

SESSION DATES

OCTOBER 14

featuring

JAY JOHNSON

Former Middle Distance
Coach, University of Colorado

NOVEMBER 18

featuring

IRVING "BOO"

SCHEXNAYDER
Director of Schexnayder
Athletic Consulting

MARCH 2

featuring

DR. ERNIE FERREL

Ferrel's Chiropractic

APRIL 13

featuring

DAN PFAFF

Lead jumps and combined
events coach, Altis

**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
OU T&F STRENGTH AND CONDITIONING COACH: [EVAN KUBICEK AT EVANKUBICEK@OU.EDU](mailto:EVANKUBICEK@OU.EDU)**



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**TRACK AND FIELD
PRESENTS**

THE 2015-16 COACHES CLUB

A COACHES' EDUCATION PROGRAM

SESSION INFORMATION

WEDNESDAY, OCTOBER 14

Jay Johnson

“Supplementary Training for Distance Athletes”

Coach Jay Johnson is the former middle distance coach at the University of Colorado and current director of Boulder Running Camps.

WEDNESDAY, NOVEMBER 18

Irving “Boo” Schexnayder

“Making Every Athlete Faster”

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

WEDNESDAY, MARCH 2

Dr. Ernie Ferrel

“Keeping Athletes Healthy”

Dr. Ernie Ferrel has been practicing chiropractic for 28 years and has served as medical staff member for a multitude of national, world and Olympic teams and events.

WEDNESDAY, APRIL 13

Dan Pfaff

“Building a Bigger Engine”

Coach Dan Pfaff is the lead jumps and combined events coach at Altis and has coached nine Olympic medalists and five world record holders.

SCHEDULE FOR EACH SESSION

6:30- 7:15pm	Social time and meal
7:15- 7:45pm	New Topics in Sport Science
7:45- 9:00pm	Main Speaker
9:00- 9:15pm	Q & A Period

COST & PARKING

\$30 per session payable at the door for dinner at OU's newest residential living area, Headington Hall, and speaker presentations. (Presentations only - \$25). Parking for the events is in the lot directly south of Headington Hall with entry off Jenkins Ave.

MEET THE SPEAKERS



JAY JOHNSON

Director of Boulder Running Camps

Former Middle Distance Coach, University of Colorado

Coach Jay Johnson is currently the director of the Boulder Running Camps, and an accomplished distance coach. Coach Johnson started his coaching career as Head Coach of Track and Cross Country at Pratt Community College in Pratt, Kansas; where both cross country teams finished third at the Junior College national meet. He also later served as the Recruiting Coordinator and Middle Distance coach at the University of Colorado, where he coached for six years and was part of three NCAA Division I team titles and a Big 12 Track and Field title. Professional runners under his tutelage include Renee Metivier-Ballie (3,000m), Brent Vaughn (Cross Country) and Fernando Cabada (25 km).



IRVING “BOO” SCHEXNAYDER

Director of Schexnayder Athletic Consulting

Coach 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 U.S. 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.



DR. ERNIE FERREL

Ferrel's Chiropractic
Member of the USA Medical Team
at the 2008 Olympics, Beijing, China

Dr. Ernie Ferrel has been practicing chiropractic since 1987, and completed advanced training in sports medicine to earn his Chiropractic Sports Physician certification in 1991. He has also obtained certifications as a USCF Sport-Elite Coach, an Industrial Disability Evaluator, a Graston Provider, and an American Red Cross First Responder. During his 28 years of practice, Dr. Ferrel has served as Medical Director for the Association of Volleyball Professionals, Director of Chiropractic Services for the Triathlon Federation, Board of Directors for the California Chiropractic Association, Vice President of the American Chiropractic Association Sports Council, and Steering Committee Member for the US Cycling & Triathlon Federations. Dr. Ferrel is also founder and developer of one of the most progressive soft tissue techniques used in the sports arena, Dynamic Motion Therapy (DMT).



DAN PFAFF

Lead Jumps and Combined Events Coach, Altis

Coach Dan Pfaff has tutored 49 Olympians (9 medalists), 51 World Championship competitors (also 9 medalists), and five world-record holders. He has directed athletes to 57 national records across a multitude of events. Coach Pfaff is currently the leads jumps and combined events coach at Altis; he is also the primary Mentor Coach for the Apprentice Coach Program and is currently mentoring hundreds of coaches around the world. Coach Pfaff's previous coaching experiences include UK Athletics, US Olympic Training Center, University of Texas, LSU, and high school teacher and coach for Carlisle Public Schools.