



# MAX VELOCITY TRACK & FIELD

## MEET THE COACHES

**DAVID HENNESSEY**, has coached for 40 years at Penfield High School. Hennessey, who also taught Social Studies at Victor High School until 2011, holds the U.S. record for the most cross country wins. He is the New York State Indoor Track and Field Chairman and the Monroe County Chairman



for Cross Country. At Penfield, Hennessey coached hundreds of county, sectional and state champions. In recent years, he moved the USA Track and Field-sanctioned Summer Series to Penfield increasing participating to nearly 2,000 athletes and joined with local parents to form Maximum Velocity to better serve youth in the Penfield and Greater Rochester community ([www.maxvelocity.org](http://www.maxvelocity.org)). A graduate of the University of Rochester and record holder in the 3000 meter steeplechase there, Hennessey specializes in training distance runners. According to the National High School Sport Record Book, Hennessey has the most wins (dual meets) in the nation for boys and girls cross country.



**AUBREY SHEFFIELD** comes with over 20 years of coaching experience with mastery in sprinting, relays and middle distance. He is a well-recognized coach in Section V. Coach Sheffield is a former Edison Tech record holding runner. Currently Coach Sheffield is an assistant coach at Penfield High School.

Highlights from coaching career include:

- 1995-Present Coached Many Individual Athletes to City, Sectional, MOC, State, & National Titles
- 14 Indoor/Outdoor Sectional Titles
- National Champion 2011 4x200 (Darien Johnson, Shyquan Jones, Jaron Moorer, Eddie Williams)
- National Champion 2011 Triple Jump – Jahari Ross
- National Champion 2012 Freshman 60m - Daekwan Garfield
- National Champion – 2013 Kaishaun Cathey
- Section V Record Girls 4x200 relay – (Tanisha Love, Demonica Stanley, Nyasiah Mercado, Billie Carroll)
- City Catholic Track & Field Team Titles (2000 - 2012)
- 8 time RCAC Outdoor Track & Field Coach of the Year - 2006-2013
- Rush Henrietta High School Basketball Coach (2001-2004 - 4 State Championships).

**REBECCA FABBIANO**, is a graduate from Lockport High School and The College at Brockport where she set the women's indoor and outdoor pole vault records in 2012 (11'7" or 3.55m). She placed at SUNYACs each year (indoor and outdoor) and qualified for ECACs each season also. In 2011 and 2012, she was the SUNYAC Outdoor Track and Field Champion in the pole vault. Fabbiano, who has



a degree in sport management, joined the Penfield coaching staff in 2012-2013 indoor season. Since joining the Patriots, three of Fabbiano's vaulters have been named team Most Improved Performer. She has had several vaulters qualify for sectionals indoor and outdoor and had her first state champion in 2015 outdoor season, only three years into her coaching career. For the past two years Fabbiano has had vaulters qualify for NB Nationals and Hershey Nationals and place in their respected age division. Fabbiano not only coaches pole vaulters at camps, clinics and privately in the Greater Rochester area, but also still competes/trains as a vaulter herself.

In June 2014 Fabbiano won her first USATF Niagara Championship meet with the jump of 11'3". She plans to still complete over the summer and is looking forward to coaching at Max V.



**DENNIS JEMISON** is an expert in the horizontal and vertical jumps having competed at Michigan State via Edison Tech in the high jump (PR 6' 8") and triple jumps (50' +). He currently works with high school, college and professional jumpers to fine tune their workouts and technique. He studied with Coach Randy Huntington (one of only 4 masters jump coaches in the world) to identify key technical mistakes and how to correct them with both young and experienced jumpers. As a technician, he records all practices and keeps all records for time and distances, to ensure proper progression. Jemison's philosophy is to focus on strength and technique training, which results into faster sprints and longer, higher jumps. Training focuses flexibility, mobility, general strength and ability. Jumpers are sprinters and Coach Jemison expects them to be able to sprint competitively.



**TREVOR SARGEANT'S**

athletic career started in Ireland where as a Youth & Junior he represented his country in multiple international competitions both on the track and in cross

country. He ran in the World Junior Championship in Cross Country. Recruited from Ireland, he attended Iona College on a full athletic scholarship where he won several conference titles and had the opportunity of competing at some of the top relay carnivals, including Penn Relays, Tennessee Relays, Florida and Colonial Relays. Having competed at the national and international level he brings a wealth of both real life experiences along with the current training techniques used in the field of training the middle distance runner. He is a USATF Level 1 and 2 certified coach with a concentration in endurance events. He currently coaches boys and girls middle distance at Webster Schroeder, concentrating on the 800m.



**PAT TINDAL**

- Head Franklin Track Coach, 5<sup>th</sup> year
- Brockport College Assistant Hurdles Coach
- USA Track & Field Level 1 Certified

- Track & Field Technical Certification through the Track & Field Academy
- First Aid responding to emergencies, CPR/AED certified
- *Competed at the NCAA D3 and D1 levels (Buffalo State and UB)*
- *Competed in NYS Championships in the 400m Hurdles, 4x1, and 4x4 (Edison Tech)*
- Coached several NYS Meet competitors in sprints, relays, and hurdles
- Coached 9 Sectional champions in sprints, hurdles, and jumps
- Coached 20+ Rochester City Champions

**MAXIMUM VELOCITY TRACK & FIELD**

**INTRO TO TRACK & FIELD EVENTS**

**\$99**

**Grades 1- 5 and Grades 6-8**

- **Thursdays, June 16th - August 4th**
- **5:30 - 6:30 p.m.**
- Weekly Training Sessions
- T-Shirt
- Entry fees for all 2016 Summer Series Meets
- Coaching at all 2016 Summer Series Meets

**ACADEMY FOR EXPERIENCED T&F ATHLETES**

**\$175**

**Grades 6-12**

- **Mondays & Thursdays, June 16 - August 4th**
- **6:30 - 8:00 p.m.**
- Twice Weekly Training Sessions
- T-Shirt
- Entry fees for all 2016 Summer Series Meets
- Coaching at all 2016 Summer Series Meets

**ACADEMY FOR POLE VAULTERS**

**\$175**

**Grades 9-12**

- **Monday & Thursdays (starting June 16)**
- **6:30 - 8:00 p.m.**
- Twice Weekly Training Sessions
- T-Shirt
- Entry fees for all 2016 Summer Series Meets
- Coaching at all 2016 Summer Series Meets

**TO REGISTER: [www.maxvelocity.org](http://www.maxvelocity.org)**



**MAXIMUM VELOCITY TRACK & FIELD**

Maximum Velocity is a USATF-sanctioned Track and Field Club and 501c(7) intended to serve athletes from Penfield and the region providing elementary, middle, high school and college-aged track and field athletes a way to train, learn and compete in the summer.

For additional information and to register, go to

[www.maxvelocity.org](http://www.maxvelocity.org)