

2009 Track Field Clinic: Tentative Schedule and Speakers - Subject to Change

THURSDAY	TOPIC	SPEAKER	SCHOOL/SPONSOR
6:30-7:20 PM			
Regent	Rotational Shot	Brian Forrester	Univ. of Akron
A	800/1600 Training	Chris Neal	Ohio State Univ.
B	300 Hurdles	Tim Walters	Ohio State Univ.
C-D-E	Developing HJ Approach	Gwen Wentland/Mikinski	Kansas State Univ.
7:30-8:20 PM			
REGENT	Neural Stimulation Warm Up	Matt Lydum	Defiance College
A	Following Distance Teaching Progression	Bob Braman	Florida State Univ.
B	Sprint/Hurdle Warm Up	Monica Gary	Purdue Univ.
C-D-E	Pole Vault I Physical & Psychological Demands	Greg Hull	M-F Athletic
Juniper	Principles of Fundraising	Terry Oehrtman	Lancaster H.S.
8:30-9:20 PM			
Regent	Discus	Brian Forrester	Univ. of Akron
A	Analysis of Anaerobic Distance Workouts	Bob Braman	Florida State Univ.
B	Advanced Hurdle Training	Monica Gary	Purdue Univ.
C-D-E	Pole Vault II/Applying Current Trends	Greg Hull	M-F Athletic
Juniper	Building a New Track Facility	All Track Builders	
9:30-10:30 PM			
A	OAT & CCC General Memb. Meeting		
10:30-12:30 AM			
C-D-E	M-F Athletic Social & Karaoke		
FRIDAY	TOPIC	SPEAKER	SCHOOL/SPONSOR
7:30-8:30 AM			
Magnolia	Athletes In Action	Tim Ellis/TimColeman	
8:30-9:30 AM			
Juniper	New Trends in Strength Training for Throwers	Cal Dietz	Univ. of Minnesota
A	Psychology of Distance Racing	Bob Braman	Florida State Univ.
B	New Approach to Sprint Drills	Monica Gary	Purdue Univ.
C-D-E	Neural Stimulation for Jumpers	Matt Lydum	Defiance College
Regent	Organizing J.H. Meets	Greg Fraunfelder/Andy Wolf	OAT&CCC
9:45-10:45 AM			
Juniper	Rotational & Glide Shot	Dale Cowper	Univ. of Louisville
A	Rules Interp Div I	Dr. Debra Moore	OHSAA
B	Rules Interp Div II	Paul Klems	OHSAA
C-D-E	Rules Interp Div III	Dale Gabor	OHSAA
Regent	Teaching Progressions for Young H.J.	Matt Lydum	Defiance College
11:00-12:00 PM			
Juniper	Discus Technique & Drills	Dale Cowper	Univ. of Louisville
A	1600m Training	Lee LaBadie	Univ. of Akron
B	200/400 Training	Matt Girardin	Ky. Fern Creek H.S.
C-D-E	Long Jump Approach	Boo Schexnayder	08 Olympic Coach
Regent	J.H. Pole Vault	Greg Hull	M-F Athletic
12:15-1:15 PM			
Juniper	Building a H.S. Throws Program	Dale Cowper	Univ. of Louisville
A	New Trends in Strength Training for Distance	Cal Dietz	Univ. of Minnesota
B	Building A Sprint Program Around Relays	Matt Girardin	Ky. Fern Creek H.S.
C-D-E	Mental Toolbox for Success/Jumps	Tim Berger	Zane State Univ.
Regent	Coaching Young Athletes	Tim Ellis	Athletes in Action
1:30-2:30 PM			

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Juniper	Discus	A.G. Kruger	Ashland University
A	Combined zone endurance training model	Scott Christensen	Minn. Stillwater H.S.
B	New Trends in Strength Training Sprinters/Hurdles	Cal Dietz	Univ. of Minnesota
C-D-E	Teaching Progressions for Long Jump	Boo Schexnayder	08 Olympic Coach
Regent	Hurdles	Tim Walters	Ohio State Univ.
2:45-3:45 PM			
Juniper	Mental Tools for Throwing Success	Tim Berger	Zane State Univ.
A	800 Meter Training	Lee LaBadie	Univ. of Akron
B	Neural Stimulation Warmup/Sprinters & Hurdles	Matt Lydum	Defiance College
C-D-E	High Jump Drills & Their Application	Gwen Wentland/Mikinski	Kansas State Univ.
Regent	Distance	Greg Miller	Mich. Cranbrook H.S.
4:00-5:00 PM			
Juniper	Indoor Weight Throw	A.G. Kruger	Ashland University
A	The Science of Sequencing Endurance Workload	Scott Christensen	Minn. Stillwater H.S.
B	Mental Toolbox for Success/Sprinters & Hurdles	Tim Berger	Zane State Univ.
C-D-E	Basic Triple Jump	Boo Schexnayder	08 Olympic Coach
Regent	Start Technique & Sprint Mechanics	Matt Girardin	Ky. Fern Creek H.S.
6:30-9:30 PM			
A-B	Hall of Fame Banquet		
9:30-12:30 PM			
B	UCS Social		
SATURDAY	TOPIC	SPEAKER	SCHOOL/SPONSOR
Juniper Throws School			
8:15-9:15 AM	Rotational Shot Put	Mark Rodriguez	Miami Univ.
9:25-10:25	Proper Technique-Olympic Lifts and Squats	A.G. Kruger	Ashland University
10:35-11:35	Discus	Mark Rodriguez	Miami Univ.
11:45-12:45	Glide Shot Put	A.G. Kruger	Ashland University
12:55-1:30	Indoor Weight Throw	Mark Rodriguez	Miami Univ.
Regent Distance School			
8:15-9:15 AM	Preparation of the H.S. Miler	Scott Christensen	Minn. Stillwater H.S.
9:25-10:25	Adapting Jack Daniels Program	Greg Miller	Mich. Cranbrook H.S.
10:35-11:35	Optimal Performance Through Hydration	Tim Berger	Zanes State Univ.
11:45-12:45	Emphasizing Speed in an Endurance Plan	Scott Christensen	Minn. Stillwater H.S.
12:55-1:55	Using Technology in CC and Track	Greg Miller	Mich. Cranbrook H.S.
A	OHSAA Pole Vault Certification		
8:15-11:00 AM	Pole Vault Certification	Marty Dahlman	Watkins Memorial H.S.
Learn By Doing			
8:15-9:00 AM	AND Repeat 9:05-9:50 AM		
B	Teaching steps for Jumps	Boo Schnexnayder	08 Olympic Coach
C-D-E	High Jump Drills	Gwen Wentland/Mikinski	Kansas State Univ.
9:55-10:40 AM	AND Repeat 10:45-11:30 AM		
B	Strength Building for Jumps	Boo Schneyder	08 Olympic Coach
C-D-E	Hurdles I	Tim Walters	Ohio State Univ.
11:35-12:20 PM	AND Repeat 12:25-1:10 PM		
B	Pole Vault Grip, Carry, Plant	Greg Hull	M-F Athletic
C-D-E	Hurdles II	Tim Walters	Ohio State Univ.
ODE Pupil Supervisory Certification			
Magnolia			
12:00-12:30 PM	Registration for Pupil Supervisory Certification \$20.00		
12:30-4:30 PM	4 Hour Pupil Supervisory Certification	Tim Berger	Zane State Univ.