



ADELPHI

TRACK & FIELD

Developing the Track & Field Athlete through Strength Training:

Practical application of Olympic Lifts, body weight circuits, med balls, & plyometrics for Coaches & Athletes

In conjunction with our regular programming of winter track & field technique clinics, we are excited to announce the addition of this new strength seminar & hands-on clinic. This strength clinic is designed for athletes of all ages and abilities, AND for coaches of all levels who would like to learn ways to implement strength training into their season's programming. You'll be taught the basics of Olympic Lifting technique & form, and coaches will ALSO learn how to teach those skills to their athletes, and how to progress them as they learn technique.

For: **Coaches (all levels) & Athletes (all ages)**

When: **Sunday, December 9, 2018**

Where: **Adelphi University, Center for Recreation & Sport**
1 South Avenue, Garden City, NY

Time: **11am-2pm**
(3 hours)

Cost:

(Cash or check - please make check payable to Adelphi University)

Coaches - \$150

Athletes - \$125

Team discount (at least 5 athletes from same team) - \$100 per person

Spectators - \$30



Developing the Track & Field Athlete through Strength Training:

Practical application of Olympic Lifts, body weight circuits, med balls, & plyometrics for Coaches & Athletes

SUNDAY, DECEMBER 9, 2018

COACHES Program Schedule

- **10:00a-11:00a - Registration & Check-in at the CRS Lobby**
- **11:00a-12:00p - Classroom Lecture, Campbell 2**
Taught by **Gregg Schmidt**

Coaches will be taught the basics & more advanced techniques of how to incorporate strength training techniques into your weekly schedule, proper form for Olympic lifts, etc. & progressing programming

- **12:00p-2:00p - Practical application of Weight Training, Weight room & Basketball court**
Coaches will shadow a certified strength coach and work with the athletes who attend the program. Coaches will learn what to look for in athlete form as athletes are taught basic and advanced exercises, coaches will be taught how to teach athletes proper technique, and how to make adjustments based on individual mobility issues.

ATHLETES Program Schedule

- **10:00a-11:00a - Registration & Check-in at the CRS Lobby**
- **11:00a-12:00p - Classroom Lecture, Campbell 3**
Taught by **Keith Ferrara**

Athletes will be taught an introductory lesson on the importance of strength training, proper form & techniques. Lecture will also cover how to incorporate it into your weekly practice schedule.

- **12:00p-2:00p - Practical application of Weight Training, Weight room & Basketball court**
Athletes will be taught by a certified strength coach how to incorporate plyometrics, body weight strengthening circuits, medicine ball & stability ball exercises, and Olympic lifts for power.

All athletes will receive a packet with basic body-weight strength exercises, designed for strength and injury prevention.

About the Instructors:



Katie Rees, M.A.

Head Coach, Men's & Women's Cross-Country & Track & Field, Adelphi University
M.A. Exercise Science; B.S. Exercise Science; ACSM Health Fitness Instructor; USATF Level 1

Since taking over the helm of the men's and women's programs in the fall of 2010, Rees has developed and produced 17 All-Americans in both cross-country (3) and track & field (14), qualified a women's XC team to the NCAA championships (2012), qualified 28 individual athletes to compete in the NCAA championships (6 in XC, 22 in TF), and produced 72 NCAA provisional qualifiers in T&F. In addition to the national accolades, the T&F teams have rewritten the school record books, with the women breaking 38 Adelphi program records since 2010, with the men following-suit, breaking an additional 18 records. Rees continues to coach post-collegiate athletes ranging from the 5k up to the marathon distance, including coaching and developing alumnus Nick Filippazzo (13:59 5k; 29:09 10k; 1:05:54 ½ marathon; 2:21:27 marathon) to his current personal bests in the distance events. She has a background working in physical therapy and injury-prevention/imbalance-correction through strength training.



Keith Ferrara

Head Strength & Conditioning Coach, Adelphi University

Keith Ferrara is in his 5th year as the head strength and conditioning coach at Adelphi University, where he is responsible for the design and implementation of strength and conditioning programs for 19 teams. Keith played collegiate football at Hofstra University, where he received both his bachelors and masters degrees in Exercise Science and Sports Science, respectively. He holds several certifications including the SCCC (Strength and Conditioning Coach Certified) through the CSCCa (Collegiate Strength and Conditioning Coaches Association) and the CSCS (Certified Strength and Conditioning Coach) through the NSCA (National Strength and Conditioning Coach Association). He is also a Sports Performance Coach through the USAW (United States of America Weightlifting), a Certified Sports Nutritionist through the ISSN (International Society of Sports Nutrition) and holds his level 2 certification in RPR (Reflexive Performance Reset). In his four years at Adelphi he has worked with teams that have captured 2 NCAA national championships, 6 NCAA regional championships and 38 NE-10 Championships. He has also worked with 216 all conference selections, 32 NE-10 major award winners, 67 all-Americans, 1 MLB draft pick and 2 MLL draft picks.



Gregory Schmidt

Strength & Conditioning Coach

Interim Head Coach for Men's & Women's Track & Field/Cross-Country, Post University

Known for his versatility, Schmidt has coached national champions and all-Americans at the NCAA, NAIA and NJCAA levels of collegiate track and field. He specializes in the multi-events, all field events, sprints, and hurdles. He holds his USATF Level 1 Certification, Strength and Conditioning coach, and Track and Field Technical Coaching certifications through USTFCCCA as well as Combined Events/Multi-Events Specialist certification. He is working towards his Masters Endorsement for Combined events/Multi-events as well as Horizontal Jumps. He also is an Olympic Weightlifting coach who has taught the Basic Olympic Lifting and Advanced Olympic Lifting Certification Courses for Totten Training Systems. He is currently the Strength and Conditioning Coach for Post University in Connecticut and is the interim head cross country coach and track and field coach, working with all non-distance events. He holds his NASM-PES certification, as well as working towards his USA Weightlifting Level 2 certification. He has a Bachelor's Degree in History from Lynchburg College and a Master's Degree in Education from St. Lawrence University.