

# The 400 Meter & High Hurdle Coaching Academy

- DATE:** Saturday, February 20, 2010  
**SITE:** McClain Football Facility - room #204 - UW Campus (next to the Shell & Stadium in the Camp Randall Complex).  
**TIME:** **400 Presentation:** 10:00am - 1:00pm [maximum of 30 participants]  
**High Hurdle Presentation:** -1:30pm - 4:30pm [maximum of 30 participants]
- FEES:** **400 Meters Only:** \$80.00 if postmarked before February 6<sup>th</sup> & \$90.00 postmarked after February 12<sup>th</sup>.  
**High Hurdles Only:** \$80.00 if postmarked before February 6<sup>th</sup> & \$90.00 postmarked after February 12<sup>th</sup>.  
**Attend BOTH (same registrant):** \$140.00 if postmarked before February 6<sup>th</sup> & \$160.00 postmarked after February 12<sup>th</sup>.
- CONCEPT:** Focusing on only one event area, the clinic, with its low teacher to student ratio, will provide opportunities to discuss in depth the event, and allow for the actual writing of workouts, scheduling & competition planning. New experiences and training will also be shared as well as different training concepts for boys and girls in both events will be discussed.
- PROVIDED:** The clinic will provide: detailed notes, training data, workout forms, event drills, warm-ups, & notebooks
- YOU PROVIDE:** Please bring the following: pen or pencils, a highlighter (multiple colors), calculator, & your 2010 Meet Schedule
- HURDLE PARTICIPANTS:** Send Coach Nuttycombe a DVD in advance of the clinic if you want his input on one of your athletes. **Mail to:** Ed Nuttycombe, Wisconsin Track & Field, 1440 Monroe St. Madison, WI 53711.
- FINAL DETAILS:** Once registered, you will receive an e-mail detailing parking, directions, & other day of information
- QUESTIONS:** 608-279-7281 or [mrg@athletics.wisc.edu](mailto:mrg@athletics.wisc.edu)



**Featured Clinicians: Mark Guthrie (400 Meters) & Ed Nuttycombe (Hurdles) - University of Wisconsin**

**Mark Guthrie**, the author of *Coaching Track and Field Successfully* and 2008 United States Track Coaches Hall of Fame inductee, is a nationally known clinician/coach. His teams produced 22 NCAA National Championship teams at UW-La Crosse, 35 NCAA Champions and over 500 All-Americans. Mark Guthrie has coached, 6 NCAA III 400 Meter Champions, the 2008 Big Ten 400 meter Champion James Groce (45.87), and 2004 Olympic Gold and 2005 World Silver Medalist Andrew Rock (44.35). Guthrie was a consultant for Mitch Potter (44.54) and Joey Woody, 2003 World Silver Medalist in the 400H.

**Ed Nuttycombe**, Under Nuttycombe's direction, the Badgers have won 11 of the last 14 league titles during the indoor season and 10 of the last 15 titles in outdoor track. Nuttycombe became the winning men's track coach in Big Ten history in 2007 when he won his 23rd title. Individually, Nuttycombe has coached 157 Big Ten champions, including nine-time champion Reggie Torian, World Indoor Silver Medalist and current NCAA Indoor Hurdle Record Holde. Nuttycombe has 10 individual national champions to his credit, including three in 1997 alone. That year, Torian won the 110-meter high hurdles, Pascal Doherty won the 3000-meter steeplechase and James Dunkleberger won the decathlon. A total of 167 track All-Americans have passed through Wisconsin during Nuttycombe's tenure in the last 26 years. Nuttycombe's list of honorees also includes Olympians Doherty and Maxwell Seales.

-----CUT HERE-----

## **Registration Form** (Detach and mail in)

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ School: \_\_\_\_\_

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

e-mail address: \_\_\_\_\_ (An e-mail will be sent to confirm your registration & final details)

- Registration Fee (must be paid in advance by check):  
(Checks made out to: Mark Guthrie)(NO CREDIT CARDS)
- I will attend the 400 Meter Session Only for \$80.00 - postmarked before Feb 12.  
 I will attend the 400 Meter Session Only for \$90.00 - postmarked after Feb 12.
- I will attend the Hurdle Session Only for \$80.00 - postmarked before Feb 12.  
 I will attend the Hurdle Session Only for \$90.00 - postmarked after Feb 12.
- I will attend BOTH sessions for \$140.00 - postmarked before Feb.12.  
 I will attend BOTH sessions for \$160.00 - postmarked after Feb.12.

**Mail to: Toe-Up Enterprises, 5633 Nutone Street, Fitchburg, WI 53711**