

***The SUNY Cortland Red Dragon  
'LEARN BY DOING'  
CLINIC***

Presented by:

  
SUNY  
**Cortland**  
Cross Country/Track & Field

***Sunday  
April 3<sup>rd</sup>, 2016***

All advanced registrants receive a free gift!

Advanced registration (postmarked Friday, March 18th): \$25/athlete or coach  
Registration at the clinic: \$30/athlete or coach

A discount of \$5/person will be provided to schools that bring 5 or more individuals.  
Please contact us for more information about a team discount (15+ individuals).

For further information, please contact Coach Stephanie Carnevale at  
[stephanie.carnevale@cortland.edu](mailto:stephanie.carnevale@cortland.edu)  
(201)-316-7314

# Clinic Information

## Philosophy:

The purpose of this clinic is to introduce high school track & field athletes and coaches to the concepts that are used in the training of university track & field athletes. The concept we stress the most is that track & field athletes have to know themselves and understand their event(s). An athlete needs to know and understand why and how certain drills and exercises are done and how they apply to what he/she is trying to accomplish.

## Events & Topics Covered:



Dynamic Warm-Up



Long Jump



Distance



Sprint Technique



Triple Jump



Shot Put



Block Starts



High Jump



Discus Throw



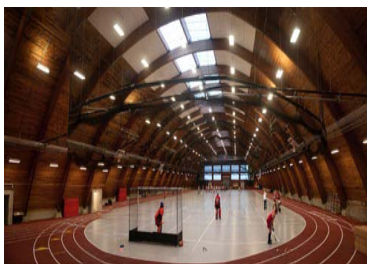
Hurdles



Pole Vault

## Facilities:

**Lusk Field House** features a 4-lane, 200-meter indoor track, long and triple jump facilities, in-field pole vault pit, a brand-new UCS throwing cage, and bathroom facilities for both genders. UCS hurdles and blocks are available for the clinic.



Home to the Cortland swimming and diving teams, **Holsten Pool** is located in the Park Center. A six-lane, 50-meter pool features seating for 1,500 spectators. The 15-foot diving area features two one-meter boards, two three-meter boards, a water agitation system, and an underwater viewing deck.



## Directions and Parking:

Registration and most clinic sessions will take place in Lusk Field House, located next to Park Center on the lower part of the SUNY Cortland campus. You may park in any of the lots located by Park Center.

**Directions to Park Center:** <http://cortland.edu/directions/index.html#Athletic>

## Suggested Equipment:

Participants should bring active clothing (t-shirt, shorts, sweats, etc.), event shoes, equipment, and a water bottle. You are strongly encouraged to bring indoor throwing implements and pole vault poles.

## Anticipated Clinic Sessions:

**SUNY Cortland Cross Country/Track & Field**

	<u><b>Session I</b></u> <u><b>(10:00-10:45)</b></u>	<u><b>Session II</b></u> <u><b>(11:00-11:45)</b></u>	<u><b>Session III</b></u> <u><b>(1:00-1:45)</b></u>	<u><b>Session IV</b></u> <u><b>(2:00-2:45)</b></u>
<b>Horizontal Jumps</b>	Approach Development for Horizontal Jumps <i>(LUSK FH)</i>	Drills for Developing the Horizontal Jumper <i>(LUSK FH)</i>	Long Jump Technique <i>(LUSK FH)</i>	Triple Jump Technique <i>(LUSK FH)</i>
<b>Sprints</b>	Dynamic Warm-Ups for the Speed Athlete <i>(LUSK FH)</i>	Front Side Running Mechanics <i>(LUSK FH)</i>	Starting Skills Progression <i>(LUSK FH)</i>	Block Starts Development & Drills <i>(LUSK FH)</i>
<b>Hurdles</b>			Hurdle Technique & Drills <i>(LUSK FH)</i>	Hurdle Starts <i>(LUSK FH)</i>
<b>Distance</b>	Plyometric Drills for Endurance Athletes <i>(PARK CENTER - COREY GYM)</i>	Pool Training for Endurance Athletes <i>(PARK CENTER - HOLSTEIN POOL)</i>	Distance Training & Racing Forum	Core Training <i>(PARK CENTER - COREY GYM)</i>
<b>PV Group (Women's)</b>	Gymnastic Training for the Pole Vaulters <i>(PARK CENTER - GYMNASTICS RM)</i>	Pool Training for Vaulters <i>(PARK CENTER - HOLSTEIN POOL)</i>	Pole Vault Drills & Technique <i>(LUSK FH)</i>	
<b>PV Group (Men's)</b>	Pole Vault Drills & Technique <i>(LUSK FH)</i>		Gymnastic Training for the Pole Vaulters <i>(PARK CENTER - GYMNASTICS RM)</i>	Pool Training for Vaulters <i>(PARK CENTER - HOLSTEIN POOL)</i>
<b>Throws</b>	Plyometric Drills for the Power Athlete <i>(LUSK FH)</i>	Footwork Development <i>(LUSK FH)</i>	Shot Put Technique <i>(LUSK FH)</i>	Discus Technique <i>(LUSK FH)</i>
<b>High Jump</b>	Creating the HJ Approach <i>(LUSK FH)</i>	High Jump Technique & Drills <i>(LUSK FH)</i>		

