

NorCal Speakers/Bios

FOOTBALL:

Mark Criner:



Mark Criner now is making his return to football in the state of Idaho after graduating from Boise State University where, from the late 1970s to the early 1980s, his father, Jim, was the head coach. One of the most difficult coaching positions for Robb Akey to fill this year was the job of defensive coordinator. "Because I am a former defensive coordinator," he said, "it's not always easy to say, 'all right you go run the defense now'." Luckily for Akey, he found a replica of his aggressive defensive mindset in Mark Criner. "He and I share a lot of the same beliefs about how defense needs to be played. He's going to be aggressive and he's going to get after it."

SPEAKING TOPICS:

- Blitz Package Zone and Man
- Quarter Coverage with Good Combination
- Defending the Spread

Tim Walsh:



Tim Walsh, former Portland State football coach, is the new head coach at Cal Poly in San Luis Obispo, Calif. Walsh recently left Army, where he was offensive coordinator on the staff of former Portlander Stan Brock. Army relieved Brock of his head-coaching duties after two seasons. Walsh replaces Rich Ellerson, who has become the head coach at Army. Cal Poly was ranked No. 3 in the nation in 2008 before losing to Weber State in the first round of the national playoffs. Walsh coached PSU from 1993 through 2006, overseeing the Vikings' development from a Division II program to a Division I-AA power. He was 90-68 record (.570) during his 14 years there and took four teams to the NCAA playoffs. In 18 years as a collegiate head coach (four at Sonoma State University), Walsh's teams were 117-82 (.588).

SPEAKING TOPICS:

- Complimentary Plays in the Triple Option
- The Shield Punt Formation
- Meet and Discuss, "The Stack Defense"

Tom Craft:



A former San Diego State quarterback, Craft, 56, has built a legacy at the community college level. For 16 years he led Palomar College to greatness, winning three national championships, and nine conference titles, while developing seven All-American quarterbacks. During one three-year stretch at Palomar, his program went 31-2, staging an offensive attack that ranked among the nation's best for five consecutive years. When Craft decided to leave Palomar for San Diego State, he had built a career record of 115-56-1.

For the last three years Craft has served as the offensive coordinator at Mt. San Antonio College, helping the Mounties to the 2009 State Championship and National Championship after beating San Mateo College in the finals. Riverside City College President Jan Muto noted Craft's strong focus on education.

"I am very excited that Mr. Craft is joining RCC as a coach and as an educator," Muto said. "He clearly understands the role of a student athlete and the mission of community college education. He is a great addition to our outstanding roster of extraordinary talent."

SPEAKING TOPICS:

- The Riverside College Wildcat Offensive Scheme
- Developing a Systematic Technique in Your Practice Plan Leading to a Game Script
- Calling Offensive Plays Without a 2 Page Play Script

Jason Washington:



Jason Washington returns for his 4th season of guiding the efforts of Rice's cornerbacks. Prior to the opening of the Owl's 2009 training camp, Washington spent a week with the coaching staff of the Minnesota Vikings as part of the Bill Walsh Minority Coaching Fellowship Program. Three current NFL Coaches, including Super Bowl winning coach Mike Tomlin, are graduates of the program.

In addition to his coaching duties, Washington is also active in organizing the annual Gridiron Heroes Coaching Clinic. Gridiron Heroes is an organization offering financial support to young men who have suffered from spinal cord injuries while playing football.

SPEAKING TOPICS:

- DB Play the Rice Way
- Basic Zone Package out of the 4-2-5
- Blitz Package out of the 4-2-5

Pat Ruel:



Ruel has 35 years of college and National Football League coaching experience. He lettered at offensive guard for University of Miami under head coach Fran Curci and received his B.S. in psychology in 1972 where he immediately became a graduate assistant coach in 1973.

Ruel's longest tenure was at Kansas from 1988-96, the first 3 as the offensive coordinator and offensive line coach, then adding assistant head coach to his title the final 6 years.

He was hired by the NFL's Detroit Lions in 2000 to take over as offensive line coach. He spent the next 2 seasons (2001-02) as the assistant offensive line coach for the Green Bay Packers. In 2003 he took over offensive line coach duties for the Buffalo Bills before moving to the New York Giants for the 2004 season.

