

2010 OAT&CCC

Track & Field Clinic Schedule

Thursday Jan. 28th

6:30 -- 7:20 PM

Regent	Glide Shot Put	Harlis Meaders	Florida State Univ.
Easton A	Training the Miler	Robert Gary	Ohio State Univ.
Easton B	Basic Hurdling	Wayne Clark	M-F Athletic
Easton C-D-E	Advanced HJ Tech. Drills	Jeremy Fischer	Univ. of Oklahoma

7:30 -- 8:20 PM

Regent	Rotational Shot Put	Harlis Meaders	Florida State Univ.
Easton A	Hurt, Pain, Agony	Doug Watts	Edinboro Univ.
Easton B	Teach'em to 3 Step	Wayne Clark	M-F Athletic
Easton C-D-E	Horizontal Jump Drills	Jack Warner	Purdue Univ.
Juniper	How to Use Hy-Tek	Josh Klein	Delta Timing

8:30 -- 9:20 PM

Keynote Address

Easton A-B-C-D-E	Motivation, Name of the Game	Joe Newton	Elmhurst H.S.
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9:30 -- 10:30 PM

Easton A	OAT&CCC General Membership Meeting	Greg Fraunfelter
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10:30 -- 12:30 PM

Juniper M	-F Athletic Social
Easton C-D-E Kara	oke Party

Friday Jan. 29th

7:30 -- 8:15 AM

Magnolia	Athletes in Action Breakfast	Tim Ellis & Tim Coleman
	(Continental Breakfast provided by	Vasco Sports Builders)

8:30 -- 9:30 AM

Juniper	Conditioning for Throwers	Harlis Meaders	Florida State Univ.
Easton A	Large Meet Considerations Pt. I	Doug Watts	Edinboro Univ.
Easton B	Technical Aspects of Hurdling	Jeff McAuley	Speed Revolution
Easton C-D-E	Training the Jumper	Jack Warner	Purdue Univ.
Regent	Training the Middle School Sprinter	Frank Mooney	Massachusetts H.S. Coach

9:45 -- 10:45 AM

Juniper	Discus	Harlis Meaders	Florida State Univ.
Easton A	Division I Rules Interpretation	Dale Gabor	OHSAA
Easton B	Division II Rules Interpretation	Bob Meuleman	OHSAA
Easton C-D-E	Division III Rules Interpretation	Max Benton	OHSAA
Regent	Middle School Shot Put	Mike Casapini	Zanesville High School

11:00 -- 12:00 PM

Juniper	Rotational Shot Put	Mac Wilkins	Concordia Univ.
Easton A	Large Meet Considerations Pt. II	Doug Watts	Edinboro Univ.
Easton B	Conditioning/Training Sprints/Hurdles	Jeff McAuley	Speed Revolution
Easton C-D-E	Technical Aspects of LJ	Jeremy Fischer	Univ. of Oklahoma
Regent	M.S. Discus/Rot. Shot Put	Mike Casapini	Zanesville High School

12:15 -- 1:15 PM

Juniper	Indoor Wt. Throw	Brett Halter	Univ. of Missouri
Easton A	Low Iron in Distance Runners	Kelly Phillips	Miami of Ohio
Easton B	Lower Extremity Injuries	Dr. Mark Mendeszoon	Precision Ortho. Specialties
Easton C-D-E	Correcting HJ Mistakes	Jack Warner	Purdue Univ.
Regent	Middle School Pole Vault	Herb Hartman	Troy High School

1:30 -- 2:30 PM

Juniper	Glide Shot Put	Brett Halter	Univ. of Missouri
Easton A	Keeping Momentum Bet. XC/TR	Troy Engle	West Point Academy
Easton B	4 X 100 Relay	Jeff McAuley	Speed Revolution
Easton C-D-E	Getting Started in TJ	Jeremy Fischer	Univ. of Oklahoma
Regent	Middle School High Jump	Tim Walters	Ohio State Univ.

2:45 -- 3:45 PM

Juniper	Discus	Mac Wilkins	Concordia Univ.
Easton A	Organizing H.S. XC Program	Joe Newton	Elmhurst H.S.
Easton B	400M Training	Ralph White	Indiana Univ. of PA
Easton C-D-E	Teaching PV Part. I	Marty Dahlman	Watkins Memorial H.S.
Regent	Middle School Hurdles	Tim Walters	Ohio State Univ.

