

2010  
NIKE  
"Coach of the Year Clinic"  
DC / North Virginia  
January 29, 30, 31, 2010

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Director Contact Information
Alex Callas 15135 Wetherburn Drive Centreville, VA 20120 (703) 416-9516 FAX (703) 416-9518 <a href="mailto:NoVirginia@nikecoyfootball.com">NoVirginia@nikecoyfootball.com</a>

Video Tape Recorders or Cassette Tape Recorders  
are not permitted at the Nike Coach of the Year Clinics.

## Welcome to the 2010

# DC/Northern Virginia NIKE Coach of the Year Clinic

### Clinic Times

Friday, Jan 29 3:00pm-10:00pm  
Saturday, Jan 30 8:15am-7:40pm  
Sunday, Jan 31 8:30am-12:20pm  
Special YOUTH Speakers on Saturday!

### Clinic Sponsors

NIKE Football  
United States Marine Corps  
Coaches Choice  
American Football Monthly  
Dixie Sports \_  
Hudl

### Special Guest Lecturer

On Sunday 31 Jan 2010, Mr. Spencer Wood of Icebox Athlete will  
lecture on Mental Skills & Toughness Training for the 21st Century Athlete.

## Reminder

A drop box will be set up for all Colleges and Universities that are represented at the clinic so that attending coaches can leave highlight tapes for Junior and Sophomore Prospects.

### Coaches Social Friday Evening at Hooters in Chantilly Sponsored by First Team Sports

#### DC / NORTH VIRGINIA SPEAKER LINEUP

TIME	ROOM	SPEAKER	TITLE/SCHOOL
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#### FRIDAY

#### DESCRIPTION : CLINIC REGISTRATION

Friday, January 29, 2010 - 12:30PM - 8:30PM	Hotel Lobby	REGISTRATION	
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#### DESCRIPTION : Quarterback Play; Skills and Drills

Friday, January 29, 2010 - 3:00PM - 4:10PM	Lincoln Forum	Rob Ambrose	Head Football Coach Towson State University
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#### DESCRIPTION : Planning and Preparing a Defensive Game Plan

Friday, January 29, 2010 - 3:00PM - 4:10PM	Washington 1	Kevin Lynott	Head Football Coach Middletown HS, MD '09 2A West Regional Champ
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#### DESCRIPTION : Simplifying the Running Game

Friday, January 29, 2010 - 3:00PM - 4:10PM	Washington 2	Mike Burnett	Head Football Coach Broad Run HS AA Div 4 State Champs 2008, 2009
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#### DESCRIPTION : Defensive Drills

Friday, January 29, 2010 - 4:20PM - 5:30PM	Washingtonian	Randy Shannon	Head Football Coach The University of Miami
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#### DESCRIPTION :

Friday, January 29, 2010 - 5:30PM- 6:30PM		DINNER BREAK	
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#### DESCRIPTION : Defending Spread and Multiple Offenses Using Quarters Coverage

Friday, January 29,	Washington 1	Dave Mencarini	Head Coach
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2010 - 6:40PM –  
7:50PM

Quince Orchard HS, MD

**DESCRIPTION :** Using the Scrape 50 Defense to Defend Multiple Offenses Using the Same Personnel

Friday, January 29,  
2010 - 6:40PM –  
7:50PM

Washington 2

Rob Everett

Head Coach  
Robert E. Lee HS, VA  
'09 Div 5 Regional Finalist

**DESCRIPTION :** 3 by 1 Adjustments to Today's Spread Offense

Friday, January 29,  
2010 - 6:40PM –  
7:50PM

Lincoln Forum

John Shields

Defensive Coordinator  
South County HS

**DESCRIPTION :** Red Zone Offense

Friday, January 29,  
2010 - 8:00PM –  
9:10PM

Washingtonian

Jim Tressel

Head Coach  
Ohio State University

**DESCRIPTION :**

Friday, January 29,  
2010 - 9:15-10:0PM

Washingtonian No. VA Football  
Coaches  
Association  
Meeting

**DESCRIPTION :** Coaches Social

Friday, January 29,  
2010 - 10:30PM -  
Close

Coaches Social: Please join us at The Hooters in Chantilly, Virginia.  
Sponsored by First Team Sports 10:30 until Close Directions available at  
the Registration Desk

