

TEXAS REGIONAL PARA TRACK AND FIELD CLINIC

February 2-3, 2019 - Texas State University - San Marcos, Texas

February 2, 2019 (Saturday)

8:15-9 am Event Check-in @ Endzone Complex, Bobcat Stadium

9am -9:45am Welcome and Introductions – Believe in Yourself, Strive for Higher Goals!

Josh George - 4 x Paralympian, 5 x Para Medalist, 6 x World Champ, and Nominee-Best Male Athlete with a Disability ESPY Award

"Enhance your training, increase your performance outcomes, understand what it takes to succeed."

Breakout Sessions

Time	Session Title	Comments/Details	Event Group Focus	Location
10 am-11:15 am	Developing your run/jump stride (Judy Harrison)		Ambulatory Runners/Coaches	Endzone Complex Classroom
8:15 am-12:40 pm	1 on 1 Roller session with a Coach- Cheri Madsen, Josh George, Kelly Elmlinger/David Smith	A designated time to have a coach look at your seating position and stroke mechanics. Note, your specific time slot.	Intermediate-advanced WC Racers/Coaches	Endzone Complex Classroom
10 am-11:10 pm	Racing Chair Mechanics (Session 1)-Saul Mendoza	Learn how to take care of your chair and gain valuable speed	Wheelchair Racers/Coaches	Endzone Complex
11:20am-12:30pm	Racing Chair Mechanics (Session 2-repeat of session 1)-Saul Mendoza	Learn how to take care of your chair and gain valuable speed to your push	Wheelchair Racers/Coaches	Endzone Complex Classroom
10 am-12:30 pm	First Time Chair Set-up (10-11 group & 11:15-12:15 Group) David Smith, Paul Johnson	Get fitted for a racing chair	Beginner WC Racers/Coaches	Endzone Complex Parking Lot.
11:30am-12:30 pm	Reach your Throwing Potential (Erica Wheeler & Gabe Diaz de Leon)	Learn ideal chair placement & proper throwing technique	Field Athletes/Coaches	Endzone Complex Classroom
12:30 pm-1:15 pm	LUNCH		All Athletes/ Staff/Volunteers/Coaches	Endzone Complex
1:30 pm-3:30 pm	Beginner Ambulatory Training Session (Judy, Alicia) (Erica, Brooke, Gabe, Paul)	Rotation between 2 event groups (Run, Jump or Throw)	Beginner Ambulatory athletes/coaches	TSU Track Complex
1:30 pm-3:30 pm	Beginner WC Racing & Seated Throws: Training Session (Saul, Cheri, Josh, Kelly, Dave) (Erica, Brooke, Gabe, Paul)	Rotation between Wc Racing & Seated Throws	Beginner WC Racer/Coaches	TSU Track Complex
1:45 pm-2:45 pm	Navigating the Paralympic Pipeline & Junior Qualification Opportunities (Wendy)		All Intermediate-Advanced Athletes/Coaches	Endzone Complex Classroom



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3:30 pm-5:30 pm	Advanced Ambulatory Track and Field Training Session (Judy, Alicia) (Erica, Brooke, Gabe, Paul)	Rotation between 2 event groups (Run, Jump or Throw)	Ambulatory Athletes/Coaches	TSU Track Complex
3:30 pm-5:30 pm	Advanced WC Racing Training Session (Saul, Josh, Cheri, Kelly, Dave)		Intermediate - Advanced WC Racers/Coaches	TSU Track Complex
3:30 pm-5:30 pm	Wheelchair Throws Training Session (Erica, Gabe, Brooke, Paul)		Intermediate-Advanced WC Throwers/Coaches	TSU Track Complex
3:45 pm-4:30 pm	Understanding Paralympic/Adaptive Track and Field Opportunities (Wendy)		Beginner Athletes/Coaches	Track Bleachers

February 3, 2019 (Sunday) Endzone Complex & TSU Track Complex

9am-10 am	Developing Training Plans (small groups with event coaches) – Endzone Complex 1. Train like a Paralympian, Wheelchair Racing Training Strategies (Josh George & Cheri Madsen) 2. Training Makes Champions, Ambulatory Running & Jumps Training Strategies (Judy Harrison) 3. Designing a Throwing Specific Training Plan & Advance Up the Pipeline (Seated/Amb.) (Erica Wheeler)
10:15 am-11:15 am	How to become a Guide Runner (Judy Harrison) – Endzone Complex
10:15 am-11:15 am	Stretching and Injury Preservation (Dr. Deborah Bergfield & Ali Haselhort; Dell Medical School)-Endzone
11:45 am – 1:15 pm	Track & Field Training (Session II) – Ambulatory, WC Racers, Throws (All Coaches) – TSU Track Complex
1:45 pm- 2:45 pm	See the difference in your times with an upgrade on wheels and tires. Do you have the ideal handrim size your arm length? (Saul Mendoza & Cheri Madsen) - Endzone Complex (Small lunch to be served for WC Racing session)

To Register and for additional information: www.texasregionalparasport.org
 or contact Wendy Gumbert: wgumbert@hotmail.com / 512-914-3152.

Bobcat Stadium / End Zone Complex: Drive between the track and the stadium to the backside of the stadium, you will see the Endzone complex on the stadiums south end.

Texas State Track Complex: To the left of the TSU Bobcat Stadium
 1100 Aquarena Springs Dr., San Marcos, TX 78666

