



Coaches Helping Coaches Coach

5TH ANNUAL COACHES' CLINIC



DECEMBER 02 - 03, 2022 | PHILADELPHIA, PA

Building A Coaching Exchange Platform for Ideas in the
Pennsylvania Tri-State Area.

Eastern University City Avenue Campus



About the CHCC Organization

Coaches Helping Coaches Coach is an organization that strives to provide a unique coaching experience that sets a foundation and creates a space for local high school coaches in the sport of Track and Field to present evidence-based training models and to exchange ideas on training to promote the development of their athletes in the sport of Track & Field.

Our vision is to be the coaching exchange platform for ideas in the Pennsylvania Tri-State Area.



For more information please log onto the MFP website.
www.thechcc.org



INTRODUCTION

The CHCC celebrates another year of exchanging ideas, enhancing the experience of coaching and engagement in the sport of track and field, and elevating the level of coaching and development of ideological frameworks in developing student-athlete in the Philadelphia Tri-State Area. The CHCC has connected with over 150 high school coaches since its founding.

LEARNING *OBJECTIVES*

- A systemic understanding of how sports and education can have an impact on student-athlete development and the relationships that exist between coach and athlete.
- An increased familiarity with cutting edge coaching tools and evidence based practiced theory application to technical coaching.
- A clearer vision of how shared education and training will segue into the the application of coaching and student-athlete development.

5th Annual CHCC Coaches' Clinic Committee

CHCC Committee

The CHCC Coaches Committee cares about every coach's needs and concerns, and embraces the core value of transparency. CHCC encourages the coaching community of Pennsylvania, New Jersey, New York, and Delaware to stay informed of our activities and decisions, and to bring questions and comments to the committee's attention.

Lenny Jordan

Dan Nelson

Jay Jones

Monique Gaillard

Richard Swanker

Robert Beale

William Neely

Elroy Hunter

Carl Smith

Jerome Lowery

Jermaine Lowery

CHCC Clinic Committee

The CHCC Clinic Committee is an extension of the CHCC Coaches' Committee and operates as a working group to help meet the needs of the coaching clinic.

Milton Williams

Virgil Sheppard

5th Annual CHCC Coaches' Clinic Presenters

Ron Lopresti

Ron Lopresti has been the President of the PTFCA for the past 30 years. Ron is also the District I Chairman, District I Meet Director, and President of the District I Track officials chapter. In an even greater impact, Ron is also the Meet Director for the PTFCA Indoor State Championship. Ron's passion for track and field can be seen through the many roles and hats that he has had and wore. Being the chief starter and referee for the DVGTC indoor meets allows him the opportunity to connect with student-athletes and help them understand the pivot role of starting. Most people will hear Ron before they ever see him because he can often be found announcing at prestigious competitions. One meet in particular, the Penn Relays, where Ron is the chief announcer. Additionally, Ron is the chief starter for the PIAA State Championships, the Nike Indoor and Nike Outdoor National Championships, and the AAU Junior Olympics National Championships.

As a coach, Ron served as head coach of Plymouth-Whitemarsh HS for 36 years, adding 20 State Champions. As an athlete, Ron participated at Bishop Kenrick HS and Villanova University in the 1960's.

Dwayne Cox

Dwayne Cox started coaching 1992 as an assistant coach in the CYO for Transfiguration of our Lord. Dwayne has also contributed as an assistant coach, serving at West Catholic HS in 1996. After moving to New Jersey in 1998, Dwayne founded the The Transy East Track Club in 1999, which is still an active development and performance club team. Dwayne remains a coach at Transy East, , serving over 20 years later. Dwayne has continued coaching in the high school scene in New Jersey. Dwayne is the current Middle Distance and Distance coach for St Benedicts Prep.

Selected Coaching Achievements:

- AAU-6 National Records more than 80 National Champions
- Coached over 150 All-Americans
- Cross Country Team National Championship (H.S.)
- 3 National Champions
- US #1 800 runner
- 26 H.S. All Americans
- Back to Back Millrose Games 4 x 800 Champion and Record Holder
- Penn Relays top American team in 4x800
- School Recordholder 4x800 7:34

5th Annual CHCC Coaches' Clinic Presenters

Teri Bizzle

Teri Bizzle has been coaching for 32 years. Teri's impact in the sport of coaching can be seen from the many student-athletes that she has developed and help transition from adolescents as they has grown into young adults. As a high school coach she has served at numerous programs: West Catholic, Abington Friends, and Saint Basil Academy. As an athlete, Teri started in track and field at the age of 5.

Friday, December 02, 2022		
Time	Presenter Name	Session
6PM	Richard Swanker	Pole Vault
	Teri Bizzle	Jumps (Long/Triple Jump)
	Paul Poisez/Jason Gable	Blocks and Starts
	Christy Taylor	Hurdles
7PM	Presenter Name	Session
	Scott Menin	Shot Put
	Ron Lopresti	Rules
	Jay Jones	Middle Distance Conditioning
	Paul Poisez/Jason Gable	Blocks and Starts
8PM	Presenter Name	Session
	Darryl Murphy and Doc Beale	Pipeline to High School and Club Relationship
9PM	Social Hour	TGI Fridays
Saturday, December 03, 2022		
9 AM	Registration	
10 AM	Presenter Name	Session
	Bill Nealy	400/800
	Virgil Sheppard	NCAA Clearinghouse
	Carl Smith	High Jump
11AM	Presenter Name	Session
	Dwayne Cox	Distance
	Scott Menin	Shot Put
	Milton Williams	Sprints
12 PM	Lunch	
1 PM	Presenter Name	Session
	Pr. Jerome Lowery	Relays
	Doc Beale	Jumps
	Lenny Jordan	Injury Prevention
2PM	Presenter Name	Session
	George	Hurdles
	Rohan Grant	Speed Technology
	Monique Gaillard	Mental Health & the Student-Athlete
3PM	Open Discussion and Forum	

5th Annual CHCC Coaches' Clinic Sponsors