*Sessions will last approximately 45 minutes*

Anticipated Clinicians: The Red Dragon Coaching Staff

**SUNY Cortland Cross Country/Track & Field**

*Head Coach Steve Patrick* – Since returning to his alma mater, Patrick guided the Red Dragon men’s cross country team to their first ever national championship in 2008. On the track, he has coached over 70 Division III All-Americans, including national champions Amaan Sideeq (100, 200 meters) and Christina Acquaviva (100 high hurdles, heptathlon), and guided the men’s program to back-to-back NCAA Outdoor runner-up finishes. An eight-time Atlantic Region Coach of the Year, in 2008 Patrick was selected as the NCAA Division III Men’s Cross Country Coach of the Year. Patrick is a USA Track & Field Level II Coach in the sprints/hurdle/relays as well as in the jumps, is a USA Track & Field Coaching Education instructor, and is recognized as a Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association.

*Eric Banks* – Coach Banks returns for his third year to the Cortland coaching staff after a successful four-year career in track and field with the Red Dragons. He works primarily with Cortland’s sprinters and middle distance runners. Banks earned a bachelor’s degree in Physical Education from Cortland in 2013 and is currently seeking a master’s degree in Health Education from the College. Banks earned All-America honors twice at Cortland as a member of the 4 x 400 relay teams at the 2010 NCAA Outdoor Championships and 2012 NCAA Indoor Championships. Banks was a two-time SUNYAC champion in the Indoor 400m dash at the championship meet; and is a member of the school-record setting indoor 4x200 relay and indoor/outdoor 4 x 400 relay teams. Banks is also a USA Track and Field (USATF) Level I certified coach.

*Stephanie Carnevale* – Coach Carnevale began working with the Red Dragons in the Fall of 2015. She works primarily with the sprints, hurdles, and relays. Prior to Cortland, she was coaching high school soccer and track and field in New Jersey. A 2014 graduate of Muhlenberg College, Coach Carnevale earned All-American in the 60-meter hurdles in 2013.

*Larry Czarnecki* – Coach ‘Czar’, who coaches the Red Dragon throwers, is no stranger to Cortland track and field. As interim head coach during the 1998-99 season, he led the women’s team to SUNYAC indoor and outdoor championships and was named the league’s Coach of the Year. He took over as full-time head coach of the men’s track and field team from 2000-02 and guided the squad to back-to-back SUNYAC outdoor titles, the first since 1997. Czarnecki has coached numerous All-Americans and national qualifiers, including 2001 NCAA Division III national outdoor high jump champion Mark Mirabito.

*Michael Kelly* – Coach Kelly is an assistant coach specializing in distance events. As a first-year coach in cross country, he helped coach senior Nick Marcantonio to All-American honors, as well as both the men’s and women’s teams earning berths to the National Championships. Coach Kelly was a 4-year competitor for the SUNY Cortland Cross Country/Track & Field teams. During his time as an athlete for Cortland, he was placed on the SUNYAC Commissioner’s List and All-Academic Team. He competed in the SUNYAC Conference Championships in the 800m and 1500m run. Coach Kelly completed his bachelor’s degree in Biology at SUNY Cortland in 20214; he is currently enrolled at SUNY Cortland pursuing a master’s degree in Adolescent Education in Biology.

