

ITCCCA

Master Coach Clinics 2022

The ITCCCA Master Coach Clinics are like no other clinics. We bring in master coaches (see line up below) who coach athletes of various experience and talent levels. During this time they discuss what they see and how they make cues and corrections.



Thursday June 16, 2022 at the track at **St. Charles North High School** from 2:00 to 7:00 PM

- Long Jump with Coach Rob Assise
- Sprints with Vince Anderson

Friday June 17th, 2022 at the **indoor track (Sports Complex) at St. Charles East High School** from 8:00 AM to 1:00 PM

- Pole vault with Doug Juraska
- Short Hurdles with Vince Anderson

Each event at the clinic is for the full 5 hours- there are not separate sessions. When registering you will choose one event for the day. If you want to register for both days, please fill out two separate registrations... one for Thursday and one for Friday.

Cost is \$25 per day.

Our Master Coaches

Vince Anderson

Vince Anderson has coached 34 years at the NCAA Division 1 level -- 15 years at Texas A&M, 16 years at Tennessee and 3 at Houston. Since 1999, he has trained 32 NCAA champions in every sprint, hurdle and relay discipline. He has trained 11 Olympians and 16 World Championship athletes since 1995, including Phyllis Francis, 2017 world champion at 400 meters. He loves track and field because he was fortunate to watch it as a boy in Houston, Texas in an era and in a place where track was revered.

Rob Assise

Rob Assise has 19 years of teaching/coaching experience at Homewood-Flossmoor High School. He has coached 121 state qualifiers, 84 of which reached all-state status during his time with the Homewood-Flossmoor High School Track and Field Program (2004 - 2015 with the girl's program, 2016 - present with the boy's program). Rob has made additional contributions to the coaching community through numerous presentations, blogs, digital education resources, and podcast appearances.

Rob also owns and operates [Re-Evolution Athletics](#), located in Tinley Park. REA offers private/semi-private/remote training, consulting, program design, and digital educational resources. Rob utilizes state of the art technology and equipment including [Freelap](#) and [Brower](#) automatic timing systems, [MuscleLab Contact Grid](#), and [Vmaxpro](#) to monitor progress and help adjust programming needs. He has certifications from: [USTFCCCA \(Technical\)](#), [Reflexive Performance Reset \(Level 3\)](#), and [Neurotyping System](#).

Doug Juraska

Doug Juraska (Lake Park High School) Doug has coached track & field for 40 years, and has been the coach of pole vault and high jump for boys at Lake Park High School for 26 seasons. He also served 7 years as a coach at College of DuPage and another 8 years as Head Boys coach at West Chicago High School. In 2020, he coached an athlete to the State Championship in the pole vault for the 7th time. That broke the 1978 Illinois State record of 6 held by Don Slota of Bloom. Doug has been an integral part of Lake Park's 5 State Championships in Track and Field. Doug has coached a total of 25 athletes to All-State medals in the pole vault and high jump. He has coached 9 men over 16', including Class of 2024 Louisville collegiate, Zach Frye, and another 10 vaulters scoring over 15'. Former athlete, Zach Ziemek, placed 6th in the 2021 Olympics in the decathlon (where his best finish in the 10 events came in the pole vault) also placing 7th in the 2016 Olympics. At COD, Doug coached 8 All-Americans in the jumps including an NJCAA National Champ. In addition, he has been a frequent presenter at clinics throughout the USA. Juraska resides in Sugar Grove, IL, with his wife, Maribeth who is seen frequently on the field, assisting Doug, to uphold one of their most favorite mottos: "PLAY VAULT!"