# 12<sup>th</sup> Annual: ADIDAS LONE STAR "ELITE"NATIONAL TRACK & FIELD CLINIC



It's time for the 12th Annual: Adidas Lone Star "Elite" National Track & Field Clinic. Once again you have the opportunity to listen to some of the best track and field coaches in the nation and because the clinic is located in North Dallas, you are just minutes from great shopping, the best restaurants & great night spots. Our clinic is arranged at the perfect time of the year to allow the high school track & field coach to go home & organize and strategize this newly acquired coaching information during their two week Christmas vacation prior to the first practice in January.

We have upgraded our clinic to the prestigious *Hilton-Dallas Lincoln Center* just South of the *Dallas Galleria*-a convenient location allowing for you to enjoy dining, shopping, nightlife in the Dallas area. It is easily accessible from both DFW International Airport and Dallas Love Field. Our goal is to provide a comfortable environment with quality education that equips you with the information and tools necessary to reach success in your sport or event. We look forward to seeing you at our 12<sup>th</sup> annual: Lone Star "Elite" National Track & Field Clinic.

**Coach Mark E. Napier**Clinic Director

\*\*\* Earn 14 hours of (CPE) \*\*\*
Continuing Professional Education

LONE STAR "ELITE" NATIONAL TRACK & FIELD CLINIC

December 11th & 12th, 2015

John Kenneson-Texas Christian University
Mark Napier-Ex-University of Oklahoma
Justin Wickard-Texas Christian University
Pete Abbey-Cate Athletics
June Villers-Desoto High School (Girls)
Doug Robinson-Dallas Jesuit Prep School
Mark Brady Ex-DeSoto High School (Boys)
Rick Miller-Grapevine High School
Steve Silvey-Championship SSE Products

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#### THE CLINIC HOTEL INFO & TRACK CLINIC SITE

Hilton-Dallas Lincoln Center 5410 LBJ Freeway Dallas, TX 75240

**\$89.00** Friday-Saturday \$125.00-Thursday Ask for the "**Religious Rate**" for Jesuit Prep School

Phone: (972) 934-8400 OR Sue Hodge at (972) 701-5130

REGISTER FOR CLINIC ON-LINE AT: SSEproducts.com

#### 2015 Lone Star "Elite" National Track & Field Clinic Schedule

Friday, December 11, 2015				
4:00 to 8:00pm	Registration at I	Dallas Jesuit College Prep School		
5:00 to 6:00 pm	June Villers	The Relays		
6:10 to 7:20 pm	Pete Abbey	Developing the "Elite" High Jumper		
7:30 to 8:30 pm	Mark Brady	Championship Sprint Training		
8:40 to 10:00 pm	John Kenneson	Shot Put & Discus Training (1.5 hours)		
10:00 to 11:00pm	Mark Napier	Pole Vault Training		
10:30 pm till Midnight	<b>Coaches Social</b>	Sponsored by: M-F ATHLETICS		
Saturday, December 12 <sup>th</sup> , 2015				

9:00 am to NOON:	Registration at	Dallas Jesuit College Prep School
9:00 to 10:00 am	Rick Miller	1,600 & 3,200 Meter Training
10:10 to 11:10 am	Justin Wickard	100/110/300 Hurdles
11:20 to 1:00 pm	Mark Napier	Long Jump/Triple Jump Training (1.5)
1:00 to 1:30 pm	LUNCH BREAK	
1:30 to 2:20 pm	Mark Brady	400 Meter Training
2:30 to 3:30 pm	Doug Robinson	Transitioning from XC to Track
3:40 to 4:40 pm	Steve Silvey	Championship 800 Meter Training
4:50 to 6:00 pm	Mark Napier	Strength Training for Track & Field

#### 2015 LONE STAR "ELITE" NATIONAL TRACK & FIELD CLINIC APPLICATION

TEAM:	HEAD TRA	HEAD TRACK COACH:		
		STATE:ZIP:		
	Number of Coaches	E-Mail Address		
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Registration Fee: \$100.00 Pre-Registration <u>PER COACH</u> (Post marked no later than December 3<sup>rd</sup>, 2015) \$125.00-Late Registration after December 3<sup>rd</sup> & at the Clinic Site. (Sorry, No school purchase Orders) Refund Policy: No Refunds except for a credit towards next year's clinic (Must Provide a Doctors Note prior to Clinic)

Make your check payable to: <u>CHAMPIONSHIP SSE PRODUCTS</u> Federal Tax ID: #62-169-0160

Mail Your Registration Form To: CHAMPIONSHIP SSE PRODUCTS
101 Pebble Beach Drive

Starkville, MS 39759

Clinic Info PHONE: (972) 489-6679 Cell E-Mail Contact for a W-9 Form: WCspeed@hotmail.com

REGISTER ON-LINE FOR CLINIC AT: SSEproducts.com

## "The #1 Track & Field Clinic in the Southwest"

#### 11th Annual-Lone Star "Elite" National Track & Field Clinic



# **Discount Air Travel to Dallas, Texas**

**Southwest Airlines** fly's into its main hub at Dallas-Love Field. Love Field is just 12 miles south of the Double Tree Hotel by the Galleria. This is about a 15 minute drive by car from the Dallas-Love Field Airport using either I-35 or the North Dallas Toll Road. To secure the cheapest airfare from southwest airlines go to:

#### Southwest.com

Once you are on their site, comparing price options, put in your flight information and to receive the largest discount book a flight from the category:

#### "WANNA GET AWAY" (website only discount)

This can be found on the far right side of the screen. It is very important that you book your flight 4-6 weeks in advance, to save the most money for your air travel.

## **DISCOUNT RENTAL CAR**

Southwest Airlines also offer a tremendous discount for rental cars go to:

#### Southwest.com

Once you're on their website click on "Cars" at the top middle part of the home page. Southwest airlines will offer you're the best price of comparing 14 rental car companies prices if you desire the lowest price for your trip.

## 12<sup>th</sup> Annual Lone Star "Elite" National Track & Field Clinic



### Southwest Airlines Fly's to the following Cities:

- o Albuquerque, NM
- o Birmingham, AL
- o Chicago, IL
- o Columbus, OH
- o Denver, Co
- o Detroit, MI
- o El Paso, TX
- Harlingen, TX
- o Indianapolis, IN
- Jacksonville, FL
- Kansas City, MO
- Las Vegas, NV
- Little Rock, AR
- Lubbock, TX
- o Memphis, TN
- Midland, TX
- Nashville, TN
- o New Orleans, LA
- Omaha, NE
- o Phoenix, AZ
- o San Antonio, TX
- St Louis, MO
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