

**Please Forward and Share with Cross Country  
and Long-Distance Running Coaches**



"All that I am is  
because of my mind."  
Paavo Nurmi

**The Ultimate Paavo Distance Running  
Progressive Coaching Clinic**

**December 10-12, 2020**



**Northwest ISD Outdoor Learning Center  
Northlake, Texas**



"I am Nurmi, I am Nurmi."  
Quoted by Emil Zatopek when he trained at  
a club



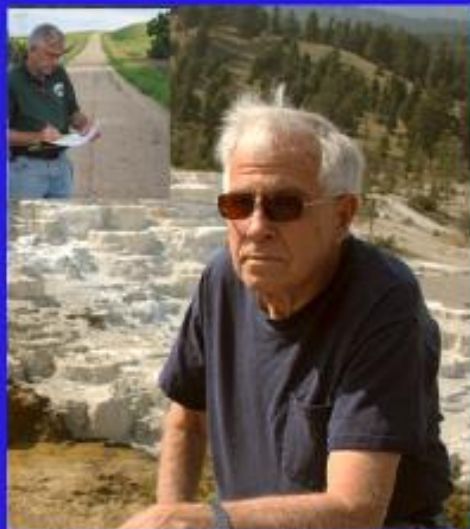
**FOR THE COACH WHO DOES WHAT OTHERS DON'T DO, WON'T DO, & CAN'T DO  
AND THE RUNNERS WHO DO THE SAME**

**Exact Training for Exact Racing  
From the grassroots and coaches like you  
Backed up by 46 years of State Meet Success  
For the coach who wants to become better everyday.**

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# Presentation Lineup



## Coach Sellers Founder & Director

*"A coach has to be what the coach wants the runner to be."*

In the years of developing the Paavo Clinic concepts, we have arrived at the most total approach to exact training for exact racing. It is simple. It took 20 years to develop and all the years since the first Paavo Clinic in 1987 to get the the Ultimate clinic concept of today. It is giving your kids/ runners the best shot at becoming their best before graduating. Being the best is:

1. Getting your runners to do exact training to exact racing.
2. Getting your runners to become a better runner by first becoming a better person.
3. Getting your runners to out work, out train, and out race others

The 2020 Paavo Ultimate Clinic is exactly the clinic I was looking for when I was an aspiring coach. It is the most total and inclusive clinic concept out there. Always, it is about what is needed at every starting line on the way to the State Meet Starting Line. And it is about becoming the very best in the time given to us.

*"Enjoy the ride for that is what we are made of."*

## Coach Barnett

*"We are going to rip it!"*



The amazing coach of *"The Scrawny Kids From Luling, Texas"* will give you his best with an intensity that explains:

- 10 State Championship teams (8 in a row)
- 25 individual State Championships
- 2 Nationally ranked teams
- 15 Region IV Team Championships
- 26 straight years team ranked in the top ten
- 5 H.S. All-Americans in Track & Field
- Two Individual National Champions in Track & Field One National Record
- 1 Olympic Trial Qualifier
- 3 State Record Holders in Track & Field
- 3 Jr. National Team Qualifiers

## Coach Gegogaine

*"I'm getting fired up! "*

*This is going to be a great experience!"*



Coach Gegogaine's energy and enthusiasm will be on full display when she covers *Coaching a State Champion* and *Learning High-level Coaching*, two topics that she is quickly mastering. She finished last year with an individual Girls' State Champion and a 3rd place finish behind two other Paavo connected teams in the large school division. Get used to her spunk!

# Topics

The Paavo Ultimate Clinic is broken down into five basic areas as follows:

## 1. Good Coaching

\* A coach must become what the clinic is to get a runner to complete the training and racing demands

## 2. The Exactness of Training to Racing

\* A step by step process of properly completed training

## 3. The Exactness of Racing From the Exactness of Training

\* A coach must know how a race is run on any given day from the current level of each individual runner.

## 4. Individual Runner Motivation and Leadership

\* Landmarks of motivation are crucial to understanding leadership.

## 5. The Educational Value of Runner Development

\* The real world value of all taught and learned.

