



## 2016 VS Athletics Track & Field Super Clinic

**Where:** Del Norte High School  
16601 Nighthawk Lane  
San Diego, CA 92127

**Date:** Saturday, February 4<sup>th</sup>, 2017

**Pricing:** Preregister Online \$50.00.  
Day-of Registration: \$60.00.  
Price Cap of \$300.00 for up to 10 coaches from ONE PROGRAM

[Online Registration - Click Here](#)

<http://www.vsathletics.com/clinic/index.php/component/eventbooking/vs-clinics/2017-vs-athletics-coaches-clinic>

**Time:** Registration 8:00am – 8:50am  
Clinic intro 8:50am – 8:55am  
Session I 9:00am – 10:20am  
Session II 10:30am – 11:50am  
Lunch 12:00pm – 12:50pm (Raffles During Lunch)  
\*Round table discussions during lunch for High Jump, 3200m, Sprint Relays\*  
Session III 1:00pm – 2:20pm  
Session IV 2:30pm – 3:50pm

**Contact:** Matt Farmer – [trackfarmer@gmail.com](mailto:trackfarmer@gmail.com)

**Our Sponsors:** VS Athletics, Finished Results, Asics, and GILL Athletics.



# 2016 VS Athletics Clinic Session Schedule

## **Session I Presenters (9:00am-10:20am):**

**Shot Put** (*Sponsored by Cantabrian*): Greg Garza - Assistant Coach, SDSU

**Sprints** (*Sponsored By Powermax*): Shelia Burrell - Head Coach, SDSU

**Triple Jump** (*Sponsored by VS Athletics*): Courtney Stafford - Asst Coach, CSU Fullerton

## **Session II Presenters (10:30am-11:50am)**

**Discus** (*Sponsored by Cantabrian*): Greg Garza - Assistant Coach, SDSU

**100HH/110HH** (*Sponsored by Powermax*): Jeff Perkins - Associate Head Coach, UC Irvine

**Finishlynx/Hy-Tek** (*Sponsored by VS Athletics*): Chris Ruff – Head Coach, Del Norte HS

## **Lunch Break (12:00pm-12:50pm) – Main Lunch Area**

**High Jump Round Table:** Matt Farmer, VS Athletics

**3200 Meter Training for Track Round Table:** Chris Jacobs, Del Norte High School

**Sprint Relay Round Table:** Don Jones, Rancho Bernardo High School

**\*RAFFLE to be held during lunch time. Raffle Items from various sponsors!\***

## **Session III Presenters (1:00pm-2:20pm)**

**Pole Vault** (*Sponsored by Pacer/Mystic*): Tim Ngo – Assistant Coach, Del Norte HS

**300 Hurdles** (*Sponsored by Asics*): Jeff Perkins - Associate Head Coach, UC Irvine

**Middle Distance** (*Sponsored by VS Athletics*): Bruce Jackson – Head Coach, Poway HS

## **Session IV Presenters (2:30pm-3:50pm)**

**Pole Vault** (*Sponsored by Pacer/Mystic*): Tim Ngo – Assistant Coach, Del Norte HS

**400 Meters** (*Sponsored by Nike*): Wes Williams – Assistant Coach, UC San Marcos

**Long Jump** (*Sponsored by VS Athletics*): Cameron Gary - Head Coach, El Cajon Valley HS



## 2016 VS Athletics Clinic Presenter Bios



**Shelia Burrell**, a two-time Olympian in the heptathlon, enters her eighth season as the head cross country/track and field coach at San Diego State.

Over her six years, Burrell has coached four NCAA individual champions, 24 All-Americans, 42 Mountain West individual champions, two MW relay champions and 107 all-MW performances. Additionally, 29 school records have been set under her watch.

Burrell was named the Mountain West Women's Coach of the Year in 2015.

Burrell brought an impressive pedigree of success as an educator, coach and athlete to the Montezuma Mesa. A graduate of the University of California at Los Angeles (UCLA) and member of the UCLA track and field team during the successful Bob Kersee era, Burrell returns to Southern California after spending the previous two years at Georgetown University.

USA Track and Field Level One and Level Two certified in the sprints, hurdles and multi-events, Burrell has been an athlete and a coach throughout her competitive career. A student of the sport, Burrell has served as a sprint and hurdle clinician for various clinics and has coached at every level of the sport throughout her career, coaching youth, high school and junior college track and field. Throughout her career, Burrell has had the fortune of working with and coaching alongside some of the top coaches in the sport of track and field.

Burrell is known as one of our nation's best athletes competing in the heptathlon at the 2000 Olympic Games in Sydney, Australia and the 2004 Olympic Games in Athens, Greece (fourth-place finish). In addition, she was a five-time U.S. National Champion in the heptathlon (1999, 2001, 2002, 2003 and 2004). Burrell also won a bronze medal at the 2001 Edmonton World Championships, becoming the first American to medal at an international championship since the great Jackie Joyner-Kersee.



