



# TRACK AND FIELD CLINIC

Hosted By University of the Cumberland &  
Kentucky Track & Cross Country Coaches Association

Saturday December 10,  
9:00a.m. - 3:00p.m.

Location: University of the Cumberland, Williamsburg, KY (Rollins Center)

Fees: Before 12/1 Coaches: \$30.00 pre registration- Lunch Included  
Students: \$15.00 pre registration- Lunch Included  
After 12/1 \$40 coaches \$25 athletes \* Save \$10.00 by pre-registering by December 1

- Speakers:**
- Tim Mack**      **2004 Olympic Gold Medalist Pole Vault**
  - B.J. Temple**      Asst. Track Coach Univ. of the Cumberland (Sprints & Middle Distance)  
56 NAIA All- Americans  
12 NAIA National Champions
  - Randy Greer**      Head Track/ XC Coach Anderson University, SC 10 years College Coaching Experience  
Multiple NCAA D2 National Qualifiers
  - Jeremy Brading**      Asst. Coach Univ. of the Cumberland (Jumps)  
NCAA D1 National Qualifier (Pole Vault)  
NCAA Great Lakes Region Winner (Pole Vault)
  - Derrick Black**      Asst. Coach Univ. of the Cumberland (Throws)  
FCA- President Anderson University, SC
  - Dr. Bertram**      DC, CCSP®, ART© Performance Therapeutics, Knoxville, TN  
Specializes in sports injuries as well as spine and extremity musculoskeletal dysfunctions.
  - Bradley Sowder**      College and High School Coaching Experience with numerous and KY State Qualifiers  
Biomechanics and Shoes specialist.
  - John Harris**      Williamsburg HS, Boys' Head Track Coach.  
8 Region Team Titles, 5 Runner Ups, and Multiple State Qualifiers
  - Mike Abott**      15 Years of H.S. and Middle School Track and Field Coaching Experience. Multiple State Qualifiers. ( 9 as Head Coach)

**TOPICS** Pole Vault, Throws, Jumps, Motivation, Dynamic Warm-up, Strength Training for Youth, Taking care of the little things (Hydration, Nutrition, Sleep, Flexibility, Core Stability) Biomechanics and proper footwear, Challenges of being HS Coach in Eastern. KY. Coaches Open Discussion, Functional Testing, Sports Injuries and Prevention

Inquiries: B.J. Temple: bj.temple@ucumberlands.edu or 606-539-4223

Checks Payable to: U.C. Track and Field  
Mail to: B.J. Temple U.C. Track and Field  
7526 College Station Dr.  
Williamsburg, KY 40769

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**MAIL THIS PART BACK WITH CHECK TO:**

Univeristy of the Cumberlands  
BJ Temple Track and Field  
7526 College Station Drive  
Williamsburg, KY 40769

Track and Field Clinc

Name \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ - \_\_\_\_\_

Email Address \_\_\_\_\_