

Introducing Hot Feet Utah Club, Led by Renowned Coach DeeDee Buzzi-Bertoldo. Hot Feet is thrilled to announce the launch of our newest club in Utah, which will be spearheaded by Coach DeeDee Buzzi-Bertoldo. Known for her impressive track record as a multi-time 6A 100m hurdle state champion, DeeDee brings an unmatched level of expertise to our team. She's a Kansas native who shares a long history with Coach T and can even rock a mean Rock Chalk.

DeeDee followed in her father's footsteps (Lloyd Buzzi Kansas football, KS State Record Holder 120m Hurdles) and began to hurdle in middle school, winning multiple AAU & USATF(TAC) national championships and setting national records in the process (50m hurdles, 80 m hurdles). DeeDee led the KS State honor roll for 3 years in the 100mHH (as a freshman she was 2nd), setting multiple school records (14.21 100m hurdles her junior year of high school) and winning multiple State Championships in for her beloved Washburn Rural High School in Topeka, KS.

Coach Dee continued setting records in college at the University of Arizona and was team captain her Jr. and Sr years. (Arizona school records in 55m hurdles, 100m hurdles and Pole Vault).

When you hear more of her story, you quickly understand how amazing her accomplishments have been and that she is the definition of tenacity and refusing to quit. During her sophomore year at Arizona DeeDee became very ill and doctors told her and her coaches she would not be able to continue training or competing at the level demanded in Division 1 athletics. Less than a year later, she qualified for her first of many NCAA Division 1 National Track & Field Championship's, competing in every indoor and outdoor national championship that followed during her college career. She credits support from her teammates and beloved coach, *Fred Harvey *(see Mentors & Coaches) (Head Women's Track & Field Coach University of Arizona) for believing in her when even the doctors did not.

DeeDee was All-Pac 10 each year she competed in 100mHH, 4x100m relay, 4x400m relay and Pole Vault. In 1996 she was the 55m hurdle champion at the Mountain Pacific Sports Federation Indoor T & F Championships and ran fastest split on Arizona's 4x400 team to secure 2nd place team finish.

In 1997 Coach D was named Pac-10 athlete of the week after running a school record and 7th fastest time in Pac-10 history at the time, 13.21. While competing at the USA Track and Field Championships in the 100m hurdles in '97, DeeDee learned the women's pole vault would become an official NCAA event the following year. The All-American hurdler had always wanted to vault so after an introduction by her teammate and training partner, *Dominic Johnson *(see mentors coaches), she spent the summer learning from and coaching with the Sky Athletics Pole Vault Club, coached by *Greg Hull and *Todd Lehman. Needless to say she was hooked!

Following the Kiss The Sky Camps and Clinics, DeeDee spent a month in San Louis Obispo, CA, continuing her pole vault training, learning from fellow vaulters, Shawn Brown and Dean & Jill Starkey. (Dean won bronze in the Pole Vault at the 1997 World Championships and in '94 set a record for most vaults over 19ft by an American. He now runs Arizona Pole Vault Academy with wife, Jill, also an elite American Vaulter).

Less than 8 months after holding a pole for the first time, Dee Dee placed 5th at the USA Indoor Track & Field Championships (Atlanta, Georgia 2/28/1998) followed shortly by adding another Drake Relays Championship, this time in Pole Vault. Coached by fellow Kansan, *Tom Hays who had been watching and recruiting DeeDee since high school when he coached at Wichita State

University, the duo had high hopes of making the 2000 American Olympic Team. Rightly so as she headed into championship season as the Pac-10 pole vault leader and NCAA Championship top qualifier. Sadly, tenacity and talent were no competition for the battle she was again fighting with her health and she ultimately had to hang up her competition spikes in 2000. Coach D says she is proud to have competed in the first Women's Pole Vault at NCAA Championships and loves introducing athletes to pole vaulting.

However Coach D was never too far from the track and continued to coach, coaching hurdles for Bishop Gorman High School in Las Vegas and privately coached many elite high school, college and professional athletes.

Years later when diagnosed with a genetic illness, hypermobile Ehlers-Danlos, all the illness and injury finally made sense. Approaching her illness with the same tenacity, last year DeeDee stepped back on the track to coach her son's high school track team and immediately felt back at home and realized the impact she could have on the next generation of track and field athletes. By the end of the season, all of the hurdlers PR'd by a full second or more, and the girls team won the 5A Regional Championship.

DeeDee's impressive athletic history is just a part of what makes her an exceptional coach, she also brings her education in Exercise Physiology, biomechanics and sports nutrition, which she followed by training with and under some of the top strength and conditioning professionals in the world. In the late 90's, when DeeDee was training with Sky Athletics, she was rehabbing an injury and was treated by Dr. Mike Clark when he became founder and CEO of the National Academy of Sports Medicine. Dr. Mike has worked with some of the best athletes on the planet - in their respective sports.

