



Archdiocese of Philadelphia
Youth Ministry
CYO Sports
Track & Field

2nd Annual Parent and Coach's Track Clinic
Monday, March 10, 2008
7:00 PM to 9:30 PM
Archbishop Carroll High School

To help you know more about Track & Field CYO is holding a Track and Field Clinic. The first hour and fifteen minutes is a series of presentations to benefit both parents and coaches. The presenters will address training of young distance runners, purchasing shoes, value of proper warm up and cool down and understanding track and field rules.

Parents of athletes are strongly encouraged to attend the clinic and participate in at least the first hour and fifteen minutes.

Presenters

Featured Speaker - Marcus O'Sullivan - Head Coach Villanova University Men's Cross Country and Track & Field Team. Marcus is four time Olympian. He is third all time with total-Sub 4 minute miles at one hundred and one. Marcus won three World Indoor Championships. Marcus will talk about the training of young distance runners. If your child runs cross country or runs the 800 or 1600 meters in track & field you want to hear Marcus.

Glen Venturini, PT. Glen gives an excellent presentation on selecting proper running shoes and training habits. He was a collegiate runner, holds 4 degrees, and is presently pursuing a transitional clinical doctorate in physical therapy from Neumann College. Additionally, he has coached cross country and track for St John Chrysostom the last 6 years, is the President of Optimum Physical Therapy Associates in Swarthmore, PA and has a strong interest in youth sports and injury prevention.

Mary Ellen Malloy will help parents and coaches to better understand the track and field rules. Mary Ellen is a former CYO and Villanova runner. She is currently the Head Coach at Bensalem High School and Coaches St. Ephraim's Cross Country and Track & Field Team. Mary Ellen is also the CYO Cross Country Coordinator and Area C Coordinator.

There will be a short question and answer session for each presenter.

The last hour and fifteen minutes are breakout sessions designed to help coaches teach high jump, triple jump, sprint hand offs and spring starts.

The more parents and coaches know about track and field the more they can support and protect their athletes from injury.

Event coaching sessions are from 8:15 PM to 9:30 PM and will be breakout sessions as follows:

- Teaching High Jump – 8:15 PM to 8:45 PM
- Teaching Triple Jump – 8:45 PM to 9:30 PM
- Teaching Sprint Starts – 8:15 PM to 8:45 PM and 8:45 PM to 9:30 PM
- Teaching Relay Handoffs – 8:15 PM to 8:45 PM and 8:45 PM to 9:30 PM