

EAST BAY TRACK & FIELD CLINIC SERIES PRESENTS

PRE-SEASON KICK OFF CLINIC SERIES

Featuring several of the area's most experienced and successful track & field coaches, as well as experts in the fields of sports psychology and nutrition, the East Bay Track & Field Clinic Series will offer sessions on a variety of topics critical for success in the sport.

Registration Fee = **\$20** each day

Clinics will be held at Campolindo High School, Moraga CA. Registration will be conducted at the door of the multi-use room: \$20 per participant, cash or check made out to Campolindo High School.

Advanced registration is also available on the Campolindo web store here:

<https://campolindo.revtrak.net/athletics/spring-athletics/track-and-field/#/f/track-and-field-clinic-series>

Participants should bring notebooks, writing implements, snacks, water or other beverages and a packed lunch.

SATURDAY, FEBRUARY 1, 2020

8:30-8:45 – Registration –\$20 per participant, cash or check made out to Campolindo High School

9:00-9:55am – General Nutrition for Athletes

by Jason Oswald, Amador Valley Head Coach

10:00-10:55am – Principles of Speed Training

by Dr. Jamal Cooks, Bishop O'Dowd Head Coach

10:00-10:55am – Principles of Endurance Training

by Marty Kinsey, St. Mary's College Head Coach

11:00-11:55am – Weight Training for All Event Groups

by Peter Scarpelli, San Ramon Valley Athletic Director

12:30-1:25pm – Sports Psychology

by Deborah Munch, Mental Performance Consultant

1:30-2:25pm – Clinician Panel Q&A

SATURDAY, FEBRUARY 8, 2020

8:30-8:45 – Registration –\$20 per participant, cash or check made out to Campolindo High School

9:00-9:55am – Relative Energy Deficiency in Sports

by Eden Sussenguth, Certified Nutritionist

10:00am-10:55am – Speed Mechanics for All Running Events

by Chuck Woolridge, Campolindo Head Coach

11:00-11:55am - Recovery Strategies

by Magdalena Boulet, Marathon Olympian, Professional Ultra Runner

12:30-1:25pm – Physical Movement & Brain Function

by Tristan Tool, Miramonte Head Coach

1:30-2:25pm – College Recruiting Process

by Marty Kinsey, St. Mary's College Head Coach

1:30-2:25pm – Clinician Panel Q&A

MAGDALENA BOULET

Magdalena Lewy Boulet earned a spot on the U.S. Olympic Team by finishing second in the 2008 U.S. Women's Olympic Marathon Trials. She also won two team Bronze medals as the captain of the US Cross Country team at the World Cross Country Championships in 2010 and 2011. After a ten-year career running marathons on the road, she transitioned to running trail and ultra distance events in 2013. In 2015, Magda won her 100-mile debut at the prestigious Western States Endurance Run, and was named North American Ultra Runner of the Year. Magda is coached by Jack Daniels, Ph.D., a world-renowned authority on distance running. Currently Magda leads Innovation & Product Development at GU Energy Labs and enjoys training and competing in ultra endurance trail races.

JAMAL COOKS, PHD

Jamal Cooks, Ph.D. is the Director of Cross Country and Track and Field at Bishop O'Dowd High School. He specializes in sprints, hurdles and jumps. Cooks' boys and girls teams have won over 30 league titles, 20 section titles, and have placed in the top 7 in each of the past three years at the California State Track and Field championships. Athletes coached by Cooks who have continued their success in the NCAA include Tierra Robinson Jones (Texas A&M), Kenny O'Neal (Florida State) and Garry Jones (USC). Cooks holds USATF Level 2 certification in sprints/hurdles/relays and in jumps.

MARTY KINSEY

Marty Kinsey is the head coach for St. Mary's College XC/Track. He lives in Moraga with his wife and two daughters. During his time at St. Mary's he has led athletes to qualify for the NCAA Championships in Track for 800m, 1500m, 3000m steeplechase and 10,000m distances. Kinsey also led the college's first ever NCAA qualifier in Cross Country. Kinsey recently coached former Gael, Rajpaul Pannu, to the Olympic Trials in the marathon. Since 2011, the Gaels have earned 24 NCAA All-Academic team awards.

EDEN SUSSENGUTH

Eden Sussenguth is a Certified Nutritionist currently completing her Master's degree in Kinesiology at Saint Mary's College of California specializing in sports nutrition. She has experience working at the Athletic Department at Cal Poly San Luis O'bispo & Saint Mary's College. She provides nutrition consultation to collegiate and professional athletes looking to excel and enhance athletic performance. Eden currently works at COPA Soccer Training Center & will be at Saint Mary's College in the Sports Medicine Department as a Nutrition Consultant.

DEBORAH MUNCH

Deborah Munch is a mental skills consultant who specializes in working with high school, collegiate, and professional endurance athletes. In addition to working with athletes and teams to improve their mental game, Munch teaches Sport Psychology at Dominican University in San Rafael. She is a Certified Mental Performance Consultant (CMPC #652) with the Association of Applied Sport Psychology and has over 15 years of distance running coaching experience at the collegiate and high school levels.

JASON OSWALT

Jason Oswalt has been coaching track and field and cross country at Amador Valley High School since 2006. He has been the head cross country coach there since 2011 and the head track coach since 2015. He has his USATF Level 2 Certification in Youth Development and is USTFCCA Certified in endurance events. In 2015, Oswalt was named the California Rookie Head Coach of the Year by the California Coaches Association. Numerous Amador Valley teams and individuals he has coached have gone on to qualify for the state meet with several earning NCS championships and state meet podium finishes.

PETER SCARPELLI

Peter Scarpelli coached high school cross country and track & field for more than 2 decades before assuming the Athletic Director position at Dublin High School. In the fall of 2018 Scarpelli took over the same position at San Ramon Valley High School. At Amador Valley High School Scarpelli guided his track program to 3 North Coast Section Meet of Champions team victories. An expert on sprints and jumps, as well as strength training, he led his 1600m relay squads to several appearances in the CIF state championship finals. Scarpelli has been a member of the NCS management committee for track & field and has served as the NCS Tri-Valley area meet director.

TRISTAN TOOL

Tristan Tool competed in football and track & field at Miramonte High School. Tool played football at Boise State University and run for the Santa Monica Track Club. He is currently in his tenth year as a Miramonte High School coach, where he coaches track and field and cross country, as well as strength and conditioning across all sports. As an owner of two Lamorinda based fitness businesses, Tristan is dedicated to investing in the health and wellness of the community and the empowerment of local athletes.

CHUCK WOOLRIDGE

Chuck Woolridge is in his 14th year as the head coach of the Campolindo cross country and track & field teams. Prior to his tenure at Campolindo he was the head coach at College Park High School. He has 27 years of coaching experience, has USATF Level 2 certification, and is a member of the NCS cross country and track & field advisory committees. His cross country teams have earned 27 NCS titles and 7 CIF titles. In track & field his teams have won 3 NCS Tri-Valley Championships and he has coached multiple state championship individual podium finishers.