

SCENES FROM MAX VELOCITY'S 2018 SUMMER SERIES



MEET THE COACHES AND STAFF

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DAVID HENNESSEY has coached for 40 plus years at Penfield High School and, holds the U.S. record for the most cross country and spring track dual meet wins. He is the New York State Indoor Track and Field Chairman and coached hundreds of County, sectional and state champions. He moved the USA Track and Field-sanctioned Summer Series to Penfield increasing participation 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).



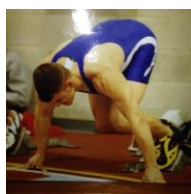
AUBREY SHEFFIELD comes with over 20 years of coaching experience with significant expertise in sprinting, relays and middle distance. He is a recognized as a regional sprint expert and has coached sprinters at Penfield High School for five years. In his career, Sheffield has coached hundreds of sectional, state and national title and record holders in the sprints and jumping events.



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). 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 the 2012-2013 indoor season. She coached her first State champion in the 2015 and 2018 girls indoor Sectional Championships. Additionally, she leads the *Mighty Max* Program for Maximum Velocity as an experienced Pre-K educator.



Former United States Olympian **SONJA FITTS-WALTERS** is one of the country's pioneers in the hammer throw. Fitts-Walters, who also coaches at RIT is one of the finest hammer throwers in U.S. Track and Field history placing first at the U.S. Olympic Trials in 1992 and winning the bronze medal at the 1995 Pan-American games. Fitts-Walters represented her country at the 1992 Summer Olympics in Barcelona, Spain. Fitts-Walters held the World, United States, and Collegiate records in the hammer throw. She will work with shot putters, discus throwers and javelin throwers via Max Velocity.



COACH MICHAEL QUAGLIATA has over 15 years of coaching experience in sprinting, pole vaulting, relays, and horizontal and vertical jumps. He currently coaches at Webster Schroeder during the indoor season (2003-present). He is the head coach at Midlakes High School during outdoor season (2009-Present.). He is the former record holder at the University of Buffalo in the 100m, 60m and 4x100m. Quagliata has coached several NYS Meet competitors in sprints, relays, pole vault and jumps, including State and a National Champion. He has also coached many Sectional and Finger Lakes Champions in sprints, hurdles, pole vault, pentathlon and jumps.



KATIE LEMBO is a Penfield H.S. graduate and one of the most decorated distance runners in Section V history. An All Big East performer at national power Providence, Lembo has PRs of 9:21.13 in the 3K and 16:11.53 in the 5K. Katie returned to Penfield after her 2018 graduation and has been coaching Penfield's distance runners with Coach Hennessey since. She also works with Autism Learning Partners supporting children with special needs and is committed to helping all youth – elite and novice – find joy in running.



PAT TINDAL is the Head Track Coach at Edison Tech (3 years) & Franklin (5 years) and special education teacher in the Rochester City Schools. He is USATF Level 1 Certified and competed at the NCAA D3 and D1 Levels (Buffalo State and UB). He competed in NYS Championships in the 400m Hurdles, 4x1, and 4x4 (Edison Tech). Tindal has coached several NYS Meet competitors in sprints, relays and hurdles as well as a NYS 600-m Champion, Jaquil Baxter (2018) and many section and city champions in sprints, hurdles, and jumps.



BRIAN SMITH was a Sprinter for Greece Athena. A versatile performer in high school. 8x All Greater Rochester, 2x All Greater Rochester Athlete of the Year. 4x State Champion. Ranked top 6 in all sprints including indoor and outdoor on the Section V all-time list. Full track and field scholarship to Kent State University. Volunteer Sprint Coach for one year after graduating. Current Sprints coach at Uprep, has coached sectionals winners and NYS meet competitors in sprints and relays.

ASSISTANT COACHES, STAFF AND CLINICIANS

Bringing Section V's Best Back to Give Back

- ELAINA ALSTON** (MCC)
- SYDNEY ANGUS** (SUNY Geneseo)
- ABIGAIL BOURCY** (St. Lawrence)
- BRADLEY FARNHAM** (SUNY Geneseo)
- ABBY FRANK** (Ithaca)
- ANDY FRANK** (Ithaca)
- MAX GLOSKEY** (RIT)
- CRYSTAL GRAHAM** (SUNY Buffalo)
- BRI LANTRIP** (Iowa)
- JONAH MCGRATH** (SUNY Fredonia)
- JACK MURPHY** (SUNY Binghamton)
- JOHN PULLANO** (St. Bonaventure)
- SINEAD SARGEANT** (James Madison)
- TYLER SENALL** (Pitt)
- HARPER STEWART** (Bucknell)
- BRITNEY SWARTHOUT** (Ithaca)
- LANAE-TAVA THOMAS** (USC)



MAXIMUM VELOCITY ACADEMY FOR CROSS-COUNTRY TRAINING PROGRAM

The Academy for Cross-Country Training Program will focus on progressive runs and hill intervals in order to prepare high school athletes for the upcoming cross-country season. We will use Penfield High School track and Harris Whalen Park for our workouts. We are scheduled to meet on Mondays and Thursdays (June 10 - July 25) and we will host a 3K cross-country meet on the last Thursday practice in the series. The meet will be open to all.

**TO REGISTER AND FOR ADDITIONAL
INFORMATION:**

www.maxvelocity.org

**MAX VELOCITY SUMMER SERIES
SPONSORED BY**



Helping create healthier,
better neighborhoods

MAXIMUM VELOCITY TRACK & FIELD

MIGHTY MAX \$80

Ages 3-5

- **Mondays, June 10 – July 22**
6:00 - 6:30 p.m.
- 30 Minute Weekly Training Sessions • T-shirt
- Entry Fees and Coaching for all 2019 Summer 10 & Under Meets (Thursdays)

INTRO TO TRACK & FIELD EVENTS \$120

Grades 1-5 and Grades 6-8

- **Mondays, June 10 – July 22**
5:30 - 6:30 p.m.
- Weekly Training Sessions • T-Shirt
- Entry Fees and Coaching for all 2019 Meets:
Grades 1-5 - Summer 10 & Under Meets (Thursdays)
Grades 6-8 - Summer Series Meets (Tuesdays)

ACADEMY FOR EXPERIENCED T&F ATHLETES

Grades 6-12 \$195

- **Mondays & Thursdays, June 10 - July 25**
6:30 - 8:00 p.m.
- Twice Weekly Training Sessions • T-Shirt
- Entry Fees and Coaching for all 2019 Summer Series Meets (Tuesdays)

ACADEMY FOR POLE VAULTERS \$195

Grades 9-12

- **Monday & Thursdays, June 10 - July 25**
6:30 - 8:00 p.m.
- Twice Weekly Training Sessions • T-Shirt
- Entry Fees and Coaching for all 2019 Summer Series Meets (Tuesdays)

ACADEMY FOR CROSS-COUNTRY \$195

Grades 7-12

- **Monday & Thursdays, June 10 - July 25**
6:30 - 8:00 p.m.
- Twice Weekly Training Sessions • T-Shirt
- Training held at Penfield HS and Harris Whalen Park in Penfield



TRACK & FIELD 2019

Maximum Velocity is a USATF-sanctioned Track and Field Club and 501c(3) 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