**Cameron Gary** is a jumps, sprints, and strength coach based in Chula Vista. He has coached athletes at the Youth, high school, D-1 collegiate and elite levels since 1981. Cameron is now the Head Track & Field Coach at El Cajon Valley High School. As a competitor, Cameron was a high school and collegiate conference champion, school record holder, national championship and 1984 United States Olympic Trials qualifier in the Triple Jump.

Cameron holds a USA Track & Field (USATF) Level III coaching certification in the jumps, and a Level II certification in the sprints, hurdles, and relays. Cameron also holds a USA Weightlifting Level 1 Performance Coach certification and is a member of the National Strength and Conditioning Association



**Greg Garza**, a three-time All-American and two-time Olympic Trials competitor in the discus throw, enters his fifth season at San Diego State as an assistant coach and throws coach. Garza was named the assistant on Oct. 4, 2012 and recently added director of operations to his title.

Garza came to SDSU after spending the previous two years as an assistant throws coach with the U.S. Olympic Training Center in nearby Chula Vista. Under the direction of throwing coach legend Art Venegas, Garza helped coach a pair of throwers who qualified for the London Olympics in Jessica Cosby (hammer) and Jared Rome (discus), as well as Jeremy Campbell, a paralympic discus thrower who owns the world record in the event. He also spent the same two years as the strength and conditioning coach at Shadow Hills High School.

Garza has also been a director and head coach of the Flying Elephant Throwing Clinic (2011), a volunteer assistant coach with national power UCLA (2007-09) and a camp coach and clinician at UCLA (2004-09).

Prior to getting into coaching, Garza excelled at UCLA under Venegas as a three-time All-American and three-time Pac-10 (now Pac-12) champion in the discus throw. A captain his senior year with the Bruins, Garza was a four-time NCAA national championship competitor and two-time NCAA West Regional runner-up. Over his career, Garza twice qualified for the U.S. Olympic Trials and was a two-time participant at the U.S. Track & Field Championships. Garza's mark of 211 feet, 8 inches in the discus ranks second all-time at UCLA. He also owns personal bests of 188-3 in the javelin and 57-2 in the shot put.



**Bruce Jackson** enters his fifth season as Head Coach of the Boys & Girls Cross Country/Track & Field team at Poway High School. Additionally Jackson serves as the Head Coach of the Pomerado Falcons youth track club. During his short time in California Jackson has coached Poway to two boys Palomar League track titles, two boys CIF San Diego Section Division 1 Championships, and a top-10 boys state track & field finish.

Jackson, a Seattle native, graduated from Nathan Hale High School in 2001. While at Nathan Hale, Jackson was a state track champion at 400m and 800m in the same season. Jackson was a 3-time NCAA All-American in track during his time at the University of Washington. He also was the 2007 USATF Club National 800m Champion. A USATF National Indoor Championship qualifier in 2007 and 2008.

Jackson currently holds a USATF Level 2 coaching certification in endurance, and is a USTFCCA certified endurance specialist. He was a USATF Podium Education Project grant recipient in 2014. Additionally, he was selected as a 2016 USATF/USOC Emerging Elite Coach.

**Tim Ngo**, is a first year vault coach at Del Norte High School. Having spent over a decade coaching at Poway High School in San Diego, Ngo has coached many SDCIF finalist in the Pole Vault, qualifying 7 athletes to the California State Meet with 2 making the State Finals.



**Jeff Perkins**, UC Irvine, works primarily with the sprinters, hurdlers and jumpers. Perkins, who was named associate head coach in 2009, is a USATF Level 1 and Level 2 certified sprints/hurdles/relays and jumps coach. Perkins also coaches Danny McFarlane from Jamaica in the 400-meter hurdles. McFarlane won the 400 hurdles at this summer's Jamaica Olympic Trials to advance to the Beijing Olympics. He was silver medalist at the 2004 Olympic Games and placed fifth at the 2007 World Championships in Osaka, Japan.

Perkins joined the UCI staff from the University of Oklahoma, where he served hurdles and relays. In his first season with the Sooners, he coached Ronnie Pines to 6.60 in the 60 meters, which was the third-fastest time in the nation. Perkins had three 110-meter hurdlers compete in the Big 12 final, placing second, third and eighth. Perkins' athletes scored a combined 34 points in the Big 12 Championship, helping the Sooners finish fifth after a 10th-place showing the previous year. In 2006-07 at Oklahoma, Marcus Pugh won the 60 meters in 6.67 at the Big 12 Indoor Championship. The Sooners went on to win the Big 12 outdoor title as well as the Midwest Regional Championship. Oklahoma's 4x100 relay finished fourth at the NCAA Outdoor Championship after winning conference and regional championships. In his two seasons at Oklahoma, Perkins coached 12 NCAA-regional qualifiers and six NCAA qualifiers. Perkins served from 2002-05 in the Big West Conference at Cal State Northridge, where he coached the men's and women's sprints, hurdles and jumps.