DeeDee was fascinated with his training techniques and asked Dr. Mike to teach her. She spent the next year learning and working with him training athletes from MLB, NBA, NFL, NHL along with many college and elite *high school athletes. Under his tutelage she grew to become a biomechanics and core strength/stability and injury prevention specialist, who Clark described as having eyes and ears that pick up on the slightest breakdown of technique and a way of communicating with athletes from many sports that just "worked".

DeeDee's extensive network of college and elite coaches as well as former and current professional & Olympic athletes will be a tremendous asset to the Hot Feet track club.

DeeDee's most cherished roll however is being mom to her son Jack who is quickly becoming a stand out athlete in basketball and of course, track and field. When not coaching you will find Coach Dee horsing around at the barn with her adopted Mustang Jitterbug, who she has trained as therapy horse. Along with her education and coaching certifications, DeeDee is also a PATH Certified Therapeutic Riding instructor and EAGALA certified equine specialist in mental health and equine assisted learning, working with children and adults with disabilities, veterans and people rescued from human trafficking.

Luckily for our Hot Feet family, DeeDee is ready and excited to commit to coaching full time and we are certain Utah and the next generation of track and field athletes will be grateful to have her.

Education & Training:

- University of Arizona, BS Health Sciences, pre-med Cum Laude
- 1 year Graduate studies in Exercise Physiology/Biomechanics at University of Arizona (left to train for 2000 Olympics with Dr. Mike Clark & Sky Athletics)
- NSCA Certified Personal Trainer
- Certified First Responder, First Aid/CPR

Key Scholastic & Athletic Accomplishments

- University of Arizona School Record Holder 60mHH, 100mHH (seventh fastest time in Pac-10 history at the time) and Pole Vault
- University of Arizona Track and Field High Point Award (1997)
- NCAA National Outdoor Track and Field 13th Place Finisher 100mHH (1997)
- USA Track and Field Championships 13th Place Finisher 100mHH (1997)
- USA Indoor Track and Field Championships, 5th Place Finisher Pole Vault (1998)
- NCAA National Championship top qualifier pole vault (1998)
- All Pac-10 Track and Field, 100mHH, 4x100m relay, 4x400relay, Pole Vault * also qualified in 400mH (1995-1998)
- Captain, University of Arizona Track and Field Team (1996-97)
- NCAA National Indoor Track and Field Qualifier, 55mHH (1995, '96, '97)
- Division 1 Academic All-American (1997)
- Olympic & Olympic Trials A Standard Qualifier in 100mHH & Pole Vault
- Willie Williams Memorial Award, "Most Outstanding Student-Athlete" (1997)
- Drake Relays Champion Sprint Medley Relay (1997)
- Drake Relays Champion Pole Vault (1998)
- Most Inspirational Track and Field Team Member (1995)
- University of Arizona Homecoming Queen (1996)
- Dean's List Honorable Mention (1992, 1994-95, 1996-97)
- Golden Key Honor Society (1997)
- All Pacific Ten Academic Team (Spring 1995, '96, '97)
- NCAA Student Athlete Advisory Board Secretary Univ. of Arizona
- A.I.M. Female Athlete of the Year (1998)
- Member Pi Beta Phi Sorority

College PR's

100mHH: 13.21

55mHH: 7.78

400mH: 62.26

Pole Vault: 3.75m (*4.10m post college)

200m: 24.47

300m: 39.25

Hept: 4978 *first hep of my career

Shot Put: 10.47m

Youth/High School

- AAU All-American 8x (Hurdles and Long Jump)
- AAU National Champion 6x

- USATF (TAC) National Record 80m hurdles
- AAU National age group and world record 50m hurdles
- High School Letterwoman 4x Volleyball (All-City)
- High School Letterwoman 4x Track and Field (All-State, All-American)
- High School Letterwoman 3x Basketball
- Scholarship offers in Volleyball, Basketball and Track
- State Champion, Power lifting 2x

High School PR:

100m HH : 14.21

LJ: 5.51m 18'1

Coaches/Mentors

Coach Fred Harvey - DeeDee's collegiate and post collegiate hurdle coach at University of Arizona where he is currently the Head Track and Field Coach. DeeDee assisted Coach Harvey in preparing Arizona football players for the NFL combine and with off season speed training and helped coach the Tucson Elite Track Club during the off season and while training professionally.

Daryl Eto - Legendary strength and conditioning coach at IMG academy, helped start EXOS training facility in Arizona, Las Vegas Raiders and currently Performance Director at ALTIS, ALTIS is an elite training environment for athletes, and a global leader of education in sport performance started by DeeDee's longtime friend John Godina. DeeDee first met Daryl in high school when she was invited to train with USATF Junior Elite Hurdle Coach, Remi Korchemny in California. She was further mentored and trained by Daryl at the University of Arizona.

