



TEXAS REGIONAL PARA SPORTS TRACK AND FIELD CLINIC

February 1-2, 2020 @ Texas State University, San Marcos

February 1, 2020 (Saturday)

9:15-10 am Event Check-in @ Jowers Gymnasium 101

10am -10:45am Welcome and Introductions – Jowers Gymnasium 101

“Believe in You, Never Quit, Never Give UP” - Rodrick Green

Classroom Breakout Sessions – Morning Session

<u>Time</u>	<u>Session Title</u>	<u>Comments/Details</u>	<u>Event Group Focus</u>	<u>Location</u>
Ambulatory Track and Jumps				
11 am-12:15 pm	Jumpers are Runners First (Shannon Utley)	Keys to better Running/sprinting technique and the approach	Ambulatory Runners/Coaches	Jowers Classroom 205
Throws – Ambulatory and Seated				
11 am-12:15	Everything you need to know about Paralympic Throws (Erica Wheeler)	Proper throwing technique, disability group specific information on throws	Throwers / Throw Coaches	Jowers Weight Room
Wheelchair Racing – Beginner				
11:00-12:15 am	First Time Chair Set-Up and Chair Swap (Paul, Saul, David)	Get fitted for a racing chair	Beginner WC Racers/Coaches	Parking Lot Area Outside Jowers
Wheelchair Racing – Intermediate-Advanced				
9:00 am-1:30 pm	1 on 1 Roller session with a Paralympic level Coach	A designated time w/ a coach to look at your seating position and stroke mechanics. You will be assigned a specific timeslot.	Intermediate-advanced WC Racers/Coaches	Jowers Gymnasium 101
11:00-12:15 am	Fast Times Require Good Chair Maintenance (Scot Hollonbeck)	Learn how to take care of your chair independently and gain valuable speed	WC Racers/Coaches	Jowers Gymnasium 101
12:30-1:15pm	Lunch	All Athletes/ Staff/Volunteers/Coaches		Jowers Gym Foyer & Courtyard
General Sessions – Open to all abilities				
1:30-2:45 am	Practical Sports Psychology Introduction (Scot Hollonbeck)	Learn about visualization, breathing techniques, cold water therapy, and “The Wim Hoff Method” & why it works	All Athlete and Coaches	Jowers Classroom 206
1:15-2:45 pm	Event Specific Strength Exercises (Erica Wheeler)	Learn strength training ideas for all event groups	All Athletes and Coaches	Jowers Weight Room
1:30-2:30 pm	Help Others while you run: Learn How to be a Guide for Athletes with Visual Impairment (Judy Harrison)	Learn the proper technique and rules of being a guide to an athlete w/ visual impairment	All Athlete and Coaches	Jowers outdoor area





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Afternoon – Classroom & Practical Sessions

Beginner Ambulatory Track & Jumps

2:45 pm-5:00 pm	Beginner Ambulatory Training Session – 3 Groups: Run & Jumps (Roderick & Judy), Throw (Erica, Brooke, Paul)	Rotation between Run/Jump & Throws. Hands-on Training Sessions with Paralympic level Coaches	Beginner Ambulatory athletes/coaches	TSU Track Complex
5:05 pm-5:30 pm	Understanding Paralympic/Adaptive Track and Field Opportunities (Wendy Gumbert)	We will discuss what competitions are the best for our athlete to attend. Information will be given on ASUSA Junior National Championships.	Beginner Athletes/Coaches	TSU Track Complex Bleachers

Beginner Wheelchair Racer and Seated Throws

Please note the afternoon General Sessions (listed above on Schedule) that are available for all athletes!!