## SATURDAY

**DESCRIPTION :** Breakfast

Saturday, January 30,  
2010 - 7:00AM -  
9:30AM

Dining Area

At the Host  
Hotel

BREAKFAST BUFFET  
at Hotel

**DESCRIPTION :** Developing Your Place Kicker; Skills and Drills

Saturday, January 30,  
2010 - 8:15AM -  
9:25AM

Washington 1

Paul Woodside

West Virginia University

**DESCRIPTION :** Developing Off-Season Training for Offensive Linemen

Saturday, January 30,  
2010 - 8:15AM -  
9:25AM

Washington 2

John  
Schumann

Fork Union Military  
Academy

**DESCRIPTION :** Offensive Line Play

Saturday, January 30,  
2010 - 8:15AM -  
9:25AM

Lincoln Forum

Chris Malone

James Madison University

**DESCRIPTION :** The Wyoming Offense

Saturday, January 30,  
2010 - 9:35AM –  
10:45AM

Washingtonian

Dave  
Christensen

Head Coach  
Wyoming

**DESCRIPTION : Program Building**

Saturday, January 30, Washington 1 Jim Proythress  
2010 - 10:55AM -  
12:05PM

Head Coach  
Lake Braddock HS  
2009 Div 6 State Finalist

**DESCRIPTION : Switching from a base 4-4 to a 4-3 cover 2**

Saturday, January 30, Washington 2 Doug Williams  
2010 - 10:55AM -  
12:05PM

Head Coach  
Catoclin HS, MD  
2009 State Champ

**DESCRIPTION : Offensive Line Pass Protection Drills and Schemes**

Saturday, January 30, Lincoln Forum Tom Brattan  
2010 - 10:55AM -  
12:05PM

University of Maryland  
Offensive Line Coach

**DESCRIPTION : Food**

Saturday, January 30, On Your Own  
2010 - 12:05PM -  
1:00PM

Hotel  
Restaurant

Lunch Buffet  
Hotel Restaurant

**DESCRIPTION : Year Round Football Strength and Speed Program Design**

Saturday, January 30, Washington 1 Rob Rose  
2010 - 1:10PM -  
2:20PM

President True Athletic Performance

**DESCRIPTION : North Alleghany Defensive Coverage System and Blitz Scheme**

Saturday, January 30, Washington 2 Doug Brinkley  
2010 - 1:10PM -  
2:20PM

Defensive Coordinator  
North Alleghany HS, PA

**DESCRIPTION : Implementing Richland's Spread Offense**

Saturday, January 30, Lincoln Forum Greg Mance  
2010 - 1:10PM -  
2:20PM

Head Football Coach  
Richlands HS, VA

**DESCRIPTION : TBD**

Saturday, January 30, Washingtonian Tom Williams  
2010 - 2:30PM -  
3:40PM

Head Coach  
Yale University

**DESCRIPTION : North Alleghany Draw Series with Blocking Scheme and Play Action**

Saturday, January 30, Washington 1 Art Walker  
2010 - 3:50PM -  
5:00PM

Head Football Coach  
North Alleghany HS, PA

**DESCRIPTION : Defending the Spread with a 4 Man Front**

Saturday, January 30, Washington 2 Matt Bland  
2010 - 3:50PM -  
5:00PM

Defensive Line Coach  
LC Bird HS, VA

**DESCRIPTION : Marine Corp Leadership**

Saturday, January 30, Lincoln Forum  
2010 - 3:50PM -  
5:00PM

United States Marine Corp

**DESCRIPTION : Call Blocking by the Offensive Line**

Saturday, January 30, Washington 1  
2010 - 5:10PM -  
6:20PM

Nick  
MetroKotsas

Former Head Coach  
25 Seasons, NJ

**DESCRIPTION :** TBD

Saturday, January 30, Washington 2  
2010 - 5:10PM -  
6:20PM

Trey Taylor

Head Coach WT Woodson Regional  
Finalist 2009

**DESCRIPTION :** Building A Program: New School Motivation with Old School Standards

Saturday, January 30, Lincoln Forum  
2010 - 5:10PM -  
6:20PM

Eric Ludden

Head Coach - Massaponnax HS

**DESCRIPTION :** Building a Better Defense (Emphasizing LB Play)

Saturday, January 30, Washingtonian  