John Godina - was a professional track and field athlete for 14 years. In that time, he became a four-time world champion, three-time Olympian and two-time Olympic medalist in shot put. He also was a receiver of the Jesse Owens Award twice. When Godina retired in 2009 from his professional throwing career, he expanded his already established track and field training facilities in what is called Altis today. The program combined elite athlete training, coaches education system and nationwide youth camps. In 2012, Godina continued to expand Altis to include all track and field events. In 2015, Altis was re-branded to the World Athletics Center, where they sent 17 athletes to the World Championships and won five medals. Altis also sent 21 athletes to the Rio de Janeiro Olympic Games, and came home with five medals.

Dr Mike Clark - Former CEO of National Academy of Sports Medicine where he developed the OPT System used by the National Academy of Sports Medicine to certify and train over 1 million fitness, performance and sports medicine professionals in over 80 countries. The OPT System has been Utilized for over 20 years with the world's top athletes, the NASM OPT™ Model, or Optimum Performance Training® Model, is a fitness training system. Based on scientific evidence and principles, the model is highly adaptable and versatile in its application, progressing individuals through five distinct yet complementary training phases. He is also the founder and CEO at Fusionetics and currently serves as a Sports Medicine Consultant to the New Orleans Pelicans and Utah Jazz.

Pole Vault Coaches:

Greg Hull - Greg Hull coaches the elite vaulters for Sky Athletics. He has had athletes in the past four Olympic Games including the 2000 Gold Medalists Stacy Dragila and Nick Hysong, April Stienen Bennett, Kelsey Hendry, and most recently 2011 US Champion Kylie Hutson. Coach Hull is in his 48th year of coaching vault camps. He also currently serves as Senior Coach for USA Track & Field Olympic Development for the pole vault. A USATF Master Coach, Greg has been successful at the high school, junior college, university, and international levels, including work at both Arizona State and Northern Arizona Universities. Currently he is the premier speaker at coaching clinics throughout the country.

Todd Lehman - Is in his 14th season as associate head track and field coach at Grand Canyon University. Todd also directs the Youth, High School, Collegiate, and Masters vaulters at Sky Athletics. As Assoc. Head Coach at Grand Canyon University, he has coached 4 NCAA All-Americans. As Head Coach at Paradise Valley Community College from '99-'13, he produced 24 NJCAA National Champions and 12 NJCAA National Records and was named the 2003 National Collegiate Pole Vault Coach of the Year. Lehman is a USATF Level II Certified Coach, and has spent time coaching at the United States Air Force Academy and Indiana State University, PVCC, and GCU.

Tom Hays - Tom Hays is in his 18th season as the vertical jumps coach at the University of Kansas. During his tenure at Arizona, Hays helped develop Arizona's pole vault squad into one of the top teams in the nation. In his six seasons, he coached 15 All-Americans, four national champions, two national runner-ups and two collegiate record holders.

Dominic Johnson - Dominic Johnson entered his first official season as Arizona's pole vault assistant coach in 2023-24 but has been a volunteer pole vault coach for the Wildcats since the 2021-22 season. Prior to coaching, Johnson was a standout performer for the Wildcats competing in the pole vault and the decathlon. He still holds school records in the indoor pole vault (5.55m, 18-2.5) and outdoor pole vault (5.65m, 18-6.5), alongside four decathlon single-event school records in the 100m, 400m, pole vault, and 1500m. He ranks sixth all-time in the decathlon in school history with a score of 7,764. In 1996, Johnson finished third in the pole vault at the NCAA Outdoor Championships and in 1997 he finished sixth in the decathlon, earning All-America honors for both performances. In 1998, he finished runner-up in the pole vault at the NCAA Indoor Championships and was named an All-American. He is a three-time Olympian, competing for St. Lucia in 1996, 2000, and 2008.)

Contact Coach DeeDee for any personal coaching sessions: (702) 335-8043

Coach DeeDee follows the training model developed by her trainer and mentor, Dr. Mike Clark, called the OPT Model (Optimum Performance Training). The OPT Model is based on scientific evidence and principles that progresses an individual through five training phases: stabilization endurance, strength endurance, hypertrophy, maximal strength and power.

Coach DeeDee offers private training in the following areas:

- Private track and field event specific training: Hurdles, sprints, jumps

- Athletic Performance/Development, including speed/agility & functional strength training for all sports, 1 on 1 or small group
- Pre-hab, injury prevention and injury recovery including option to add hyperbaric oxygen therapy to training/recovery program
- Sports nutrition and supplement consultations and programs
- Female specific sports performance coaching and education
- Hyperbaric Oxygen Therapy Sessions