

**Harry Marra Track & Field Clinic
November 16, 17 and 18
University of Southern Maine**

A 2 day "learn by watching" Track & Field Clinic with 2016 IAAF World Coach of the Year, Harry Marra, coach of 2 time Olympic decathlon gold medalist (London and Rio) Ashton Eaton and Rio heptathlon bronze medalist Brienne Theisen-Eaton.

**\$85.00 before November 1
\$95.00 thereafter**

Registration: Go to.... Eventbrite.com (or by mail -see below)

Registration includes: 6 Harry Marra sessions, Coaches Portfolio, Saturday lunch, and Thursday's "Dine and Discuss" session sponsored by USM's Southern Maine Partnership (includes dinner).

Who: Open to all high school, college, junior college, and club coaches.

Where: University of Southern Maine, Costello Field House, Gorham , Maine

What: Coach Marra will instruct/coach in two events each of the sessions with real live athletes. Then a Q & A discussion with the observing coaches will take place.... An excellent way to learn....and learn from the very best.

Specifics: A total of 6 coaching sessions... The attending coaches will observe Coach Marra working with all athletes and all the while will be taking notes. After each session, the athletes will rest and then the observing coaches will enter into, a dialogue with Coach Marra, on the questions they have written down during the observing session. (This format has proven to be the VERY BEST way for a young coach to LEARN the nuances of each skill) .

**Southern Maine Partnership Lecture
Thursday, November 16, 2017 from 4:00-6:30 p.m.**

Dine and Discuss (this is free for all Clinic Goers)

Location: Wishcamper, Room 133, USM PORTLAND Campus

Dine and Discuss:

The Art of Coaching: How it is *exactly* the same as The Art of Teaching

Friday: November 17th

Cross Country Coaches Meeting: 4 p.m.

Session I: **Sprint Mechanics** 5:30-6:30

Session II: **Long Jump** 7:30 - 8:30

Saturday: November 18th

Track & Field Coaches Meeting: 7:45 a.m.

Session III: **Hurdles** 9 - 10 a.m.

Session IV: **High Jump** 10:30-11:30

Lunch Break - Lunch Provided as part of clinic fee

Session V: **Javelin** 1 - 2 p.m.

Session VI: **Shot Put/Discus** 2:30-3:30

Marra's Coaching history: Marra joined Oregon Track Club Elite's coaching staff in the summer of 2010. He serves as the team's combined-event coach, specifically working with OTC Elite decathlete Ashton Eaton. An offer to coach at the University of Oregon brought longtime multi-event guru Harry Marra to Eugene in the fall of 2009. He served as the Duck's assistant coach for both indoor and outdoor seasons in 2010.

A former decathlete himself, Marra served as Head Coach of the USA National Decathlon Team from 1990 to 2000. During that time, the team set every possible World Record in the decathlon, highlighted by Dan O'Brien's gold-medal victory in the 1996 Atlanta Olympic Games.

Prior to serving as the National Team coach, Marra spent 12 years (1981-1993) as the Head Track and Field Coach at San Francisco State and four years in the same position at Springfield College in Springfield, Mass. He also served as Assistant Track and Field Coach at the University of California at Santa Barbara from 1975-77.

In 1981 and 1982, Marra was named as coach for the US Olympic Festival. Five times Head Coach for the USA National Decathlon Team that competed against the Germans, Russians, and Canadians (1985, 1993, 1995, 1996, 1997). He was named Assistant Manager for the 1995 IAAF World Athletics Championships, with the responsibilities to the decathlon and throwing events. He was USA Assistant Track Coach for the 1999 Pan American Games, where his athletes won five gold medals, four silver medals and one bronze medal, while setting two Pan American Games Meet Records. He has been an official part of the Team USA Staff with a personal athlete at the following World Championships; Paris 2003, Helsinki 2005, and Osaka in 2007. Two of his athletes won the prestigious Multistars Combined Event Challenge in Italy in 1993 and 2007.

Marra has teaching/coaching experience at all levels of education and has authored numerous articles on track and field training. He has lectured around the world on athletics training and recently completed a video on Sprint/Speed Training.

He was twice named "Coach of the Year" for the Northern California Athletic Conference. He is founder and director of "Deca-Jam" - the first international decathlon competition to be held in the USA with major prize money.

Marra has produced six different decathletes that have reached the 8000+ point level (see below). He has toured all of Europe with these athletes, reaching high levels of success. Marra's top decathlete today is Ashton Eaton. Paul Terek is the 14th best decathlete (8,312 points) in USA history, and the first athlete in US history to win three USA Indoor National Heptathlon titles.

Marra also served as consultant to the San Francisco Giants, on speed, strength and conditioning issues from 1988 through 1999. With Marra's specialized fitness program, the San Francisco Giants led the National League in the least number of days on the Disabled List for the 1997 and 1998 seasons.

Personal: Marra lives in Eugene, Oregon with his wife Madeline. He has two grown children, Christianne and Andy.

Harry Marra T & F Clinic

Name _____

School _____

Email _____

Phone _____

Include clinic fee (\$85 before Nov. 1 / \$95 thereafter).

Checks payable to "USM Athletics"

Mail to:

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