Ruel joined the Trojans in February 2005. After Pete Carroll signed with the Seahawks, Ruel was released from USC on January 20, 2010 and joined the Nighthawks five months later.

SPEAKING TOPICS:

- Zone Running Game
- Teaching Progression for OL Fundamentals
- Drop Back Passing Game vs Blitz

Aaron Ingram:



Aaron Ingram is in his second year as the running backs coach at Sacramento State. During his first season with the team, Ingram tutored a group which rushed for 157.4 yards per game — the most by the Hornets since 2000. Leading the way was freshman Bryan Hilliard who was named all-Big Sky Conference. Hilliard rushed for 826 yards and seven touchdowns despite playing just nine games during the year. He also ended the year strong, rushing for at least 100 yards in each of the final three games, including a 243-yard, three-touchdown effort against Idaho State in season finale.

SPEAKING TOPICS:

- 2B A Part: Running Back Fundamentals
- Sacramento State Passing Game, Protection to Reception

Brent Brennan:



Brent Brennan is in his sixth year with the Spartans coaching staff. In 2010, he will be the wide receivers coach. In his first five seasons at San Jose State, Brennan has served the team successfully in a variety of capacities. In 2009, he was the co-offensive coordinator, coached the offensive tackles and tight ends and directed the Spartans' special teams.

In 2007 and 2008, Brennan served as the tight ends coach, special teams coordinator and recruiting coordinator. The 2008 Spartans were 20th nationally in kickoff returns and the 2007 team was ninth in punt returns.

SPEAKING TOPICS:

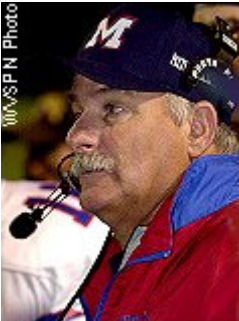
- Receiver Drills & Technique Catching the Football
- Releasing into Pass Patterns vs Zone, and Man Press on Goal line & Open Field, Including Recognition of Zone or Man defense at the Line of Scrimmage

Brian Kelly:

After beginning the season unranked in all polls, Kelly's Bearcats reeled off 12 straight victories and finished the regular season undefeated. Going into the bowl season, they were ranked #3 in the BCS Standings and faced the Florida Gators in the Sugar Bowl.

In late November 2009, Kelly agreed to replace Charlie Weis as Notre Dame's head coach. On December 10, Kelly announced that he had taken the position at Notre Dame.

Glen McNew:



36 years Coaching experience, 29 years as head coach. 2 State Championships, 1 Runner up, 3 state semi-finals and 18 years in playoffs. McNew retired in 2002.

SPEAKING TOPICS:

- 3-5-3, Secondary Coverage
- Pressures in the 3-5-3
- DB Drills
- Basic Wing T
- Wing T, One Step, Three Step
- Wing T, Jet Sweep Series, 5 ways to Block the Sweep, Jet Down & Others
- 3-5-3 Defense, D Line/LB Drills & Technique
- 3-5-3 OLB Drills & Technique

Jeff Choate:



Jeff Choate is in his fifth season as special teams coach, and his second season as the linebackers coach at Boise State, after working as the running backs coach for three years. In his three seasons as the running backs coach, Choate helped Ian Johnson rush to one of the most prolific careers in school history. Johnson finished 2008 as the all-time leader in career rushing touchdowns (58) for both Boise State and the Western Athletic Conference. Johnson also finished with the second-most career rushing yards (4,183) in school history. In 2009 Choate played an integral part in developing an explosive special teams unit and a dominant defensive group. On special teams, he helped coach a return group that finished fourth in the nation in kickoff return average (26.64 yards per return). Titus Young led the way for the Bronco special teams unit, as he recorded two kick-off return touchdowns en route to being named first-team All-WAC.

