

## 21st Annual Clinic



**Saturday, January 5, 2019**

Location: The University of Houston  
Alumni Center: 3204 Cullen Blvd

### Early Entry Fee for Clinic:

\$75 postmarked by 12/15/18 (\$100 onsite)

President- Juris Green  
VPs- David Pollack, Amy Pitzel  
Treasurer- Vicki Bevan  
Asst. Treasurer- Zachary Morgan  
Webmaster- Scott Kenney  
Committee- Vicki Bevans, Tim McGuire,  
Jeremy Dye, Jack Sands, Andy Ferrara, Aaron  
Shock, Shay Collette, Nicholas Coopriider,  
Josh Gossett, & Kristina Dube.



Directions: Travel I45 S, Exit Cullen and head west, parking (left) with the Alumni Center (right) just past the baseball field.

### HS Clinic- Sat, Jan 5 (8 am- 4:00 pm)

7:30 am- 8:00 am Late Registration \$100

*\*Coffee/ Breakfast provided.*

8:00 am-8:05 am Welcome – Juris Green

8:05 am-8:50 am – UIL- Brian Polk, UIL Asst. A.D.

9:00am-9:45 am – (4 sessions)

- Discus- Jordan Ayres- Katy HS (trk)
- Mid-distance- Shelton Ervin- Summer Creek HS (aud)
- High Jump- Drew Fucci- Rice University (trk)
- Hurdles- JD Hurd- Conroe HS (trk)

10:00 am-10:45 am (4 sessions)

- Pole Vault- Robbie Dueitt- The Woodlands HS (trk/aud)
- Shot Put- Jordan Kana- Katy HS (trk)
- Nutrition- Brett Singer/Christina Curry (aud)
- Horizontal Jumps- Chris Carter- Atascocita HS (trk)

11:00 am-11:45 am Featured Presentation 1 :

Relay Coach Panel- The Fastest Relays in Texas: Cy-Springs HS, Seven Lakes HS, The Woodlands HS, Eisenhower HS, Jersey Village HS

**12:00 am-1:45 pm - Hall of Fame Lunch & Awards**

Honoring our Hall of Fame Recipients and Coaches and Athletes of the Year. \* Lunch- included in registration fee.

**Guests of honorees will be \$10.00 for meal**

2:00 pm-2:25 pm GCSTCA General Meeting

Nominate Hall of Fame &  
GCSTCA 2018 New VP

2:00 pm-2:30 pm Will Grundy- Milesplit updates

2:45 pm-3:30 pm (2 sessions)

- Distance- Steve Magness- Univ. of Houston (aud)
- Strength/Conditioning- Jeff Kachermayer- Seven Lakes HS (aud)

3:45 pm – 4:45 pm Feature Presentation 2:

Bershawn Jackson- Team USA / Nike

### **5:00 pm-7:00 pm - Coaches Social**

Come visit with Speakers and Hall of Famers-  
**sponsored by MF Athletic**

“This has been my favorite part of the clinic- great to just hang out, shoot the breeze, and visit.”

(Juris Green, TWHS Head Boys Track- “NHSCA National Boys T&F Coach of the Year”)

**Please reach out to any former Hall of Famers and invite them to Lunch & Social.**

2019 GCSTCA Clinic  
Saturday, January 5, 2019  
*Registration Form*

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Home/Cell #: \_\_\_\_\_

Home Email: \_\_\_\_\_

School: \_\_\_\_\_

School Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

School Email: \_\_\_\_\_

Make Checks Payable to: GCSTCA  
c/o Vicki Bevan  
1335 Bullock Lane  
Houston, TX 77055

Cost: Early registration \$75 per coach  
(includes hall fame lunch) postmark  
December 15, 2018. ***Late Registration***  
***\$100.***

MEMBERSHIP PRIVILEGES (\$10 if unable  
to attend clinic but want to join). You and  
your athletes can be honored for annual  
awards including 1<sup>st</sup> & 2<sup>nd</sup> Team All  
GCSTCA. Scholarships opportunities for  
deserving seniors and coaching comradery.

AWARDS

Boy Athlete of the Year

*Kesean Carter-*

*The Woodlands HS*

Girl Athlete of the Year

*Kennedy Flannel-*

*Alvin HS*

Boys Coach of the Year

*Mawin Rathke-*  
*Seven Lakes HS*

Girls Coach of the Year

*Tom Kennedy-*  
*Bridgeland HS*

Assistant Coach of the Year

*David Cooper-*  
*Seven Lakes HS*

SCHOLARSHIP RECEIPIENTS:

Jacob Haffelder  
Maddie Jordan  
Alyssa Balandran

COACHES HALL OF HONOR:

Joel Fagan  
Ruben Jordan  
Ken Janak

Sponsors who are “making a  
difference” in HS Track & Field!



