

SCENES FROM MAX VELOCITY'S 2017 SUMMER SERIES



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MEET THE COACHES

DAVID HENNESSEY, has coached for 40 plus years at Penfield High School. Hennessey, who also taught Social Studies at Victor High School until 2011, holds the U.S. record for the most cross country dual meet wins. He is the New York State Indoor Track and Field Chairman and coached hundreds of County, sectional and state champions.



He moved the USA Track and Field-sanctioned Summer Series to Penfield increasing participation to nearly 2,000 athletes and joined with local parents to form Maximum Velocity to better serve youth in the Penfield and Greater Rochester community (www.maxvelocity.org). A graduate of the University of Rochester and record holder in the 3000-meter steeplechase there, Hennessey specializes in training distance runners.

AUBREY SHEFFIELD comes with over 20 years of coaching experience with mastery in sprinting, relays and middle distance. He is a well-recognized coach in Section V and a former Edison Tech record holder. Currently, Coach Sheffield is an assistant coach at Penfield High School.



He has coached hundreds of sectional, state and national title holders in the sprints and jumping events as well as city and league champions in the Greater Rochester region.

REBECCA FABBIANO, is a graduate from Lockport High School and The College at Brockport where she set the women's indoor and outdoor pole vault records in 2012 (11'7" or 3.55m). She placed at SUNYACs each year (indoor and outdoor) and qualified for ECACs each season also. In 2011 and 2012, she was the SUNYAC Outdoor Track and Field Champion in the pole vault. Fabbiano, who has a degree in sport management, joined the Penfield coaching staff in the 2012-2013 indoor season. She coached her first State champion in the 2015 and 2018 girls indoor Sectional Championships. Additionally, she leads the *Mighty Max* Program for Maximum Velocity as an experienced Pre-K teaching assistant.



Former United States Olympian **SONJA FITTS-WALTERS** is one of the country's pioneers in the hammer throw in her second season with Maximum Velocity. Fitts-Walters, who also coaches at RIT is one of the finest hammer throwers in U.S. Track and Field history placing first at the U.S. Olympic Trials in 1992 and winning the bronze medal at the 1995 Pan-American games. Fitts-Walters represented her country at the 1992 Summer Olympics in Barcelona, Spain. At one point, Fitts-Walters held the World, United States, and Collegiate records in the hammer throw. She won the U.S. indoor Championship in the weight throw five



straight years, from 1991-95, while taking first four straight times at the prestigious Penn Relays. Prior to RIT, Fitts-Walters served as an assistant coach at Syracuse University, coaching both the men's and women's throwers. She will work with shot putters, discus throwers and javelin throwers via Max Velocity.

COACH MIKE DEMAY joins Max V for the 2018 season having built one of the premiere high school track and field programs in New York State at Rush Henrietta. DeMay has been AGR Coach of the Year 13 times for Cross Country, Indoor and Outdoor Track and Field. He has coached hundreds of individual sectional champions and brought 29 Sectional Titles to RH in his 18 years there. His athletes and relays hold 22 of the Section V Indoor Track and Field all-time records and 10 Outdoor records. Notably, he coached Olympian and American Record in the women's indoor 5,000m and 10,000m Race Walks, Miranda Melville and current Texas A&M standout, Samantha Watson (400/800 meters). He will support Max V working with middle distance athletes, related relays and high jump.



MAX VELOCITY SUMMER SERIES
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TREVOR SARGEANT'S athletic career started in Ireland where as a Youth & Junior he represented his country in multiple international competitions both on the track and in cross-country. He ran in the World Junior Championship in Cross Country. Recruited from Ireland, he attended Iona College on a full athletic scholarship where he won several conference titles and had the opportunity of competing at some of the top



relay carnivals, including Penn Relays, Tennessee Relays, Florida and Colonial Relays. Having competed at the national and international level he brings a wealth of both real-life experiences along with the current training techniques used in the field of training middle distance runners. He is a USATF Level 1 and 2 certified coach with a concentration in endurance events. He currently coaches boys and girls middle distance at Webster Schroeder, and cross country at Webster Thomas. Coach Sargeant will be heading up Maximum Velocity's Cross-Country Training Program in 2018.

PAT TINDAL is the Head Track Coach at Edison Tech (2 years) & Franklin (5 years) and special education teacher in the Rochester City Schools. He is USATF Level 1 Certified and competed at the NCAA D3 and D1 Levels (Buffalo State and UB). He competed in NYS Championships in the 400m Hurdles, 4x1, and 4x4 (Edison Tech). Tindal has coached several NYS Meet competitors in sprints, relays and hurdles as well as a NYS 600-meter Champion, Jaquil Baxter (2018). He's coached 11 Sectional Champions in sprints, hurdles, and jumps; and 20+ Rochester City Champions.



ACADEMY FOR CROSS-COUNTRY TRAINING PROGRAM

Based on progressive running, soft terrain workouts and steady interval hill training on Section V, Monroe County Cross-Country Courses. Scheduled Monday, Thursdays in June & July (optional Sun. workout on local courses) to enable athletes to transition to their high school program in August and/or attend running camp of his/her choice but be prepared for either.



MAXIMUM VELOCITY TRACK & FIELD

MIGHTY MAX **\$80**

Ages 3-5

- **Mondays, June 11 – July 23**
6:00 - 6:30 p.m.
- 30 Minute Weekly Training Sessions • T-shirt
- Entry Fees and Coaching for all 2018 Summer 10 & Under Meets (Thursdays)

INTRO TO TRACK & FIELD EVENTS **\$120**

Grades 1-5 and Grades 6-8

- **Mondays, June 11 – July 26**
5:30 - 6:30 p.m.
- Weekly Training Sessions • T-Shirt
- Entry Fees and Coaching for all 2018 Meets:
Grades 1-5 - Summer 10 & Under Meets (Thursdays)
Grades 6-8 - Summer Series Meets (Tuesdays)

ACADEMY FOR EXPERIENCED T&F ATHLETES **\$195**

Grades 6-12

- **Mondays & Thursdays, June 11 - July 26**
6:30 - 8:00 p.m.
- Twice Weekly Training Sessions • T-Shirt
- Entry Fees and Coaching for all 2018 Summer Series Meets (Tuesdays)

ACADEMY FOR POLE VAULTERS **\$195**

Grades 9-12

- **Monday & Thursdays, June 11-July 26**
6:30 - 8:00 p.m.
- Twice Weekly Training Sessions • T-Shirt
- Entry Fees and Coaching for all 2018 Summer Series Meets (Tuesdays)

ACADEMY FOR CROSS-COUNTRY **\$195**

Grades 7-12

- **Monday & Thursdays, June 11-July 26**
6:30 - 8:00 p.m.
- Twice Weekly Training Sessions • T-Shirt
- Training held at Penfield HS and Harris Whalen Park in Penfield

TO REGISTER: www.maxvelocity.org



TRACK & FIELD 2018

Maximum Velocity is a USATF-sanctioned Track and Field Club and 501c(3) intended to serve athletes from Penfield and the region providing elementary, middle, high school and college-aged track and field athletes a way to train, learn and compete in the summer.

FOR ADDITIONAL INFORMATION AND TO REGISTER, GO TO www.maxvelocity.org