2010 - 6:30PM -  
7:45PM

Tom  
Throckmorton

Tampa Bay Buccaneers Scout Former  
College Coach

## SUNDAY

**DESCRIPTION :** Breakfast

Sunday, January 31, Dining Area  
2010 - 7:00AM -  
9:30AM

At the Host  
Hotel

BREAKFAST BUFFET  
at Hotel

**DESCRIPTION :** Winning with Special Teams

Sunday, January 31, Washington 1  
2010 - 8:30AM -  
9:40AM

Jeff Tarter

Special Teams Coordinator - Richlands HS

**DESCRIPTION :** Running the 4-4 Defense

Sunday, January 31, Washington 2  
2010 - 8:30AM -  
9:40AM

DaLawn Parrish

Head Football Coach  
Wise High School (MD)  
Maryland 4A State Finalist

**DESCRIPTION :** Defending Power and Short Yardage Offense with a 4 Man Front

Sunday, January 31, Lincoln Forum  
2010 - 8:30AM -  
9:40AM

Matt Bland

Defensive Line Coach  
LC Bird HS, VA

**DESCRIPTION :** Mental Skills and Toughness Training for the 21st Century Athlete

Sunday, January 31, Washingtonian  
2010 - 9:50AM-  
11:00AM

Spencer Wood

Icebox Athlete\*\*

**DESCRIPTION :** Punt, The Greatest Play in Football

Sunday, January 31, Washingtonian  
2010 - 11:10-12:30

Bill Stewart

Head Coach  
West Virginia

\*\*Icebox Athlete provides Mental Skills and Toughness Training for elite athletes and coaches. The President of Icebox Athlete, Mr. Spencer Wood, has worked with Olympic teams, championship college programs from conferences including the Big Ten, Big East, SEC and Big 12, and major sports conventions such as the NCAA Final Four and the National Soccer Coaches Association of America.

DC/Northern Virginia NIKE YOUTH Football Clinic  
Saturday, February 7, 2009

TIME	ROOM	SPEAKER	TITLE/SCHOOL
<b>DESCRIPTION : CLINIC REGISTRATION</b>			
Saturday, January 30, 2010 7:15AM - 12:00PM	Hotel Lobby	REGISTRATION	
<b>DESCRIPTION : Coaching Youth Football</b>			
Saturday, January 30, 2010 8:15AM - 9:25AM	Washington 3	Brian Judd	Former Head Freshman Coach South County HS Current WR Coach So. County
<b>DESCRIPTION : The Wyoming Offense</b>			
Saturday, January 30, 2010 9:35AM - 10:45AM	Washingtonian	Dave Christensen	Head Football Coach Wyoming
<b>DESCRIPTION : North Alleghany Power Series with Blocking Schemes and Play Action from Multiple Sets</b>			
Saturday, January 30, 2010 10:55AM - 12:05PM	Washington 3	Art Walker	Head Football Coach North Allegheny HS, PA
<b>DESCRIPTION : Food</b>			
Saturday, January 30, 2010 12:05PM - 1:00PM	On Your Own	LUNCH Break	Lunch Buffet At Hotel
<b>DESCRIPTION : Defensive Back Skills and Drills</b>			
Saturday, January 30, 2010 1:10PM - 2:20PM	Washington 3	Jason Sachlis	Defensive Back Coach Westfield HS Freshman Football
<b>DESCRIPTION : Yale Football</b>			
Saturday, January 30, 2010 2:30PM - 3:40PM	Washingtonian	Tom Williams	Head Coach Yale University
<b>DESCRIPTION : Football Flexibility and Improving the First Step</b>			
Saturday, January 30, 2010 3:50PM - 5:00PM	Washington 3	Rob Rose	President True Athletic Performance
<b>DESCRIPTION : North Alleghany Defensive Philosophy, Schemes, Drills and Techniques</b>			
Saturday, January 30, 2010 5:10PM - 6:20PM	Washington 3	Doug Brinkley	Defensive Coordinator North Allegheny HS, PA
<b>DESCRIPTION : Building a Better Defense (Emphasis on LB Play)</b>			
Saturday, January 30, 2010 6:30PM -	Washingtonian	Tom Throckmorton	Tampa Bay Bucs Scout Former College Coach (20 Years)