**Chris Ruff**, is the Head Track & Field Coach at Del Norte High School.

Ruff enters his 25<sup>th</sup> year as a coach in the San Diego Section, holding head coaching positions at Helix High School ('99-'01), El Capitan ('03-'08) and Del Norte High School ('10-Present). During his tenures as a head coach, Ruff's overall dual meet record is 148 – 26 – 4, with 19 league team titles, 3 SDCIF Boys Division II Team Championships(2013, 2014 and 2015) and 3 SDCIF Team Runner-Up finishes.

Ruff specializes in the hurdles and sprints, where he has had tremendous success, including the 2011 CA State 4x100 relay title, won by his Helix boys, at 41.17. Ruff's athletes are a perennial fixture in the SDCIF finals in many events.

Ruff was named the 2013 & 2014 "Boys San Diego Track & Field Coach of the Year," after capturing San Diego CIF Division II Boys team titles in each, 2013 & 2014. In 2015 after a 3<sup>rd</sup> consecutive San Diego Section Division II Boys team title, Ruff was named the California Coaches Association "Southern California Boys T & F Coach of the Year," in 2016



**Cortney Stafford**, 2<sup>nd</sup> Year Assistant Coach – Cal State Fullerton

Prior to joining the Titans for the 2015-16 season, Stafford spent one year as a volunteer assistant coach focusing on horizontal jumps for UC Irvine.

Prior to coaching at UCI, Stafford was at Long Beach Polytechnic High School, where she spent four years (2010-2014) serving as an assistant sprint and jumps coach. Stafford assisted the Jackrabbits in their 2011 Boys and Girls CIF-Southern Section, and CA- CIF State Championships, and the Girls 2013 & 2014 CIF-Southern Section, and CIF State Championships. During this time, the Jackrabbits also produced numerous national leading marks, and in 2011 ESPN ranked the Track and Field Program #1 in the nation.

Stafford competed four years for the Mustangs of Cal Poly San Luis Obispo. Competing in both the long and triple jump, and sprint relay, was a two-time Big West Conference champion in the triple jump in 2004 and 2005. As a Big West Conference triple jump record holder, her mark of 13.45m (44'-1 1/4") still stands today. In 2005, she placed ninth in the triple at the NCAA Indoor Track Championships, fourth at the 2005 NCAA West Regional and competed at the Outdoor NCAA Championships that year.

Stafford has a master's degree in sport management from Long Beach State and her undergraduate degree in political science and ethnic studies. She is a USATF Emerging Elite Sprint Coach, certified Association Level Official, Level 2 Jumps Coach, and is certified as an IAAF Level 5 Jumps Coach.



**Wes Williams**, a San Diego native, Lincoln High graduate, and San Diego State Alum, was one of the top hurdlers of the 1970s and has been coaching locally ever since.

In his 17th season with CSUSM in 2016, Williams helped the relay squads make a big impression at the CCAA Championships. The women's 4x400m relay of Cristen Lane, Charlotte Kuzminsky, Elizabeth Buckle and Lauren Wyckoff posted the second-fastest time during the prelims. Also guided the 4x400m relay squad of Wyckoff, Kuzminsky, Buckle and Danielle Tildahlto victory at the Aztec Invitational.

Under his tutelage, seven student-athletes achieved CCAA Championship qualifiers and 22 Cougars established personal-bests in various events.

In his debut season for SDSU in 1969, Williams set the 400-meter hurdles school record and placed second at the NCAA Division I Championships with a time of 49.3 seconds, .1 seconds off the American record. He graduated from SDSU in 1970 following a third place finish at the National Championships, ending his Aztec career as a two-time conference champion and two-time NCAA All-American.

Williams continued his career professionally, ranking in the top-10 in the world in the 400-meter hurdles from 1969 through 1977. He won the AAU Indoor National Championship in the 600-meter dash in 1973 and 1974, and he competed as a member of four USA national teams.

Williams' coaching career began in 1971 at Lincoln High School. From there he made stops at San Diego Mesa College, UCSD, and finally the newly-created program at Cal State San Marcos in 1998. Williams has served as the Assistant Track & Field Coach for the Cougars since Athletics at CSUSM was founded, working with Head Coach Steve Scott to build CSUSM Track & Field into one of the top programs in the NAIA.

Wes graduated from SDSU in 1970 with a degree Physical Education with a U.S. History minor. He has three children and three grandchildren, and he and his wife Debbie live in University City.