SPEAKING TOPICS:

- Circuit Training for Special Teams
- Deceptives in the Kicking Game
- Boise State Return Game (Punt & Kick Off Return)

Jeff Hammerschmidt:



Former Wildcat defensive back and coach Jeff Hammerschmidt joined the Arizona staff in 2008 after defining his early coaching career on the defensive side of play. He's special teams coordinator and works with the defensive ends. Hammerschmidt, who worked at Arizona under Dick Tomey, adds Wildcat heritage as a former star player, plus some work with noted former UA defensive mentors to the staff. He's coached all defensive positions.

SPEAKING TOPICS:

- Punt Return
- Kick Off Return
- Punting

John Levra:



John Levra spent 44 years of his life coaching football at several levels. He coached for seven years in high school and 14 years at the college level. The last 23 years saw Levra in the pros with one year in the Canadian Football League and the balance in the National Football League. Levra coached the Buffalo Bills defensive line under Wade Phillips from 1998 through the 2000 season and Greg Williams in 2001-2002 his final two seasons. Levra's defensive unit finished in the top ten NFL defenses in his five years on the job and were ranked No. 1 in 1999.

SPEAKING TOPICS:

- DL, Pass Rush
- DL, Teaching HS Players How to Play the Run, Tackling Tech, Drills
- DL, OL, Levra and Ruel, How to execute & Protect Pass Rush Stunts

Larry Kerr:

Larry Kerr enters his 12th year at Colorado State, his second campaign in his second stint at the school, and his 35th overall season in the coaching profession, his 18th as a college defensive coordinator.

SPEAKING TOPICS:

- LB Fundamentals and Drills
- 4 - 3 Base Package
- 4 -3 pressure Package

Robb Akey:



When Robb Akey accepted the Vandal head coaching job last December, he brought with him an attitude of "climbing the ladder." For Akey, the next rung on the ladder always was a head coaching position. As for his team, he is positioning the Vandals to climb the Western Athletic Conference ladder. "It's my desire to bring that pride back into this program and get it back to the point that it once was where it was a force in Western football and I want it to be a nationally known team." Akey recognizes the passion not only the players but boosters, alums and friends have for the Vandal athletic programs. He promises to reciprocate with the same intensity.

SPEAKING TOPICS:

- Building a Program with Character
- Defensive Technique Against the Run
- Defensive Technique Against the Pass

Ron Lynn:



One of the most respected defensive minds in the game, Ron Lynn takes over the position of director of player development after serving two years as the team's assistant head coach and co-defensive coordinator.

Lynn and co-defensive coordinator Andy Buh continue to put their stamp on the Cardinal defense which has finished 11th nationally each of the last two seasons in sacks per game.

Lynn's long line of experience includes defensive coordinator positions in the National Football League with the San Diego Chargers (1986-91), Cincinnati Bengals (1992-93) and Washington Redskins (1994-96). He also was a secondary coach in the NFL with the New England Patriots (1997-99), Oakland Raiders (2000-03) and San Francisco 49ers (2004). His NFL career was highlighted by his tenures with the Patriots and Raiders.

SPEAKING TOPICS:

- 8 Man Front with 4 DB's
- Man and Zone Blitzes
- Defending the Spread

LeVon Haynes:

Vanden High School

SPEAKING TOPICS:

- Installing the Mesh Passing game

Will Hewlett:

Quarterback Academy (QBA)

SPEAKING TOPICS:

- Training the QB to Self correct not Destruct
- Demo:Redefining Throwing Mechanics- Focus on Zero
- Demo:CoachingQB's to Coach Themselves Defining how the QB Corrects

Earl Hansen:

Palo Alto High School

SPEAKING TOPICS:

- Organization of Practice for Playoffs
- Offensive Blocking Techniques for Tackles & Ends

Frank Marques:

Hilmar High School

SPEAKING TOPICS:

- Six running Plays From the Empty Backfield with Motion
- Passing Game from the Empty Backfield

John Philipopoulos:

Burlingame High School

SPEAKING TOPICS:

- Offensive Line Skills, Drill & Fundamentals, Emphasis the Running Game

Patrick Walsh:
Serra High School

SPEAKING TOPICS:

- Hidden Secrets of Coaching Running Backs
- Serra HS Defensive Line Fundamentals & Techniques