# Schedule

Topic	Area	Presenters
<b>1. Starting the Clinic Correctly</b> Clinic basics of training, training philosophy, & training process	Good Coaching	Coach Sellers Coach Barnett & Contributing Staff
<b>2. The Logbook and Logbook Classroom Session</b>	Good Coaching	Coach Barnett
<b>3. Getting a Rock to Run With Motivation The Right Way and Training Leadership Development</b>	Individual Runner Motivation and Leadership	Coach Sellers
<b>4. Level One: Oxygen Delivery Training, The PPM Program</b>	The Exactness of Training to Racing	Coach Sellers Coach Barnett
<b>5. State Meet Racing From State Meet Training Part 1</b>	The Exactness of Racing From the Exactness of Training	Coach Sellers Coach Barnett
<b>6. Level One: Oxygen Delivery Training, The Slow Interval Program</b>	The Exactness of Training to Racing	Coach Sellers Coach Barnett
<b>7. Level One: Oxygen Delivery Training, Lactic Acid Training &amp; Level One Fartlek</b>	The Exactness of Training to Racing	Coach Sellers Coach Barnett
<b>8. State Meet Racing From State Meet Training Part 2</b>	The Exactness of Racing From the Exactness of Training	Coach Sellers Coach Barnett
<b>9. Coaching a State Champion: A Runner's Profile</b>	Good Coaching	Coach Gegogaine
<b>10. A Coach's Story: Learning High Level Coaching</b>	Good Coaching	Coach Barnett
<b>11. Level Two: High Level Oxygen Delivery Training</b>	The Exactness of Training to Racing	Coach Sellers Coach Barnett
<b>12. The Base of Individual Runner Development</b>	The Educational Value of Runner Development	Coach Sellers
<b>13. A Coach's Story: Learning High Level Coaching</b>	Good Coaching	Coach Gegogaine
<b>14. Level Two: High Level Lactic Acid Training &amp; High Level 2 Farlek</b>	The Exactness of Training to Racing	Coach Sellers Coach Barnett
<b>15. State Meet Racing From State Meet Training Part 3</b>	The Exactness of Racing From the Exactness of Training	Coach Sellers Coach Barnett
<b>16. A True Coaching Moment</b> A sharing of Coaching Development. A sharing of Coaching Time Lines, Key Experiences, & Special Moments in Coaching. A Chance for New Clinic Coaches to Also Share Their Stories.	Good Coaching	Contributing Coaches & Clinic Coaches

# Contributors

## Coach Jerry Carter



*"Paavo is about knowing how your training will be displayed in racing. Paavo is about racing faster and knowing WHY."*

He's the *real deal* and a *throw back* coach. As a contributor, he will give his heart and soul to help you

become better. He has been with the Paavo Clinics since the beginning and his wealth of coaching experience is second to none. When he speaks, it is time to listen. His passion for helping other coaches will become evident as soon as you get to know him.

Experience Teaches Always  
All One Has To Do Is Listen

## Coach Justin Sellers



Fresh off his first year as an undefeated head coach (12-0), Justin is using the Paavo Process to become better while taking the assets of youth (Energy, enthusiasm, and motivation) to pursue the entire *"State Meet Starting Lines."* Now, with two *Paavo Clinics* behind him,

Justin has taken his North Side Middle School boys and girls cross country teams to their 1st city championship.

## Coach Jason Covarrubias



*"Another opportunity to learn and grow as a coach, in order to absolutely capitalize my runner's shrinking time capsule."*

This *5 time National Champion Coach* will tell you his story of getting the right training to the right runners.

His enthusiasm and energy are infectious. Starting with the basics, he has now emerged on the national scene with his runners at SAGU. Listen to his story from his first Paavo Clinic to the success he has now.

## Coach Elias Blanco



*"There is no other clinic like this, and you will never look back."*

*"I cannot wait for this clinic and to expand the clinic model."*

He's a coach dedicated not only to becoming a better coach, but to the runners he coaches. *"I want every athlete to have the opportunity to be the best."* He will have a lot to say about his progress as a coach just like you.

## Coach Will Carter An Engineer Who Coaches



*"I always come back because I always get more and more means better."*

He's the spitting image of his father (kind of), and he's already tasted the State Meet Finish Line with the runners he's coached. It has often been said that the clinic concept reflects an engineer's thinking. Coach Will Carter demonstrates that with the remarkable way that he applies the training progressions. His creative talent has generated several innovations for individual runner measurement and data collection that add a new dimension to the clinic forms. And like his father, he will bend over backwards to help.

