

# SC SPRINT/HURDLE COACHES CLINIC

November 18 and 19 hosted by The University of South Carolina

**\*\*Featured speakers:** Curtis Frye Head Coach USC & 2004 US Olympic Sprint Coach  
Ron Garner Sprint Coach, South Carolina  
Tim Langford Head Coach Charleston Southern University  
Kevin Brown Sprint Coach/PV Coach, South Carolina  
**Special Guest:** Dr. Ralph Mann USATF Sprint/Hurdle Biomechanics', Olympic Silver Medalist-400 Hurdles

**Dr. Mann** is and has been an advisor for most of the US Olympic & World Championship medal winners for almost 20 years. He is world renown and is considered the premier biomechanical expert in the US.

**Curtis Frye** is the Head Coach at USC and has coached for over 30 years. He is respected as one of the top hurdle/ sprint coaches in the world, having coached many Olympic, World and NCAA Champions during his career.

## Sample Schedule:

Friday, November 18

4:50 pm – 5:20 pm Registration @

**USC's Moore School of Business Bldg.**

5:30-6:20 Coach Langford

6:30-7:20 Coach Brown

7:30-8:20 Coach Frye

8:30-9:30 Coach Garner

Saturday, November 19

8:30- 10:30 am Dr. Mann

10:40 – 11:40pm Coach Garner

11:40 to 12:35 pm Lunch Break

12:40-1:40 pm Coach Langford

1:50 -2:50 pm Coach Frye

3-4:45 pm Dr. Mann

**Cost**-----\$150

**\*\* Note:** All speakers have not been finalized yet for the 2010 clinic

The Clarion Hotel will be the clinic headquarters, 1615 Gervais St. (2 blocks from campus)

803-771-8711

**Registration form**----South Carolina Sprint/Hurdle Clinic @ USC Columbia, SC

Name \_\_\_\_\_ Phone # \_\_\_\_\_

(Street / P.O. Box) \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_

Email address \_\_\_\_\_

High School/College \_\_\_\_\_ City/state \_\_\_\_\_

Please make out your check for \$150 to Speed Elite and enclose with the registration form. Registration forms and checks must be received by Monday November 14<sup>th</sup>, 2011. After the Nov. 14 deadline, the fee will be \$175.

**Mail to**---Coach Rosenthal 1300 Rosewood Drive Columbia, SC 29208 phone # -----803-777-7925 fax---803-777-0964

Per NCAA rules, the clinic is open to any and all entrants