



# The SUNY Geneseo Outdoor Track & Field Clinic



Sunday, April 10, 2011 (12 – 4 p.m.)

## Clinicians- S.U.N.Y. Geneseo Coaching Staff

Dave Prevosti- Jumps, Vaults

Dave Mead- Sprints and Relays

Mike Woods- Distance and Hurdles

Dom Gonzalez- Throws

In the past we have run an indoor clinic as we were limited by a lack of facilities. Then, our program at SUNY Geneseo had to overcome obstacles in our training daily to remain competitive. Despite that, we have consistently earned All-American honors, National Championships and Conference titles. Since then, we have addressed our past facilities issues and we presently have the newest outdoor track and field complex around – highlighted by an 8-lane fast synthetic surface.

With this outdoor clinic, the Geneseo Track and Field coaching staff and their athletes open their facilities and offer their expertise to local high school student athletes and coaches. Those attending will then have the opportunity to give their training a boost before this outdoor season as they interact with their counterparts on the college level.

*NOTE: IF THE WEATHER IS NOT COOPERATING,  
WE WILL MOVE THE CLINIC BACK INDOORS.*

### ***Location and Directions***

The Geneseo Track and Field Clinic will be held at SUNY Geneseo. It is located in Geneseo approximately four miles west of 390. From 390 follow 20A, and then turn right on the intersection of Main Street (Hwy. 39) and South Street (Hwy. 20A). The entrance to SUNY Geneseo will be on your first left.

**Registration is held at Merritt Athletic Center, ending promptly at noon.** An initial presentation goes from noon-12:15. 12:30-4, clinic sessions\*.

### ***The cost for the clinic:***

- If registered by April 8<sup>th</sup> **\$10.00 per person.**\*\*\*
- If registered on the day of the clinic: **\$15.00 per person.**

\*\*\*TO PRE-REGISTER, SIMPLY INDICATE YOUR DESIRE TO ATTEND ON OUR PRIVATE WEBSITE – [WWW.GENESEOTRACK.COM](http://WWW.GENESEOTRACK.COM) OR MAIL THIS IN.

*Athletes/coaches will attend sessions and receive clinic notes*

\*Clinic Schedule is posted on the [geneseotrack.com](http://geneseotrack.com) website



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**Registration Form**

**School** \_\_\_\_\_

**Coach Name/Phone #** \_\_\_\_\_

**Number of athletes** \_\_\_\_\_

**Please RSVP this information via fax, mail or through [www.geneseotrack.com](http://www.geneseotrack.com)  
([prevosti@geneseo.edu](mailto:prevosti@geneseo.edu)/585-245-5470)**

**Make check payable to: SUNY Geneseo Foundation/Track and Field**

\$10.00 by April 8<sup>th</sup>

\$15.00 – Day of clinic\*\*

**Schools that bring 10 or more athletes and coaches  
will receive the 11th clinic fee free!!!**

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**Coaches' Profiles:**

**David Prevosti:** A graduate of Roberts Wesleyan College, Dave earned his way to a scholarship in the jumps and short sprints en route to national qualifiers in the jumps. Dave later went on to pursue his Masters in Athletic Administration and is a NSCA Certified Strength and Conditioning Specialist. To date has coached numerous All-Americans and National Champions in a 14 year span. Dave is known as a creative, teaching coach, having groomed several athletes who later-turned coaches in his time.

**Dave Mead:** Started coaching in 1973 at Mount Morris and began the separate girls program in 1978. He has coached over 100 girl's victories and over 200 boy's victories with several sectional titles for each. Since joining the Geneseo staff in 2000 his sprinters have set all the men's indoor and outdoor sprint records and 3 women's individual and 2 of 4 relay records. Dave's personality makes him a favorite among students; his knowledge makes him a favorite among coaches.

**Mike Woods:** Mike took over the Geneseo program in 1992 and since has produced countless NCAA All-Americans, National Champions and a Women's NCAA Cross Country title in 2005. His athletes have gone on to compete professionally as distance athletes for programs such as Hanson's Distance Project and the Indiana Invaders. Coach Woods is also a Section V Hall of Famer for his work at York Central High School as a cross-country and track and field coach. Coach Woods is nothing short of a living legend.

**Dom Gonzalez:** A recent graduate of Brockport, Dom set himself apart as an athlete by his work ethic and his tireless attention to the technical model. He is a recent two-time All American Hammer Thrower and a seven time SUNYAC Conference champion. Dom is a natural coach combining his vast education and notable experience with the throws. Dom already has the reputation as a stern yet caring coach. You will walk away from his sessions with him with a renewed focus as it applies to the throws.