



TEXAS REGIONAL PARALYMPIC TRACK AND FIELD CLINIC

February 17-18, 2018 - Texas State University - San Marcos, Texas

February 17, 2018 (Saturday)	
8:15 am - 9:00 am	Registration Open
9:00 am - 9:45 am	Welcome and Introductions – Becoming a Paralympian "Enhance your programs, increase your performance outcomes, understand what it takes to succeed."
TSU Jowers: Rm 211	

Ambulatory Running/Jumping/Throws				
Time	Session Title	Session Description	Instructor	Location
10 am-11:15 am	Developing your run/jump stride	Learn running/jumping technique and tricks of the trade in how to develop as an athlete	Judy Harrison, Samantha Goldenstein, Alicia White	TSU Jowers: Rm 207
11:30 am-12:30 pm	Developing your throwing mechanics	Classroom session on technique of proper throwing. Discussion on getting the right equipment to throw further	Erica Wheeler & Gabe Diaz de Leon	TSU Jowers: Rm 207
11:30 am-12:30 pm	How to become a Guide Runner	Learn the proper technique, rules and strategies to be a great guide runner	Judy Harrison, Samantha Goldenstein, Alicia White	TSU Jowers: Rm 202

Intermediate to Advanced Wheelchair Racing				
9:00 am-12:30 pm	1 on 1 with a WheelChair Racing Coach (Sign-up: 9am, 9:30 am, 10 am, 10:30 am, 11 am, 11:30 am, 12 pm)	A designated time to have an elite coach look at your seating position and stroke mechanics (Roller work)	Krige Schabort & Scot Hollonbeck	TSU Jowers: Rm 210
10 am-11:10 pm	Racing Chair Mechanics (Session 1)	Learn how to take care of your chair and increase your performance with maintained equipment	Saul Mendoza	TSU Jowers: Rm 211
11:20am-12:30pm	Racing Chair Mechanics (Session 2-repeat of session 1)	Learn how to take care of your chair and increase your performance with maintained equipment	Saul Mendoza	TSU Jowers: Rm 211

Beginner Wheelchair Racer/Seated Thrower				
10 am-11:00 am	First Time Chair Set-up (Group 1)	Get fitted for a racing chair - Group 1 assigned	Wendy Gumbert, David Smith, Paul Johnson	Lions Park Parking Lot
10 am-12:30 pm	If you already have a Racing Chair: 1 on 1 with a WheelChair Racing Coach (Sign-up: 9am, 9:30 am, 10 am, 10:30 am, 11 am, 11:30 am, 12 pm)	A designated time to have an elite coach look at your seating position and stroke mechanics (Roller work)	Krige Schabort & Scot Hollonbeck	TSU Jowers: Rm 210
10 am-11:10 pm	Racing Chair Mechanics (Group 2)	Learn how to take care of your chair and increase your performance with maintained equipment	Saul Mendoza	TSU Jowers: Rm 211
11:15 am - 12:15 pm	First Time Chair Set-up (Group 2)	Get fitted for a racing chair - Group 2 assigned	Wendy Gumbert, David Smith, Paul Johnson	Lions Park Parking Lot
11:20am-12:30pm	Racing Chair Mechanics (Group 1)	Learn how to take care of your chair and increase your performance with maintained equipment	Saul Mendoza	TSU Jowers: Rm 211
11:30 am-12:30 pm	Developing your throwing mechanics	Classroom session on technique of proper throwing. Discussion on getting the right equipment to throw further	Erica Wheeler, Gabe Diaz de Leon	TSU Jowers: Rm 207

Intermediate Seated Throwing Track				
11:30 am-12:30 pm	Developing your throwing mechanics (Field Coach)	Classroom session on technique of proper throwing. Discussion on getting the right equipment to throw further	Erica Wheeler, Gabe Diaz de Leon	TSU Jowers: Rm 207
12:30-1:30 pm	LUNCH			

