



2009-2010 Gulf Coast Area Track & Field Symposiums



Where: St. John's School
When: 6:30-8:30pm



Calendar Dates:



- ~~November 18, 2009 - Javelin with Mike Collins (St. John's School) and Richie Mercado (St. John's School)~~
- ~~November 24, 2009 - Pole Vault with David Butler (Rice University) and Richie Mercado (St. John's School)~~
- December 15, 2009 - Reactive and Special Strength for Sprints-Jumps-Throws with Richie Mercado (St. John's School)
- Tentative - January 5, 2010 - Sprint Start & Hurdles
- Tentative - January 27, 2010 - Long & Triple Jump
- February 3, 2009 - High Jump with Gary Derks (Cinco Ranch) and Richie Mercado



Location: St. John's School Tradition Room
3rd Floor of Smith Gym (see map on next page)



Parking: Behind Smith Gym off Alabama St.
(next to Lamar HS fence & baseball field - see map!)

Cost: \$10.00 to defray cost of snacks, tea, and materials
and give a little gift to the presenting coach!



Materials: Coaches may receive some handouts, CD & website
resource information depending on the presenters!

PLEASE RSVP BY EMAIL - rmercado@sjs.org



Map on back!

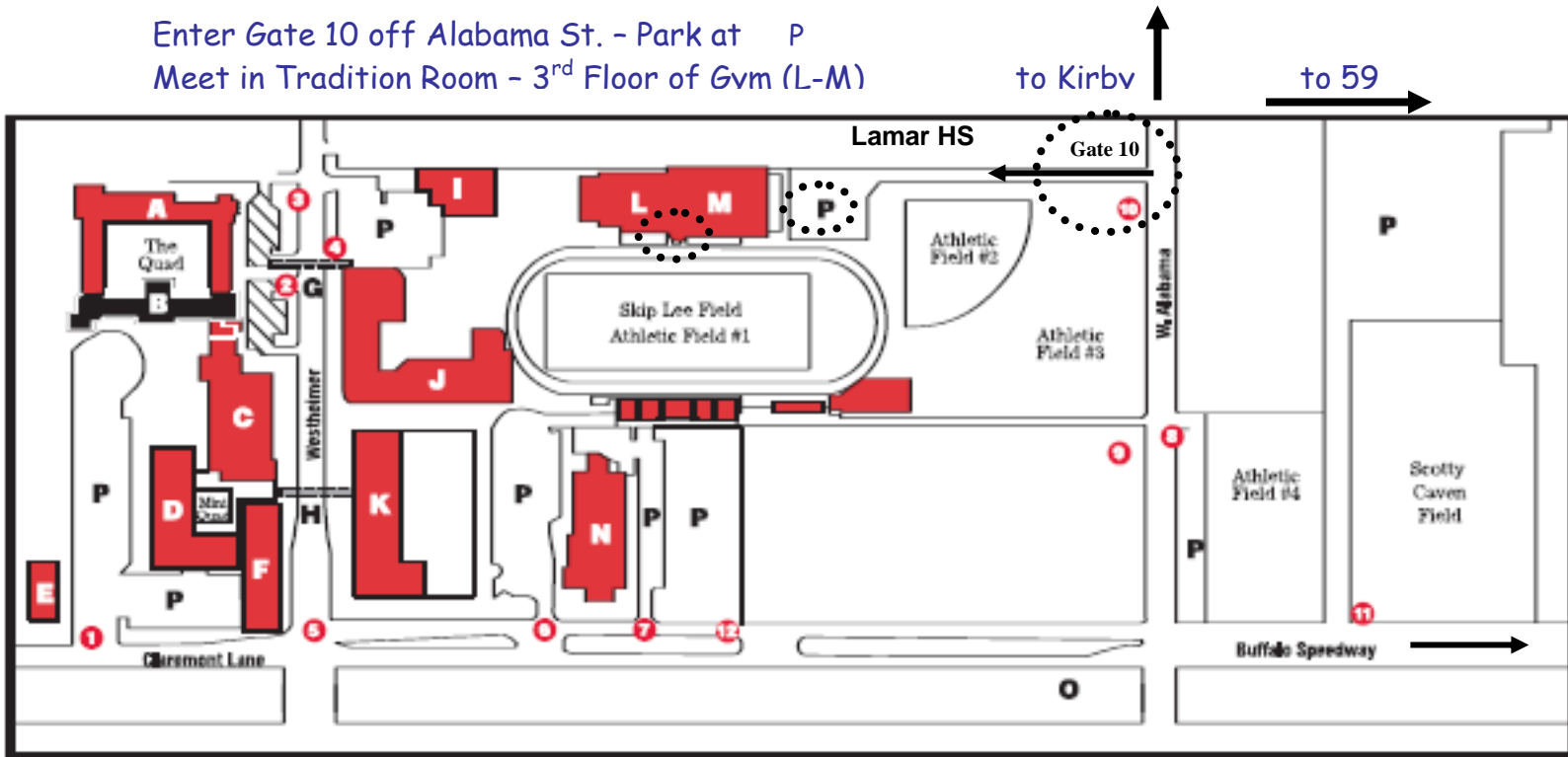
T&F Symposium Location and Directions

Directions: St. John's School is located 2 blocks north of I-59 between Buffalo Speedway and Kirby Drive. There are several places to grab quick food on Kirby!

Enter Gate 10 off Alabama St. - Park at P
Meet in Tradition Room - 3rd Floor of Gym (L-M)

to Kirby

to 59



ST. JOHN'S SCHOOL

to 59

Please contact Richie Mercado at rmercado@sjs.org, or call me at 713-256-4636 (cell) if you need any help or more information!

Please distribute to any interested coaches!