*Dr. Peter McGinnis* – Coach McGinnis enters his 26<sup>th</sup> season working with the Cortland pole vaulting squad. Since his arrival in 1990, Cortland’s pole vaulters have ranked among the best in the state in Division III and have dominated SUNYAC competition. In 2009, he was named the Atlantic Region Assistant Coach of the Year. That year the Red Dragon women’s pole vaulters captured the first six places at the 2009 SUNYAC Outdoor Championships, set a new conference record, and had a national qualifier while the men boasted the outdoor NCAA champion, the top-three finishers at the indoor conference championships and the top-two competitors at the outdoor conference meet, along with the conference record. McGinnis is a graduate of Swarthmore College, where he competed for three seasons on the varsity track team in the pole vault. He garnered All-America honors in 1975 at the NCAA Division III Championships and still holds the outdoor school record in the event. He has done coaching stints at the U.S. Air Force Academy, Oregon, Illinois and Northern Colorado. A professor of biomechanics at SUNY Cortland, McGinnis is currently a member of USA Track and Field’s Sports Science Committee as a Biomechanist for the pole vault and is considered one of the world’s leading experts on the event.

*Phill Wiltshire* - Coach Wiltshire re-joins the Cortland track and field coaching staff in 2015-16. He also served on the staff in 2012-13 after a successful four-year career with the Red Dragons. Wiltshire was an assistant coach at Carthage College in Wisconsin during the 2014-15 school year and was a member of the coaching staff at the University of Mary Washington in Virginia in 2013-14. He coached the school record breaker in the 60-meter dash at Carthage and the school record setter in both the 60-meter and 100-meter dashes at Mary Washington. Wiltshire earned All-America honors twice at Cortland as a member of the 4x400-meter relay teams at the 2010 NCAA Div. III Outdoor Championships and 2012 NCAA Div. III Indoor Championships. He also was a member of two winning 4x400-meter relays at the ECAC Div. III Championships and four victorious 4x400-meter relays at the SUNYAC Championships. Wiltshire captured the 400-meter hurdle title at the 2011 outdoor conference meet and is a member of the school-record setting indoor and outdoor 4x400-meter relay teams. Wiltshire earned a bachelor’s degree in physical education from Cortland in 2011 and a master’s degree in exercise science from Cortland in 2013. A native of Apalachin, N.Y., he graduated from Vestal High, where he competed in track and field, cross country and football.



**SUNY Cortland Cross Country/Track & Field**

## About SUNY Cortland Cross Country/Track & Field

Both Cross Country and Track & Field have a long and storied tradition at SUNY Cortland. Boasting over 350 All-American accolades, including at least one a year since 1980, to go along with 53 individual and 10 team National Championships in our history is an achievement we are very proud of!

Named the 'Silver Anniversary Women's Cross Country Program' by the US Track and Field/Cross Country Coaches Association (USTFCCCA), the Lady Red Dragon harriers have the most team championships in NCAA Division III history, winning six time in eight years, including once with a near-perfect score of 18 points!

All told, the men's and women's programs have won 80 SUNYAC conference championships – with too many individual championships to keep track of!

Our philosophy is surprisingly simple:

- **C**ommitment
- **S**acrifice – giving up what you want right now for what you want most
- **T**rust – in your team and most importantly in yourself
- **A**ttitude – positive and purposeful
- **T**raining – doing what you should when you should
- **E**xcellence – in thought and action



*2013 SUNYAC Men's & Women's Outdoor Track & Field Team Conference Champions*

# Red Dragon Track & Field Clinic: Registration Form (page 1 of 2)

## Participant Information (Please Print Clearly)

Name: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_ Year in School: \_\_\_\_\_

Home Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Event Interest(s): \_\_\_\_\_

Medical Concerns (Injuries, Allergies, Medications, etc.):

---

---

---

## Parent/Guardian Information

Name(s): \_\_\_\_\_

Home Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone(s): \_\_\_\_\_

Additional Emergency Contact (name & number): \_\_\_\_\_

Please Read and Sign:

I hereby grant permission for my child to attend the Red Dragon Track and Field Clinic. I verify that my child has had a physical exam in the past year and is capable of participating in the activities related to the clinic. I agree to indemnify, hold harmless and defend the staff from any and all liability for injury to my child, as well as injury/damage caused by my child. I authorize the staff to act on my behalf in the event of an emergency regarding discipline or medical attention. I understand that any expenses accrued as a result of said treatment are my responsibility. I acknowledge that my child is physically fit to participate in strenuous athletic activity, especially pole vaulting, as determined by a physician.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Red Dragon Track & Field Clinic: Registration Form (page 2 of 2)

Please indicate which sessions you anticipate attending:

Session # 1: \_\_\_\_\_

Session #2: \_\_\_\_\_

Session #3: \_\_\_\_\_

Session #4: \_\_\_\_\_

**Mail registration information to:**

SUNY Cortland Athletics  
Attn: Stephanie Carnevale  
P.O. Box 2000  
Cortland, NY 13045

Registration checks can be made out to: ASC: Track and Field