Butch Cattolico:
Los Gatos High School

SPEAKING TOPICS:

- Coaches Forum: Attacking Defenses with the Run Attacking Different Defenses with the Pass

Steve Ellison:
Petaluma High School

SPEAKING TOPICS:

- Defending Certain Kinds of Offenses with the Odd or Even Front

Darren Trueblood:
Enterprise High School

SPEAKING TOPICS:

- Spread No Huddle Offense
- Teaching Leadership Skills the Enterprise Way

Justin Starck:
Thurston High School

SPEAKING TOPICS:

- Shot Gun Run Game
- Shot Gun Screen Game
- Shot Gun Pass Game

Bill Garrison:
Cabrillo College

SPEAKING TOPICS:

- College Practice Sessions

Garrett Montana:
Eureka High School

SPEAKING TOPICS:

- Eureka Wing T Offense, Running the Veer
- Incorporating the Veer with the Mid Line Option

Ron Demoner:
Fremont High School

SPEAKING TOPICS:

- Teaching Fundamentals of Football, Keeping it Safe & Simple

Will Lenzer:
LA Valley Junior College

SPEAKING TOPICS:

- Maximizing Mental Toughness

Eric Scharrenberg:
Valley Christian High School

SPEAKING TOPICS:

- Mastering the Basics of Your Defensive System
- Defending the Pass with 8 in the Box

Golden Anderson:
Camel High School

SPEAKING TOPICS:

- Movement of the QB Out of the Pocket
- New Ideas to Keep Old Program Going Well & Esprit de Corps

KC Adams:
Anchor Point High School

SPEAKING TOPICS:

- Development of 8 Man Football, Strategy

Mark Newton:
Menlo School

SPEAKING TOPICS:

- Menlo Run & Shoot Passing Game

Kelly King:
Milpitas High School

SPEAKING TOPICS:

- Linebacker Play Techniques
- Linebacker Techniques & Fundamentals

Fred Guidici:
Menlo College

SPEAKING TOPICS:

- Punt Protection Technique
- Keys to PAT'S, Field Goal Protect & Rush

Irv Pankey:
College of Sequoias

SPEAKING TOPICS:

- Offensive & Defensive Aquatic Drills in Pool Video Demo
- Offensive Line Protection, Drills, Techniques, Schemes

VOLLEYBALL:

Dennis Janzen:



Dennis Janzen is the new athletics director at Fresno Pacific University. Janzen joined Fresno Pacific in 1983 as a physical education faculty member and coach of both the women's volleyball and basketball teams. He is FPU's most successful coach. Janzen guided the Sunbirds basketball team to a four-year 77-34 record, including a 28-3 campaign in 1987 that concluded with a Golden State Athletic Conference championship and first-ever trip to the NAIA national championship tournament.

SPEAKING TOPICS:

- Offensive Concepts: Objectives & Drills
- Movement Training for Volleyball: Objectives & Drills
- Transition Attack

Dede Bodnar:



Bodnar has coached for 25 years in all levels from Professional to Jr. High...coached Professional Beach team of Liz Masakayan & Elaine Youngs, Olympic Team, Collegiate, Club, High School and Junior High. She is currently the Head Coach for the San Diego City College Knights Volleyball team.

SPEAKING TOPICS:

- Incorporating the Back row Attack
- Blocking Effective Transition
- Serve to Win

Debbie Green:

California State Santa Barbara

SPEAKING TOPICS:

- Basic Fundamentals of Setting
- Setting Off Passes and Advanced Sets
- The Mental Side of Being a Setter. My Experience as a Setter & Coach

Ryan Cooling:
Presentation High School

SPEAKING TOPICS:

- Defensive Concepts
- Audibal Offense vs Plays
- Serving – Focus Drills

Walt Ker:
Legacy Volleyball Club

SPEAKING TOPICS:

- Running an Effective Practice
- Teaching Mental Habits
- Creating the Optimum Practice Environment

Taras Liskevych:



Taras ("Terry") Liskevych (Lis-KEHV-ich), former U.S. Olympic women's head coach, will patrol the sidelines of Gill Coliseum for his sixth season as the head volleyball coach at Oregon State.
"It's not every day you have an opportunity to hire a person who is quite frankly a legend in the volleyball community," De Carolis said at the time of Liskevych's hiring. "Terry Liskevych has a wealth of experience at the collegiate and international level, and I'm confident we could have not hired a more qualified individual for the position. This is truly a landmark day for the Oregon State University volleyball program and the entire athletics community."

