



Knoxville Track Club Throws and Jumps Clinics
January 24th, February 21st (rescheduled to February 14th) and March 21st 2010
Sundays 2:00pm to 5pm Location Tom Black Track

About the Clinic

You will receive expert instruction for the shotput and discus from Throwing Events Coach John Frazier and Jumps Coach Jerome Romain both of the University of Tennessee's Men's and Women's Track and Field Program

About Coach Frazier

- Coaches Annie Alexander, 2008 SEC Indoor and Outdoor shotput champion. The first freshman to ever achieve both victories in one season. Also, she was SEC discus champion as well.
- During his coaching career, athletes Frazier has directed have achieved a total of 36 All-America honors and won four NCAA titles
- Named 2005 USTCA National and West Region Assistant Coach of the Year for Throws
- Directed Rachel Varner to Pac-10 discus titles in 2004 and 2006, an NCAA West Regional title in 2004 and a placing of eighth at the 2006 NCAA Outdoor Championships
- Helped Adam Kuehl chart runner-up efforts in the discus at the Pac-10 and NCAA Outdoor Championships in 2006
- Tutored Sean Shields to third-place NCAA Indoor and Outdoor finishes in the shot and a sixth-place effort outdoors in the discus in 2006
- Guided Sean Shields (shot put, '02) and Adam Kuehl (discus, '03) to U.S. Junior Championships and Shields to an American junior record in the shot
- Shields also held the world junior record in the shot put

About Coach Romain

- During his tenure in Providence, he produced an All-American and six NCAA regional qualifiers for the Ivy League school, and saw those athletes chart three school records and 23 different top-10 BU field events performances.
- While at Brown University, Coach Romain coached the track & field team nation of Dominica at the 2008 Olympic Games, as well as the national team at the 2007 Pan American Games.
- Coach Romain spent four years at the University of Wisconsin, he produced six individual Big Ten champions and four NCAA qualifiers.
- Romain was a finalist at the 1996 Olympic Games and a four-time World Championships finalist in the triple jump while competing for Dominica.
- As a collegian, Romain was a five-time All-American at the University of Arkansas, where he was the NCAA runner-up in the triple jump on three occasions and served as team captain in 1995.
- His personal bests include 57-8 1/2 in the triple jump and 26-7 1/4 in the long jump.

Costs

Cost for the clinic is\$30.00 per person

What to Bring

Water or sports drink and throwing shoes (Throwing Implements will be provided)

Registration

For early registration, please mail checks to:

Volunteer Track and Field Att. John Frazier

117 Stokley Athletics Center

Knoxville, TN 37919 ***Please make checks payable to Knoxville Track Club**

Ages

Boys and Girls 12 years old to masters level Throwers'.