

**Complete registration and mail to:**

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 jeff.messer@mcmail.maricopa.edu  
 (480) 461 – 7378

Name

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School

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Address

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City,State, Zip

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Email

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Make Checks Payable To:  
 Arizona Track & Cross-Country Coaches  
 Association.

Advance registration:  
 Clinic/Lunch Included \$70.00 \_\_\_\_\_  
 lunch only \$20.00 \_\_\_\_\_

Day of registration:  
 Clinic \$85.00  
 Luncheon \$25

Coaches please have any P.O.s processed  
 and a check available the association will  
 not bill for P.O.s

FRIDAY 1-7-11			ROOM
6:30p-7:00p	Registration		Auditorium
7:15p-8:00p	Dr. Jeff Messer	Endurance Training: Current Science and Application to Training Program Design	Auditorium
8:00p-8:45p	Matt Lydum	Nutrition	Auditorium
SATURDAY 1-8-11			
8:00a-8:15a	Registration/ Welcome		Media Center
8:20a-9:00a	Dave Hines	New AIA State Qualifying and Entry Process	Community Center
9:10a-10:25a	Matt Lydum	Throws	Community Center
10:30a-11:45a	Michael Ford	Sprints/Relays	Community Center
11:45p-1:15p	Hall of Fame Lunch		Café
1:15p-2:00p	Clif & Cassandra McKenzie	Building a Solid Track & Field Program Starting at the Grassroots	Community Center
1:15p-2:00p	Kim Dismuke	Junior College Opportu- nities	
2:00p-2:45p	Mike Elder	Distance	Community Center
2:00p-2:45p	Joe Yanof	Pole Vault	
2:45p-4:00p	Matt Lydum	Jumps	Community Center
4:00p-5:00p	Michael Ford	400m	Community Center

Bring your family and enjoy the weekend.

Permission to copy and distribute the brochure



Arizona Track &  
 Cross-Country  
 Coaches  
 Association

## 2011 Coaches Clinic and Hall of Fame Banquet



January 7-8, 2011  
 Saguaro High School  
 6250 N. 82nd Street  
 Scottsdale, AZ

## Inductees and Speakers



Joe Yanof: A former Arizona High School State Champion, and current Pole Vault Coach at Copper Canyon High School, he has very

quickly built the program into a contender at the State Meet.



Kim Dismuke; Current assistant coach at Central Arizona College and former high school coach, she has coached numerous region and state champions.

Kim competed at Illinois State University in the 100, 200 & 400

In addition to these speakers time will be allotted for conference, division, section information including the new state qualifying procedure.

Please continue to check [Arizonatrackcoaches.com](http://Arizonatrackcoaches.com) for additional speakers and final speaking schedule



## Inductees and Speakers

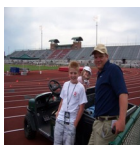
Ed Hedges Hall of Fame

Sue Hysong Hall of Fame

Bob Flint Dale Torrence Recipient



Michael Ford : In his 10th year with Baylor University a the former Bear Standout works primarily with the sprints, short hurdles and relays.



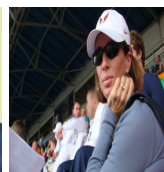
Matt Lydum Serves as director of the Youth Level 2 Coaching Education Program and coordinates instructor training for USA Track and Field. He has published many articles.



Mike Elder is currently in his 7th year of coaching, teaching and serving as the Athletic Director at Northland Preparatory Academy, and is in his 15th year of coaching cross country and track and field. As Head Coach his teams have accumulated 18 state championships



Dr. Jeffrey I. Messer is a residential faculty member specializing in exercise physiology within the Department of Physical Education and Exercise Science (PEES) at Mesa Community College (MCC), Mesa, Arizona.



Cassandra Mckenzie/  
ClifMckenzie -

With over 35 years of combined coaching experience at the club, high school, collegiate and national level, Cliff and Cassandra bring a true to life perspective of grass root programs. Both have served on National USATF Youth and Junior teams as coaches or managers.

## General Program schedule

Friday January 7, 2011

6:30 pm General Sessions

Saturday January 8, 2011

8:00am–5:00pm

Instruction and presentations, including classroom and learn by doing clinics.

Time will be allotted for conference and general meetings.

A detailed time schedule will be posted on [arizonatrackcoaches.com](http://arizonatrackcoaches.com)

Don't miss this opportunity to learn from some of the very best track coaches in the United States.

Meet and network with other coaches from Arizona as well as other states. Get up to date information on invitational, region and state meets.

Professional development certificates will be issued.

Questions  
Dusty Sullivan  
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