SPEAKING TOPICS:

- What I Have Learned in 35 + Years Coaching & How This Can Help You
- The Key Components of Teaching Passing (Serve reception) & Passing Drills
- How to Design & Develop Drills for Your Needs

GENERAL SESSION:

Mark Speckman:



Mark Speckman is the head coach for the Willamette University football team in Salem, Oregon. A California native, he was born without hands and played football at the college level. He also works as a motivational speaker. As coach of the Willamette Bearcats he has led the team to three playoff berths at the NCAA III level.

SPEAKING TOPICS:

- Creating a Positive Culture with Your Staff and Team
- Running Back Preparation for Run and Pass Game
- Wide Receiver Preparation for Run and Pass Game
- Why Fly? Thoughts on Creating an Offensive System

FITNESS:



Steve Kenyon was the 1995 National High School Strength Coach of the Year and was nominated for this prestigious award a second time in 1999. He is a Certified Strength and Conditioning Specialist, a Level II USAW Weight Lifting Coach, and a SPARQ Certified trainer. Always a strength and conditioning coach, Steve developed three high school football programs into three playoffs teams in three different decades. Steve is also a noted speaker and author on strength training and is a nationally known authority on training the high school athlete.

SPEAKING TOPICS:

- Learn by Doing: Performance Model for Snatch & Clean
- Learn by Doing: Diabolic Metabolics
- Testing; Physical performance Profile & Lifting Proficiency

Jim Radcliffe:

University of Oregon

SPEAKING TOPICS:

- Football Power Development
- Speed & Agility development
- All Sports- Proper Dynamic Warm Up

BASEBALL:

Nate Trosky



Coach Trosky is employed part time by the Milwaukee Brewers, the German National Team, and serves as a baseball clinician at many colleges and universities (Stanford, USC, UC Santa Barbara, Cal State Monterey Bay, Cal Poly, University of San Francisco, Santa Clara University, Sonoma State, and Cal State Bakersfield). Coach Trosky owns and operates the Trosky Baseball School, training players and hosting college and professional prospect events. Formerly, he has coached at the college level, the professional level, and the Olympic level in Europe with the Croatian National team. At Hawaii Pacific University, coach Trosky received All American and Scholar Athlete awards and received his masters degree in Christian Leadership, Youth Family development.

SPEAKING TOPICS:

- Developing the Mental game
- Outfield Play
- Getting the Most Out of Your Players

Jerry Weinstein:



Jerry Weinstein compiled an 831-208 record in 23 seasons as head coach at Sacramento City College, guiding the Panthers to 16 conference championships, two co-conference titles, a state title in 1988 and a national crown in 1998. Weinstein is a member of the California Community College Baseball Hall of Fame and Sacramento City College Sports Hall of Fame. He was named National Community College Baseball Coach of the Year in 1988 and 1998 and developed 27 players at Sacramento City College who went on to play Major League baseball.

SPEAKING TOPICS:

- Developing an Offense, Part 1
- Developing an Offense, Part 2
- Base Running A to Z

Rich Hill:



Rich Hill has built the USD Toreros into one of the most successful Division I baseball programs on the West Coast. The 2010 spring season will be Hill's 22nd year as a head coach at the collegiate level, and 12th at USD, having enjoyed 19 winning seasons in 21 years. Since taking over at USD in 1999, Hill has been remarkable in re-writing the school record book en route to claiming back-to-back West Coast Conference Championship titles in 2002 2003 and also claiming the WCC crown in 2007 and 2008.

