

Minooka Mustangs Inc.  
509 Narvick Ave #8  
Morris, IL 60450  
773-551-1277  
[info@MinookaMustangs.org](mailto:info@MinookaMustangs.org)



Each year the Minooka Mustangs have one of the largest coaching staffs of any club in the area. This means that athletes get more individual instruction and technique training. Projected Coaches for 2017 are as follows:

Coach	Title	Specialties
John Gragg	Head Coach/Director	Long Jump, Triple Jump, Sprints, High Jump. Relays
Coach for over 6 years, as an athlete competed in 100, 220, 440, relays, Long Jump, Triple Jump		
Tim Graf	Assistant Head Coach	Sprints, Hurdles, Block Starts, Relays
Coach for over 30 years, Former Olympic Sprinter, still competes nationally in 100M & 200M		
Tonia McQuinn	Head Distance Coach	Warm-up, Stretching, Distance Running
Coach for over 4 years, over 12 years as a personal trainer, massage therapist.		
Maverick Nave	Throwing Coach	Shot Put, Discus, Javelin
Former athlete at Minooka for Discus & Shot Put		
Jasmine Gragg	Athlete/Coach	High Jump, Triple Jump
Coaching for over 2 years, athlete in 100, 200, Relays, High Jump, Triple Jump, Long Jump & Heptathlon.		
Antonio Hayden	Athlete/Coach	High Jump
Currently competes for Minooka in High Jump.		
Dakota German	Athlete/Coach	Sprints, Block Starts, Relays
Coaching for over 2 years, former athlete at Minooka.		
Mario Hayden	Pole Vault Coach	Pole Vault
Former athlete at Minooka, competed in Pole Vault.		

Practices usually consist of a 15 minute warm-up/stretching period with two 50 minute workout sessions. Most athletes will have a session dedicated to running workouts and a session dedicated to their specialty event. Athletes in multiple specialty events or Multi-Event Athletes will need to plan each week's sessions with the coaches. Practices are scheduled Monday thru Thursday starting June 5<sup>th</sup> from 5:30 PM to 7:30 PM. There will be no practice on July 3<sup>rd</sup> or 4<sup>th</sup>. Two of the Tuesday practices will be replaced by Indian Pride Track Meets. We do not yet know which dates.

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In the schedule below, Multi-Events Meets are for Pentathlon, Decathlon, or Heptathlon events. Very few athletes will be competing in these meets. All meets are optional for all athletes. There may be some other local meets available as well.

#### 2017 Meet Schedule

June 10	Meet to be Determined		
June 17-18	AAU District Jr Olympics (Qualifies to AAU Regional)	Belvidere North H.S.	Belvidere, IL
June 23-25	USATF State Jr Olympics (Qualifies to USATF Regional)		Bourbonnais, IL
June 29-30	AAU Multi-Event Regional J.O. (Qualifies to AAU National J.O.)	Auburn H.S.	Rockford, IL
July 1-2	AAU Regional Jr Olympics (Qualifies to AAU National J.O.)	Auburn H.S.	Rockford, IL
July 6-7	USATF Multi-Event Region J.O. (Qualifies to USATF National J.O.)		DeKalb, IL
July 8-9	USATF Regional Jr Olympics (Qualifies to USATF National J.O.)		DeKalb, IL
July 15	Rush Invitational	Lewis University	Romeoville, IL
July 22	AAU Northern U.S. Championship		TBD
July 24-25	USATF Multi-Event National Jr Olympics		Lawrence, KS
July 26-30	USATF National Jr Olympics		Lawrence, KS
July 29-30	AAU Multi-Event National Jr Olympics	Eastern MI Univ	Detroit, MI
July 31-Aug 5	AAU National Jr Olympics	Eastern MI Univ	Detroit, MI