## Coach John Singleton



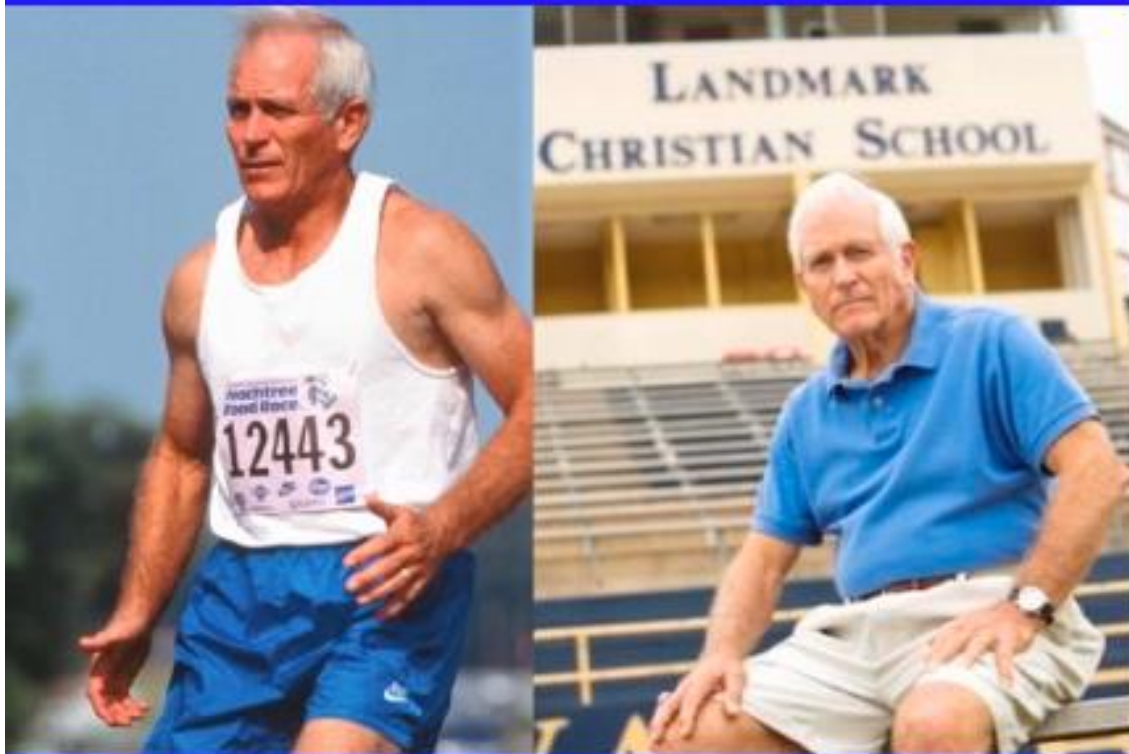
*"At the first Paavo Clinic, Coach Sellers whacked me right between the eyes when he said: Individualize the team don't team the individuals."*

By applying the Paavo to the bike, John exemplifies the future of the Paavo Clinic. He was a weight man in college, an engineer by trade, but his real calling is coaching high level cyclists - both locally and nationally. He has an intensity of absoluteness with the Paavo concepts and pulls no punches. Like Coach Carter, Coach Singleton is an Engineer who coaches.

## Paavo Proof

What follows is a list of distinguished alumni. These highly successful coaches have endorsed the clinic and are willing to answer your questions. Feel free to click on their email links below and learn why this clinic is for you!

### **Coach Bill Thorn of Georgia: 39 State Championships in Boys and Girls track and cross country**



### **Coach Gordon Aldrich of Michigan: 18 State Championships in four different classes in Boys and Girls track and cross country**



**Coach Rick Weinheimer of Indiana:  
11 State Championships in Boys and Girls track and cross  
country**



**Coach Dave Juhlin of Kansas:  
12 State Championships in Boys and Girls track and cross  
country**



**Coach Bob Karr of Kansas:  
7 State Championships in Boys and Girls track and cross country**



**Coach Dave Hodgkinson of Michigan:  
12 State Championships in Boys and Girls track and cross  
country**



**Coach Jim Bilsborrow of Michigan:  
7 State Championships in Boys and Girls track and cross country**



**Coach Doug Grezezsek of Michigan:  
13 State Champions in boys and girls cross country and track  
Coached a discus thrower in every state meet for 24 consecutive years**

