High School
 - h. **Rich Benoy** - VS Athletics and former nationally ranked hurdler

This clinic is set up primarily to help John with his bill. But better yet, it is set up to help all of us become just a little bit better coach. Come share a weekend of fun, possibly sun and great interaction and help one of our own.

Know It All Clinic ~ August 1, 2009

Registration Form



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LIFETIME INDIVIDUAL MEMBERSHIP TO KNOW IT ALL: \$200-CONTACT FOR ALL THE BONUSES CLINIC WILL BE AT CARPINTERIA HIGH SCHOOL ON AUGUST 1 FROM 9AM TO 5PM.

For Agenda, participates and information, go to www.warriorcountry.com/track/KnowItAll/clinic.htm

For additional information or questions, please contact

Van Latham (lathamchs@yahoo.com)

Ken Reeves (kenreeves@sbcglobal.net)

Clinic Registration: Please circle: Individual (\$35) School: (\$100) **Make Checks payable to Carpinteria Boosters. Send payment to 2235 El Jardin Avenue, Ventura, Ca 93001 or bring to clinic**
LIFETIME INDIVIDUAL MEMBERSHIP: \$200

Name of School or Individual: _____

If Individual, please list school you coach at: _____

If School, please give total number of coaches in your group: _____

Number of people in your party having lunch (additional cost): _____

Number of people in your party staying for coaches' social (additional cost): _____

CONTACT PERSON FOR SCHOOL: _____

Contact information for individual or school: Email _____ Phone: _____

DONATIONS WILL BE ACCEPTED IF YOU ARE UNABLE TO ATTEND THE CLINIC

Know It All Clinic ~ Agenda

Hurdles: Marilyn Hantgin, Rich Bevoy
Throws: Fred Morgan, Kent and Ramona Pagel
Distance: Lalo Diaz and Walt Lange
Triple/Long: Kirk Elias, Larry Knuth and John Larralde
Pole Vault: Bridget Pearson, Brian Yokoyama, Wade Watkins
Sprints: Vern Gambetta and Brian FitzGerald
High Jump: Dennis Reidmiller and Matt Farmer
Hy-Tek: Erik Pedersen and Terry Hearst
Transition from High School to College: Pete Dolan and Irv Ray
Relays: Brian FitzGerald and Van Latham
Nutrition: Sharon Zimmerman

Schedule:

Registration and communication: 8:00am to 8:50

Starting at 9am: Key note by Vern Gambetta: Coaching: Everything Old is New Again
10:00 to 10:50

A: Hy-Tek

B: Teaching Sprinting for All Events: Gambetta and FitzGerald are the lead

C: Pole Vault Active clinic: Pearson, Yokoyama and Watkins

D: Triple Jump: Elias and Larralde

E: The Shot Put: Throws people

F: Distance: The 800

G: Hurdles: The short hurdles

H: Nutrition for the high school athlete (needs, serving size, menus, performance foods)

11:00 to 11:50

A: Hy Tek continued

B: Starts and acceleration for sprint events

C: Pole Vault continued: Gender considerations

D: Long Jump:

E: Throws: Discus

F: Distance: 1600

G: Hurdles: Long hurdles

H: Nutrition 2

12:00 to 12:50

A: Trivia and lunch

1:00-1:50

- A: Hy Tek continued
- B: Training for various sprint events
- C: Weight lifting/alternative exercises for the jumps
- D: Throws: Transition from High School to College
- E: Distance: 3200
- F: Training progressions for the hurdles
- G: Nutrition for the high school and college athlete (if necessary)

2:00 to 2:50

- A: Any questions about Hy-Tek
- B: Relays: 4 x 100
- C: Combining workouts with jumpers who are involved in other events
- D: Weight training for the throws
- E: Distance: CC
- F: Hurdles: Transition from high school to college heights and distances
- G: Nutrition 2 (questions about nutrition)

3:00 to 3:50

- A: Technology used to enhance track and field
- B: 4 x 400 relay
- C: Throws: Javelin and Hammer
- D: Jumpers and other sports
- E: Distance: Transition from high school to college
- F: 10 hurdle drills to enhance a high school hurdler