SPEAKING TOPICS:

- Building a Championship Team
- Infield Play and Drills
- Practice Drills that get Results

Don Freeman:

Clark College

SPEAKING TOPICS:

- Small Ball Turns the Momentum in Your Favor
- If You Work At It, the Hitter Will Get Himself Out
- You Don't Have to Throw Harder to Be Better

Tom Myers:

UC Santa Barbara

SPEAKING TOPICS:

- Pitchers Throwing Routines
- Mental Training for Pitchers for Practice and Games

SOCCER:

Theresa Wagner:



Theresa Wagner is entering her second season as an assistant coach in with the Stanford women's soccer program in 2009 after five seasons as an assistant coach with the University of San Diego. Wagner, a former standout from the University of Washington, spent four seasons as an assistant coach at University of San Diego. "Theresa brings a wealth of experience to Stanford," said head coach Paul Ratcliffe. "She has played and coached at a very high level and has a proven track record of success. "Wagner, along with day-to-day coaching duties, is heavily involved in recruiting prospective players and organizing Stanford's summer soccer camps. Prior to coming back to Stanford, Wagner was a volunteer assistant coach for the Cardinal during the 2002 season when the team went 21-1-1 and earned the No. 1 ranking. The team allowed just five goals the entire season and won the Pac-10 conference championship. In 2003 Wagner was named as an assistant coach for the University of San Diego. She has also been the head coach of the San Diego Surf Club soccer team, where she led the team to the No. 1 national ranking.

SPEAKING TOPICS:

- Combination Play
- Creating a Goal Scoring Mentality
- Runs Off the Ball

Jack Hyde:



Jack Hyde was instrumental in adding women's soccer at SF State in 1982 and has been the head coach for its entire 28 year existence.

Hyde played county-level soccer in England and had tenure on teams in South Africa and Canada.

After moving to the Bay Area, he worked his way through the coaching ranks with Head coaching positions at Bishop O'Dowd High School, Diablo Valley Junior College and as an Assistant Coach at UC California, Berkeley.

Prior to joining SF State he was Assistant Coach and Director of Youth Development for the Oakland Stompers, a professional team in the North American Soccer League (NASL).

SPEAKING TOPICS:

- Managing Your Team
- Practice Session Planning
- Developing Shooting Opportunities

Lesle Gallimore:



Lesle Gallimore will begin her 17th season at Washington in 2010 - the longest tenure of any coach in the Pac-10 - looking to continue the winning tradition she established when she arrived in Seattle in 1994. Gallimore will enter the 2010 season ranked second on the Pac-10 coaching charts in all-time victories (169) and in conference wins (64). In the process of registering team victories, she has also overseen the individual development of players. Two of her former players, Hope Solo and Tina Ellertson (Frimpong), are playing in the Women's Pro Soccer league and were chosen as All-Stars in the inaugural season. As members of the Saint Louis Athletica, Solo was named the league's Goalkeeper of the Year while Ellertson was an All-Star defender.

SPEAKING TOPICS:

- Defending 1 v 1, 2 v 2 and 3 v 3
- Possession and Passing / Receiving Games
- Final third Play: Crossing & Finishing

Marco Santillan:

NSCAA Director

SPEAKING TOPICS:

Jack Wright:

San Francisco State University

SPEAKING TOPICS:

- Practice Session Planning

Softball:

Kelly Ford:

Mt. San Antonio College

SPEAKING TOPICS:

- Building a Championship Season
- Getting the Most Out of Your Players & Coaches
- “Teambuilding” – Creating a Unified Atmosphere Within Your Program

Deb Hartwig:



Deb recently served as the National Operations Manager for the [PFX](#). The PFX Tour is the first professional sport in history to bring amateur and professional athletes together to meet and compete at the same event. Deb is also a member of the Right View Pro Team as well as a certified instructor for RVP. Deb is also a speaker at the [National Fastpitch Coaches Association Coaches College](#). Currently she is the Director of Coaches Certification and Training for the So Cal ASA. She is also the Tournament Director for the most prestigious College tournaments in the Nation, the Palm Spring Classic, the Judi Garman Classic and the Worth Tournament.

