

Coaches Helping Coaches Coach

CHCC Coaches Clinic Sponsors:

Delaware Valley Girls Track Coaches Association

Track and Field Coaches Association of Greater Philadelphia

Lowery Business Consulting

Pi Gamma Sigma Chapter of Phi Beta Sigma Fraternity Incorporated

The Athletic Department of Penn Wood High School



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6TH ANNUAL CHCC COACHES CLINIC



November 17 - 18, 2023

Friday: 6PM - 9:15 PM
Saturday: 8:00am - 3:30 pm
Penn Wood High School
100 Green Ave,
Lansdowne, PA 19050.

WELCOME

We extend our warmest welcome to you!

On behalf of the planning committee for the 6th Annual CHCC Coaches Clinic, hosted at Penn Wood High School, I am honored to welcome you! We extend our warmest welcome to you as you enter a positive and electrifying atmosphere. Be prepared to be reenergized, charged, and filled with excitement. Your presence here is highly appreciated, and we are thrilled to have you join us for what promises to be an inspiring and informative event.

A friendly atmosphere fosters collaboration and innovation. Our goal is to ensure that you feel comfortable and inspired throughout the conference. We have a fantastic lineup of speakers, engaging workshops, and networking opportunities lined up for you. Thank you for being part of this exciting journey. Together, we'll make this conference a memorable and rewarding experience.



CHCC Clinic Schedule

Friday, November 17, 2023

Registration/Networking 6:00pm - 6:45pm

Adult Social TBA

6:45pm - 7:35pm	NCCA Clearing House - Vice Principal Corkey	Preparation for Student-Athletes for College - Nevel Hodge	400/800 Training - William Neely
7:35pm - 8:25pm	Resources for Working with Trauma Impacted Athletes - Valencia Peterson	Development of Short Hurdlers - Milton Williams	Intro to Long Jump - Doc Beale
8:25pm - 9:15pm	Proper Weightlift - Curly	Psychological Preparation for Performance - Myisha Coleman -	Starts - Jason Gable

CHCC Schedule is Tentative and is subject to change

CHCC Clinic Schedule

Saturday, November 18, 2023

AM Session

Registration 8:00am - 9:00am

9:00am - 10:00am	Intro to Pole Vault - Richard Swancker	Proper Way to Cool Down - Jason Gable	Tech Tools and Skills - Jay Jones	Open
10:00am - 11:00am	Distance Running - Viki Hubert, OLY	Triple Jump I - Doc Beale	High Jump I - Dennis Manyeah/Carl Smith	Meet Management - Ron Lopresti
11:00am - 12:00pm	Shot Put I - Scott Menin	High School to College - TJ Thomas	Triple Jump II - Doc Beale	Proper Warm Up - Milton Williams
12:00pm - 1:00pm	Panel			

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PM Session

1:00pm - 2:00pm	Shot Put II - Scott Menin	Bridging the Gap Club/HS - Darryl Murphy	Shot Put II - Scott Menin	Student Requirements for College - Nevel Hodge
2:00pm - 3:00pm	Injury Prevention - Angie Buchanan	Mind Over Matter - Bill Neely	Open	Open
3:00pm - 3:30pm	Close	Out		

Want to Become A Presenter?

The CHCC would like to invite the submission of workshop/presentation proposal materials for consideration at its upcoming 2024 7th Annual Coaches Clinic.

Presenters will have an opportunity to help shape the future of coaching in the state of Pennsylvania and contribute to the advancement of student-athletes in the tri-state area.

Presenter Abstracts are due by June 01, 2024. Please send all abstracts to info@thechcc.org with the subject: ATTN: Presenter Abstract (Event Area) and include a coaching resume.

CHCC Panel Discussion Strategic Supports for Female Coaching in Track and Field

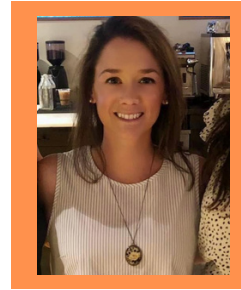
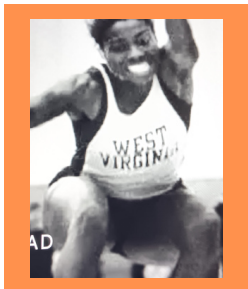
November 18, 2023 at 12PM



Teri Bizzle, as a coach, 1992 to present Head Coach Mt. Airy Track Club, 2022 to present Upper Moreland High School Head Girls Coach Indoor & Outdoor, Asst. Cross-Country Coach ,2021-2022 Head Boys Coach Wissahickon Middle School, 2015-2020 Saint Basil Academy, 2011-2015 Abington Friends School, 2008-2011 West Catholic High School Asst. Coach, 2021 - Present DVGTC A Event Area Head,

In Teri's 33 years of coaching, she has had the pleasure of coaching beside some very awesome people and together have many PA State High School Champions, Team Championships, National club champions and National records under our tutelage. Teri's specialty is long and triple jump.

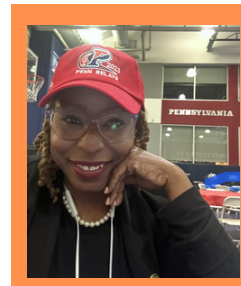
Pat Itanyi Williams, OLY, Head Track Coach, is in her fifth season at Agnes Irwin School. As an athlete, Pat was a 7-time NCAA All-American in Long Jump, Hurdles and Heptathlon at West Virginia University. Pat is an NCAA champion in the Long Jump. Pat competed for Team Nigeria (Nigerian National Team, IOC Delegation) in many international championships and competitions, namely the Olympics. As a coach, Pat served as an NCAA Assistant Track Coach at West Virginia University. Pat has many years of international administration and coaching with the Nigerian Delegation of the IOC.



Cristin Meehan, MS -Gwynedd Mercy Academy '05 Head Coach | Cristin Meehan is a graduate of Gwynedd Mercy Academy and was a part of the PIAA 2004 Track and Field State Championship Team. Along with many other team, League, and District championships between 2001 and 2005. Cristin went on to be a two-sport collegiate athlete at DeSales University. In 2008, Cristin would help her alma mater on her off time and then became a full-time coach at GMA. Cristin Graduated in 2010 with a B.S. in Exercise Science and became a certified personal trainer and a USA Track and Field Level 1 Coach. In 2016, Cristin Graduated with a Master's Degree in Nutrition Education.



Ms. Delores, has been instrumental in track and field. A true stalwart and innovator, Ms. Delores has advocated for change for student-athletes for several decades. Serving in many roles, Vice Principal in Norristown School District, coach, teacher, official, and community liaison, she has influenced many. In addition to attending her great-grandchildren's athletic events.



Moderator: **Monique L. Gaillard, MSW**
Coach Moe serves as the Assistant Coach of Penn Wood High School. For the last 25+ years, Coach Moe has dedicated her life to the sport of Track and Field. As an athlete, Monique specialized in sprints, relays, long jump, and hurdles and was a part of the 2000 Philadelphia Catholic League Championship team. Following her senior year of high school at West Catholic, Monique represented Team USA in New Zealand and Australia. (more at chcc.org)