Beginner Ambulatory Running/Jumping/Throwing				
1:45-3:00 pm	Beginner Ambulatory Track & Jumps Training Session	Hands-on session working on technique and training strategies	Judy Harrison, Samantha Goldenstein, Alicia White	TSU Track Complex
3:00 pm - 4:00 pm	Beginner Ambulatory Throwing Session	Hands-on session working on technique and training strategies	Erica Wheeler, Gabe Diaz de Leon	TSU Track Bleachers
4:15 pm-5:00 pm	Understanding Paralympic/Adaptive Track and Field Opportunities	Introduction to all the adapted track and field opportunities in Texas and the surrounding states. Understand the Jr. Nationals Grant opportunity.	Wendy Gumbert, Paul Johnson	TSU Track Bleachers

Intermediate Ambulatory Running/Jumping/Throwing				
1:30 pm-3:00 pm	Navigating the Paralympic Pipeline	Learn the proper pipeline to getting named to the Paralympic National Team - discussion on standards, Tokyo events, and more.	Wendy Gumbert, Paul Johnson	TSU Jowers: Rm 211
3:30 pm-5:00 pm	Intermediate Ambulatory Track & Jumps Training Session	Hands-on session working on technique and training strategies	Judy Harrison, Samantha Goldenstein, Alicia White	TSU Track Complex
4:00 pm - 5:30 pm	Intermediate Throwing Session	Hands-on session working on technique and training strategies	Erica Wheeler, Gabe Diaz de Leon	TSU Track Bleachers

Intermediate - Advanced Wheelchair Racing				
1:45 pm-3:15 pm	Navigating the Paralympic Pipeline	Learn the proper pipeline to getting named to the Paralympic National Team - discussion on standards, Tokyo events, and more.	Wendy Gumbert, Paul Johnson	TSU Jowers: Rm 211
3:45 pm-5:30 pm	Advanced WC Racing Training Session	Hands-on session working on technique and training strategies	Scot Hollonbeck, Krige Schabort, Saul Mendoza, David Smith	TSU Track Complex

Beginner Wheelchair Racer and Seated Thrower				
1:45 pm-3:45 pm	Beginner WC Racing Training Session & Throwing Session	Split into 2 groups and Rotate between WC racing & Throws. Hands-on sessions on push and throw technique and training strategies.	Scot Hollonbeck, Krige Schabort, Saul Mendoza, David Smith, Erica Wheeler, Gabe Diaz de Leon	TSU Track Complex
4:15 pm-5:00 pm	Understanding Paralympic/Adaptive Track and Field Opportunities	Introduction to all the adapted track and field opportunities in Texas and the surrounding states. Understand the Jr. Nationals Grant opportunity.	Wendy Gumbert, Paul Johnson	TSU Track Bleachers

Intermediate -Advanced Seated Throwing				
1:45 pm-3:15 pm	Navigating the Paralympic Pipeline	Learn the proper pipeline to getting named to the Paralympic National Team - discussion on standards, Tokyo events, and more.	Wendy Gumbert, Paul Johnson	TSU Jowers: Rm 211
4:00 pm - 5:30 pm	Intermediate Throwing Session	Hands-on session working on technique and training strategies	Erica Wheeler, Gabe Diaz de Leon	TSU Track Bleachers

February 18, 2018 (Sunday) – Intermediate Athletes				
9:00 am-10:00 am	How to Develop your Training Plan (Small groups with event coaches)			
9-10am	* Wheelchair Racing		Scot, Krige, Saul	TSU End Zone Complex
9-10am	* Ambulatory Running & Jumps		Judy Harrison	TSU End Zone Complex
9-10am	* Throws (Seated and Ambulatory)		Erica Wheeler	TSU End Zone Complex
10:15 am-11:15 am	Improving your Nutrition to Improve your Performance		Megon Thurman	TSU End Zone Complex
11:45 am – 1:00 pm	Track & Field Training (Session II) – Ambulatory, WC Racers, Throws		Judy, Erica, Gabe, Paul, Scot, Krige, Saul, Dave	TSU Track Complex
1:30 pm-2:30 pm	Replacing/Repairing your Handrims (small lunch to be served)		Krige, Scot, Saul	TSU End Zone Complex

To Register or for more Information:

www.texasregionalparalympicsport.org

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