SPEAKING TOPICS:

- Slapping – How to Teach the Skill
- Hitting – Troubleshooting the Swing
- Catching – Throwing Out the Runners

Doug Gillis:



Doug Gillis is an outstanding teacher of the game. His approach to teaching pitching is very easy to understand and more importantly, fundamentally sound. Doug does a great job in breaking down the essential parts of the motion while having the ability to utilize and improve the physical attributes of each athlete.

SPEAKING TOPICS:

- 11 Key Positions
- Learning Progression Drills, “Drills for Diagnosis”
- Truth About the Drop Ball
- Rise Ball

Dot Richardson:



Dr. Dot Richardson is inspiration and energy personified. She captained the U.S. Olympic softball team that took home the gold in 1996 and 2000 while working her way through medical school in orthopedic surgery.

Dot was an NBC Sports broadcaster for the 2004 Olympic Games in Greece, and most recently, was named Commissioner of the ProFastpitch X-Treme Tour.

A born athlete, Dot developed a passion for softball at a time when women were confined to “women’s sports.” She broke down barriers and never allowed anyone to tell her she couldn’t just because she was a girl.

Today, she’s the Director and Medical Director of the U.S. Triathlon Training Center and shares with audiences the secret to making dreams come true.

SPEAKING TOPICS:

- Developing Middle Infielders
- Practice Organization: How to Run a Practice
- Defensive Situations
- How to Teach Throwing

Jay Howell:

Red Bluff High School

SPEAKING TOPICS:

- How to Build a Successful Softball Program
- Practice Organization: Offense
- Practice Organization: Defense

Michael Bastian:

Fastpitch School

SPEAKING TOPICS:

- Power Pitching Mechanics! How to Create Velocity/Speed & Control/Location
- Spin & Movement pitches! Simplifying the skill of Teaching Spin & Deception
- Softball cultures Today! Offense, Defense, Power, Finesse, Speed & Discipline

Track:

Joy Margerum:

Former Assistant Cal Berkeley

SPEAKING TOPICS:

- Hurdles
- Long Jump

Jason Karp, PHD:

San Diego

SPEAKING TOPICS:

- 5 Lessons I Have Learned From Physiology And How They Can Make Athletes Run Faster
- Chasing Mercury: Getting Faster With Periodization
- The Causes Of Fatigue And How To Combat Them

Jerry Noble:

De Anza College

SPEAKING TOPICS:

- Approach Consistency In Horizontal Jumps
- Training Athletes To Compete for Multiple Events: Sprints/Jumps
- Dynamic Warm-ups and Stretching Concepts for Multiple Event Athletes Specifically with the Sprints and Jumps

Larry Judge, PHD:

Ball State University

SPEAKING TOPICS:

- Rethinking Your Approach To The Glide Shot Put
- Developing Maximum Strength
- Core Training For extreme Sports Participation

Shiela Burrell:

San Diego State University

SPEAKING TOPICS:

- Speed and Power Development for Youth – How Fast?
- Hurdles
- Weight Training for Youth – Do It Right The 1st Time

Rob DeWar:



Starting his 6th year at Sacramento City College as the Head Men's Coach, Coach Dewar brings a wealth of experience, knowledge and success. Before starting at Sacramento City College Coach Rob was the Assistant Head Coach for the Men's and Women's, sprints/jumps coach and recruiting coordinator for the University of California, Davis for 8 years. Before joining UC Davis in 1996, Coach Rob was the sprints and jumps coach at CSU-Stanislaus for 8 years.

SPEAKING TOPICS:

- Sprints And Jump Drills
- Acceleration: Efficient Ways To Work On Starting

Bob McKay:



Charter Member of National Strength Coaches Association, 1974-present. The Athletic Congress-Level 1 (currently USATF), 1974-present. USA Olympic Development Coach- Throws (Men and Women), 2000-2006. Elite Emerging Coaches-USA Olympic Training Center (Lead Instructor), 2005-present. McKay has coached 170 plus All Americans in the throwing events including 28 California State Champions and 6 National Record holders. McKay had 5 athletes make the finals in throwing events at the 2008 US Olympic Trials.

SPEAKING TOPICS:

- Shot/Discus Logical Approach to 200/60 Ft Double
- Basic 200 foot Discus Throwing
- Basic 60 foot Shot Putting