# Clinic Speaker

## Bios:

### Jordan Ayres

- Graduated from Sealy High School in Sealy, TX
- Received a track scholarship to throw at Texas A&M University
- Received a Bachelor Degree in Kinesiology
- Career- Navasota Jr High/High School 2011-2013, Mayde Creek High School 2013-2015, Katy High School 2015-Present
- Have coached volleyball, basketball, and track. Specializes in shot and discus.
- English III teacher
- 2015 Katy ISD Female Assistant Coach of the Year
- Multiple District Champs in shot and discus and Regional Qualifiers, one state qualifier for Boys Discus 2<sup>nd</sup> place 2018
- Married to Zach Ayres, with a little one on the way.

### Shelton Irvin

- 1999 graduate of Westbury High School
- fifteen year of coaching (HS & College).
- earned Indoor and Outdoor All-American status, winning District Championships and Regional Championships while at Westbury
- Ran for Kansas University for one year,
- Ran for Howie Ryan at the University of Houston, part of two Conference USA Championship Teams.

- Coached at the University of Houston, where he helped with distance and sprints. During those 2.5 years, Coach S. Ervin helped the Cougars reach several National Meets and played a vital part in assisting All-American athletes with cross training, thus getting them back to the mondo in solid shape.
- twelve years of coaching at the high school level, Atascocita High School (opened in 06'), Cypress Springs High School and Summer Creek High School (opened in 08').
- 2013 Track and Field Season helped lead the Bulldogs to Humble ISD's first State Track and Field Championship by winning gold in 800m Relay, 1600m Relay, and the Open 200m dash.
- 2013 the Bulldogs posted eight DyeStat US Top 100 Elite Performances – 100m, 200m, 4X1, 4X4, LJ and HJ
- 2013 named the TTCCA Coach of Year and the GCSTCA Coach of the Year.
- Won six District Championships, five Area Championships, two Regional Championships, and a third place finish at the 2014 UIL State Championship.
- Fortunate to learn from the greats like Tom Tellez, Leroy Burrell, Floyd Heard, Andrew Blanks, Vince Anderson, and Khadevis Robinson; Ervin prides himself with being able to work with sprinters, hurdles, halfmilers, and distance runners.
- witnessed twenty-one athletes continue their careers at the collegiate level, fourteen of those competing in NCAA Division I.
- enjoys spending time with his beautiful wife, Chastidy, his loving family, his God daughters Aubri Cunningham, Gabrielle Vaughn,

Lauren Vaughn, and his God son Marvin Hutchins II.

### Robbie Dueitt

- Twenty-ninth year of coaching.
- Coached four years in Perryton, Texas, football and track.
- Coached six years in Lockhart, Texas, football and track.
- Coached nineteen years at The Woodlands HS. I have coached football and pole vaulters for all nineteen years at TWHS. I have coached 11 regional qualifiers and 3 state qualifiers in the vault.

### Jeff Kachermeyer

USATF Level 2 – Jumps, Sprints, Hurdles, Relays

USAW Level 1 Performance Coach

- Coaching in the high school, college, and private sector in some capacity for the past 16 years.
- Coaching philosophy-training the proper movement patterns is integral in acquisition of the skills necessary to perform any athletic event.
- Developing an understanding of force application and supporting that understanding with meaningful drills and lifts equates to athletes more effectively challenging their genetic threshold.
- First offseason coordinator position was in 2006 at Aldine HS in Aldine ISD.
- 2007 head strength coach over all sports JH and HS, & assistant head track coach position in Sinton ISD.

- Adjunct coach position as a summer speed dynamics coach for their summer strength camps under Donnie Maib at the University of Texas.
- 2012 Head track coach (boys and girls) & offseason coordinator & running backs for Houston Madison.
- two years under Brian Odom and Antwon Floyd at University of Houston helping train intern strength coaches.
- Jumps coach for Seven Lakes High School in Katy ISD.
- Strength coach for both boys and girls track teams and volunteers as the strength coach for multiple other teams on campus.
- Working toward a state-wide strength coaches association which exists as the Greater Houston Strength Coaches Association at present. Coach Kachermeyer, as the current organizer of the association, has worked over the last 8 years to assist in any way he can, and inform coaches across the state of opportunities like clinics and conferences in order to help the high school strength coach profession in the state
- active member of the National High School Strength Coaches Association, which is an organization that attempts to accomplish the same goal nation-wide.

#### Crystal Day

- Native Houstonian who began pursuing her career in athletics at a young age. As a bright-eyed 8 year old, she began her journey as a runner, dancer, and gymnast.
- Currently the Physical Education and Health Department Chair, as well as, a Physical Education Instructor in the Cypress Fairbanks Independent School District.
- Coach Day is currently the Head Boys Cross Country and Head Girls Track & Field Coach at Jersey Village High School.
- Her spirit of pride and excellence stemmed from her teachings under the Cross Country and Track & Field programs at Prairie View A&M University, where she then graduated Suma Cum Laude to earn a Bachelor's Degree in Human Performance with a minor in Dance.
- This is her 13<sup>th</sup> year as a teacher and coach. Coach Day has a profound passion for teaching and inspiring, and she has made it her life's mission to give back to a community that has fostered her spirit of Determination, Intelligence, Vibrancy and Amazement as a woman through mentoring and leadership guidance.