4:00 -- 5:00 PM

Juniper	Strength Training	Mac Wilkins	Concordia Univ.
Easton A	Training Middle Dist. Runner	Troy Engle	West Point Academy
Easton B	Running Drills for Sprints/Hurdles	Ralph White	Univ. Indiana of PA
Easton C-D-E	Teaching PV Part. II	Marty Dahlman	Watkins Memorial H.S.
Regent	Middle School Distance Running	Brian Seymour	Pickerington Lakeview M.S.

6:30 -- 9:30 PM

Easton A-B **OAT&CCC Hall of Fame Banquet**

9:30 -- 12:00 AM

Easton B **UCS Social**

Saturday Jan. 30th

8:15 AM -- 1:30 PM

M-F Athletic Throws School

8:15--9:15	Juniper St	Strength Training	M	Mac Wilkins	C	Concordia Univ.
9:25--10:25	Juniper Di	Discus/Rot. Shot Put	M	Mac Wilkins	C	Concordia Univ.
10:35--11:35	Juniper	Mat Drills for Throws		Mike Casapini		Zanesville H.S.
11:45--12:45	Juniper Di	Discus	M	Mike Pendleton	Wo	Wadsworth H.S.
12:55--1:55	Juniper	Throws Panel Q & A				

8:15 AM -- 1:55 PM

Asics Distance School

8:15--9:15	Regent	Year-Round Dist. Training		Troy Engle		West Point Academy
9:25--10:25	Regent	Building the Complete Runner		Troy Engle		West Point Academy
10:35--11:35	Regent	Tips for State Meet Prep.		Joe Newton		Elmhurst H.S.
11:45--12:45	Regent	Motivating Dist. Runners		Frank Mooney		Mass. Coaches Assoc.
12:55--1:55	Regent	Training the 800 Runner		Frank Mooney		Mass. Coaches Assoc.

8:15 AM -- 1:10 PM

Hind Learn By Doing School (All Sessions are repeated)

8:15--9:00 & 9:05--9:50	Easton A	4 X 100M Relay		Ralph White		Univ. of Indiana of PA
8:15--9:00 & 9:05--9:50	Easton B	Block Starts # 1		Mike Holman		Lawrence Central H.S. Ind.
8:15--9:00 & 9:05--9:50	Easton C-D-E	PV Plant & Carry		Marty Dahlman		Watkins Memorial H.S.
9:55--10:40 & 10:45--11:30	Easton A	Long Jump		Ralph White		Univ. of Indiana of PA
9:55--10:40 & 10:45--11:30	Easton B	Block Starts # 2		Mike Holman		Lawrence Central H.S. Ind.
9:55--10:40 & 10:45--11:30	Easton C-D-E	Hurdles Part. I		Tim Walters		Ohio State Univ.
11:35--12:20 & 12:25--1:10	Easton A	Dynamic Warm Up		Jeff McAuley		Speed Revolution
11:35--12:20 & 12:25--1:10	Easton B	High Jump		Mike Holman		Lawrence Central H.S. Ind.
11:35--12:20 & 12:25--1:10	Easton C-D-E	Hurdles Part. II		Tim Walters		Ohio State Univ.

OHSAA Pole Vault Coaching Safety Certification -- Marty Dahlman
(Required renewal every 3 years)

10:00 AM -- Noon Magnolia

ODE Pupil Activity Validation -- Tim Berger ATC Zane State Univ.
(Required renewal every 3 years)

12:00-12:30 PM Magnolia Registration (\$20.00)

12:30 PM Magnolia PAV Certification

Rio Grande University--College Credit

Instructor--Bob Willey Rio Grande University

1 Graduate Hr. \$150.00

2 Graduate Hrs. \$275.00

Register 6:30 PM--9:30 PM Thursday--In Hall with Vendors

Register 8:30 AM--Noon Friday--In Hall with Vendors

2010 OAT&CCC Track & Field Clinic

Major Sponsors

POWERADE

ASICS

M-F ATHLETIC

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