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Presents

2014 TRACK AND FIELD SUPER SUMMIT

JANUARY 3-4, 2014



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To Register:

http://coachoregistration.com/event/entry/fl_summit/

If you are interested in having some of the best and most accomplished minds and performers in the sport of track and field share with you the most cutting edge and current knowledge and insights,... that really work, then this is the very best Christmas present you can give yourself. Each and every clinician and presenter has Olympic credentials and success, either as an athlete, or coach, and in some instances both!

Who are we referring to ?

Brooks T. Johnson. Summit Director, Four(4) times on U.S. Olympic Coaching Staff, Johnson coached athletes have competed in every Olympics from 1968 through 2012, covering more than 45 years of successful coaching at the very highest levels, including coaching David Oliver, 110 hurdles Gold at the 2013 IAAF World Championships in Moscow, Russia. Prior experience includes Director of Track and Field at Stanford University, where in one four year span his cross country teams finished second three times and third once.

Dr. James Li. Head Manager for U.S. Olympic Team in Beijing, China, 2008. Dr Li is currently the Head Cross Country Coach at the University of Arizona where he coaches Lawi Lalang the NCAA champion in cross country and the NCAA 5,000 and 10,000 meter champion as well. Dr Li is arguably the greatest middle distance coach of the 21st century having coached Bernard Legat since 1999 to international prominence with Olympic and World Championship medals in the 1500 and 5,000 along the way. No athlete or coach has enjoyed this kind of success over the same period.

Lawrence "Boogie" Johnson. Coach of Brianna Rollins, NCAA and USATF 100 meter hurdles National Champion for 2013, capping off the year with Gold in the same event at the IAAF World Championships of 2013. Prior to that Johnson coached Queen Harrison to NCAA championships in both hurdle events. She was also a member of the 2008 U.S. Olympic Team at 400 meter hurdles.

Jeanette Bolden. New Head Coach at the University of Central Florida, formerly from UCLA where her teams won several NCAA titles and many PAC – 12 titles as well. Jeanette was a member of the gold medal 4 x 100 meter relay at the 1984 Olympics, an exclamation point to a great career as an international sprint performer.

Johnny Gray. Cross Country Coach at the University of Central Florida and formerly at UCLA. Before becoming a coach, Johnny was a ,multiple time Olympian, and American record holder at 800 meters. He coached the 2013 national champion at 800 meters, Dwayne Solomon.

Roger Kingdom. One of two people to win the Olympic 110 hurdles twice (1984 and 1988). The former world record holder in this event brings a broad base of knowledge and experience he gained as a collegiate coach following his retirement from competition.

These esteemed and accomplished presenters will be joined by other clinicians of similar credentials. They will be joined by Olympic athletes, who will be available for meet and greet opportunities as well as photo opportunities. Among them are: David Oliver, Joel Brown, Consuelo Moore, Dwight Thomas, Korrine Hines, and others, the names of which will be provided later as they are confirmed.

Location

Orlando, Florida at the DRURY INN and SUITES. One of the most attractive aspects of the Super Summit are the hotel arrangements. The Drury is a new hotel that is offering a rate of \$89.00 a night for either single or double occupancy(\$45.00 PER PERSON). An additional bed can be provided for just \$10.00 a night. Since the Drury is located less than 10 minutes from UNIVERSAL STUDIOS, SEAWORLD, and DISNEY WORLD, the Super Summit provides and unequalled opportunity to make the event a family affair and kick off the New Year on an all time high note.

Special amenities offered by the hotel that make it an exceptional and unique value and opportunity are: (1) FREE hot breakfast, (2) FREE Kickback @ 5:30pm each day- a free rotating menu of hot food and cold beverages, (3) FREE Long Distance – one hour every night, (4) FREE high speed wireless access (5) FREE Soda and Popcorn from 3:00pm.

To assure yourself of all of these amenities and hotel rate, please make reservations before December 3, 2013. To make reservations contact:

ASHALEY.McCULLOUGH@DRURYHOTELS.COM or call at: (800) 436-1166.

Preliminary Schedule:

FRIDAY, JANUARY 3rd

3:00PM	Check-in and Summit Registration FREE Popcorn and Soda available
5:30PM	Free "Kickback" – Hot snacks and cold beverages
6:00PM	Introduction/Orientation – Brooks Johnson
7:00PM	PYRAMID for success in Track and Field – The FIVE T's
8:00PM	BUILDING A WINNING PROGRAM – Jeanette Bolden
9:00PM	OLYMPIANS ROUNDTABLE – Meet and Greet with Olympic Coaches and Athletes, followed by panel discussion on critical elements for success in Track and Field

SATURDAY JANUARY 4

8:00AM	ENERGY SYSTEM TRAINING – Brooks Johnson
9:00AM	FALL TRAINING FOR BALLISTIC EVENTS – Lance Brauman
10:00AM	SPRINT TRAINING INSEASON – Jeanette Bolden
11:00AM	800-1500 TRAINING - Johnny Gray
12:00 2:00PM	LUNCH BREAK
2:00 4:00PM	MIDDLE DISTANCE TRAINING – Dr James Li
4:00 5:30PM	ESSENTIALS OF HURDLING – Kingdom, Oliver, Johnsons
5:30	FREE "Kickback" and DINNER BREAK
7:00PM	CRITICAL ZONES COACHING CONCEPTS FOR: 100 – Hurdles, 400, 800, 1500-5,000- A coaches panel will share successful insights and information that allowed them to successfully work with athletes in these various events.

REGISTRATION: http://coachoregistration.com/event/entry/fl_summit/

Note: Early Registration: \$100.00 by December 15
Late Registration: \$125.00 December 16

- Each session will be video-taped by the U.S. Olympic videographers, and made available free to attendees for reference and future review study.
- There will be FREE T-Shirts and a Goodie Bag for each attendee.
- Within 5 minutes walking distance of the hotel are eating establishments from McDonalds to Whole Foods.

MORE INFORMATION:

Contact Brooks Johnson at: (407) 758 – 0755 or sutracs@aol.com