1:15-2:20 pm	WC Racing Technique and Chair Usage (Paul Johnson)	Learn the proper push stroke to get the most speed and how to operate your chair	WC Racers/Coaches	Jowers Classroom 205
1:15-2:15 pm	Chair maintenance, how to maintenance your chair - Ask Saul!	Do you know how to maintenance your chair, do you have additional questions-Ask Saul!	WC Racers/Coaches	Jowers Gymnasium 101 Foyer
2:45 -5:00 pm	Beginner Training Session: WC Racing (Saul, Cheri, Scot, Kelly, Dave, Romero); Seated Throws (Erica, Paul & Brooke)	Rotation between WC Racing & Seated Throws. Hands-on Training Session with Paralympic level Coaches.	Beginner WC Racer/Coaches	TSU Track Complex
5:05-5:30 pm	Understanding Paralympic/Adaptive Track and Field Opportunities (Wendy Gumbert)	We will discuss what competitions are the best for our athlete to attend. Information will be given on ASUSA Junior National Championships.	Beginner Athletes/Coaches	TSU Track Complex Bleachers

Intermediate-Advanced Ambulatory Run/ Jump

3:00 -4:00 pm	2020 Tokyo Selection Procedures, Navigating the Paralympic Pipeline (Shannon Utley)	Understand how the selection procedure works for Tokyo 2020. Learn what it takes to become a National Team athlete.	All Intermediate-Advanced Athletes/Coaches	Jowers Classroom 205
4:30 -7:00 pm	Advanced Ambulatory Running/Throws/Jumps Training Session (Roderick, Shannon, Judy, Erica, Brooke)	Hands-on Training Session with Paralympic level Coaches	Ambulatory Run/Jump Athletes/Coaches	TSU Track Complex



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Intermediate-Advanced Wheelchair Racing

Please note the afternoon General Sessions (listed above on Schedule) that are available for all athletes!!

1:15-2:20 PM	WC Racing Technique and Chair Usage (Paul Johnson)	Learn the proper push stroke to get the most speed and how to operate your chair	WC racers/Coaches	Jowers Classroom 205
3:00 pm-4:00 pm	2020 Tokyo Selection Procedures, Navigating the Paralympic Pipeline (Shannon Utley)	Understand how the 2020 Tokyo selection procedure works. Learn what it takes to be a National Team athlete.	Ambulatory Run/Jump Athletes/Coaches	Jowers Classroom 205
4:30 pm-7:00 pm	Advanced WC Racing/Throws Training Session (Saul, Scot, Cheri, Kelly, Dave, Romero, Erica, Paul)	Hands-on Training Session with Paralympic level Coaches	Intermediate - Advanced WC Racers/Coaches	TSU Track Complex
6:30-7:00 pm	Alternative Training Regiments (Scot, Cheri & Saul)	Learn new training ideas to make your workouts more fun and adaptive to	Intermediate - Advanced WC Racers/Coaches	TSU Track Complex

Intermediate-Advanced Throws (WC & Ambulatory)

3:00 pm-4:00 pm	2020 Tokyo Selection Procedures, Navigating the Paralympic Pipeline (Shannon Utley)	Understand how the selection procedure works for Tokyo 2020. Learn what it takes to become a National Team athlete.	Ambulatory Run/Jump Athletes/Coaches	Jowers Classroom 205
4:45 pm-6:30 pm	Intermediate to Advanced Throws Training Session (Erica, Brooke, Paul)	Hands-on Training Session with Paralympic level Coaches	Intermediate-Advanced WC Throwers/Coaches	TSU Track Complex

February 2, 2020 (Sunday) Jowers & TSU Track Complex

9am-10:15 am

Developing Individual Training Plans (small groups with event coaches) – Jowers Classrooms

1. Goal Setting and Training Plan Development for the Wheelchair Racer (Setting realistic goals and developing your training plan to meet those goals) (David Smith)
2. Training Makes Champions, Ambulatory Running & Jumps Training Strategies (Roderick Green)
3. Designing a Throwing Specific Training Plan & Hit the Standard You Need to Earn a Slot-Seated/Ambulatory (Erica Wheeler)

Fast Times Require Good Chair Maintenance (Saul Mendoza, Paul Johnson)

10:40 am – 12:40 pm

Track & Field Training (Session II) – Ambulatory, WC Racers, Throws (All Coaches) – TSU Track Complex

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

Jowers: Jowers Access Rd, San Marcos, Tx 78666

Texas State Track Complex: To the left of the TSU Bobcat Stadium

1100 Aquarena Springs Dr., San Marcos, TX 78666

