

SESSION DATES

OCTOBER 22

featuring
IRVING "BOO" SCHEXNAYDER
Director of Schexnayder
Athletic Consulting

NOVEMBER 19

featuring
STUART MCMILLAN
Performance Director,
World Athletics Center

JANUARY 14

featuring
GARY WINCKLER
Former Head Coach,
The University of Illinois,
Women's Track & Field Team

FEBRUARY 18

featuring
DR. GERRY RAMOGIDA, D.C.
Performance Therapist,
Fortius Sport & Health

SESSIONS TO BE HELD AT HEADINGTON HALL THE UNIVERSITY OF OKLAHOMA'S NEWEST RESIDENTIAL FACILITY

Corner of Lindsey St. and Jenkins Ave. • Norman, Okla.

**FOR MORE INFORMATION, VISIT SOONERSPORTS.COM OR
CONTACT OU SPRINTS & HURDLES COACH: KEVIN TYLER AT KTYLER@OU.EDU, 405.437.5917**



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TRACK AND FIELD
PRESENTS

THE 2014-15 COACHES CLUB

A COACHES' EDUCATION PROGRAM

SESSION INFORMATION

WEDNESDAY, OCTOBER 22

“The Keys to Developing High School Long Jumpers”

Irving “Boo” Schexnayder

Coach Irving “Boo” Schexnayder has coached 10 Olympians including multiple world champion Walter Davis (USA) (Triple Jump).

WEDNESDAY, NOVEMBER 19

“How to Write a Speed Program”

Stuart McMillan

Coach Stuart McMillan is currently in his 22nd year of professional coaching whose focus has always been on developing the most effective means to get people faster.

WEDNESDAY, JANUARY 14

“Developing the Sprint Hurdler”

Gary Winckler

Coach Gary Winckler was the head track and field coach at the University of Illinois for 23 years, producing 11 Big Ten team titles.

WEDNESDAY, FEBRUARY 18

“The Role of Quality Training in Injury Prevention”

Dr. Gerry Ramogida

Dr. Gerry Ramogida is an internationally recognized chiropractor and performance therapist, serving on many Canadian national teams and across a wide range of sports.

SCHEDULE FOR EACH SESSION

6:30 - 7:15 PM	Social time and meal service (included in price)
7:15 - 7:30 PM	New Topics in Sport Science
7:30 - 8:45 PM	Main Speaker
8:45 - 9 PM	Question and Answer Period

COST & PARKING

\$25 per session payable at the door. Price includes dinner at OU's newest residential living area, Headington Hall. Parking for the events is in the lot directly south of Headington Hall with entry to the lot off Jenkins Ave.

MEET THE SPEAKERS



IRVING “BOO” SCHEXNAYDER

Director of Schexnayder Athletic Consulting,

St. James, La.

Coach Irving “Boo” Schexnayder has coached 10 Olympians including multiple world champion Walter Davis (USA) (Triple Jump). A leading authority on training design, “Boo” served as the jumps coach at LSU for 12 years, coaching 19 NCAA champions and contributing to 12 team championship titles. Coach Schexnayder is currently the Director of the US Track and Field and Cross Country Coaches Association Track and Field Academy. He started his career as a successful high school coach at St. James High School in La., where he coached cross country, track and field and football for 11 years.



STUART MCMILLAN

Performance Director at the World Athletics Center

Phoenix, Ariz.

Coach Stuart McMillan is currently in his 22nd year of professional coaching. An internationally recognized strength and power coach, his focus has always been on developing the most effective means to get people faster. He has been the personal coach to over 60 Olympians at six Olympic Games. These athletes have produced over 30 medals, most recently the bobsled and skeleton athletes who posted multiple medal-winning performances at the 2014 Sochi Winter Olympic Games. McMillan has worked as part of National Sports Federations in six countries, and has been part of and/or led Integrated Support Teams in the United States, Canada and the UK. He has the unique experience of coaching at three home Olympic Games, having worked with the American team at the 2002 Salt Lake City Games, the Canadian team at the 2010 Vancouver-Whistler Games, and the British team at the 2012 London Games. During his time in Great Britain, Coach McMillan was the personal coach to three of Britain's best ever sprinters: Dwain Chambers, Marlon Devonish and Christian Malcolm.



GARY WINCKLER

Former Head Coach The University of Illinois Women's Track and Field Team

Coach Gary Winckler was the head track and field coach at the University of Illinois for 23 years. During his tenure, the Fighting Illini won 11 Big Ten Conference Championships and he was named Big Ten Coach of the Year 11 times and National Coach of the Year once. During his career, which started at Florida State, Coach Winckler worked with over 300 All-Americans, including international greats Perdita Felicien (Canada, 100mH), Susanna Kallur (Sweden, 100mH) and current Texas Associate Head Coach Tonja Buford-Bailey (400mH). Winckler was the head coach for the US National Track and Field team on two occasions and served as the director of the USATF National Coach Education Program. Winckler has always been passionate about coach education and, while in his coaching retirement, remains a very active educator.



DR. GERRY RAMOGIDA

Performance Therapist Fortius Sport & Health, Vancouver, B.C. and the Seattle Seahawks

Dr. Gerry Ramogida is an internationally recognized chiropractor and performance therapist. He has served on many Canadian national teams and across a wide range of sports from football, soccer, ice hockey and athletics. Dr. Ramogida has been a chiropractic consultant with the Seattle Seahawks of the NFL since 2002. He was brought on by British Athletics as their lead performance therapist for the 2012 London Olympics where performances produced six medals, including four golds. He has been a practicing chiropractor since 1997 and has worked with dozens of high-profile professional and Olympic athletes. His interests include how manual therapy influences performance and motor learning, particularly as it relates to the teaching and acquisition of sprint technique and speed development.