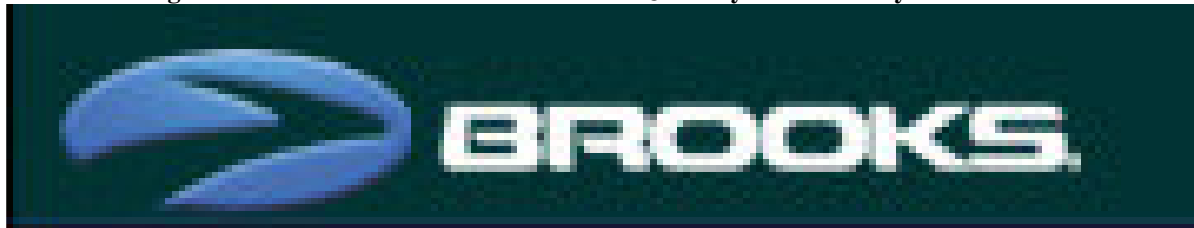


Don't forget: 2008 IATCCC T&F Clinic will be on January 31 - February 2 here @ the Sheraton !!!!



Thursday – February 1, 2007 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
5 :00	Registration – 2 nd floor	To top of escalator, then left	Suite 6
6:30-7:45	Distance - Creating the proper training atmosphere	Jerry Baltes-Grand Valley State	A
7:50-8:10	World Championships update	Mike Holman-World Champs Asst.	A
8:15-9:15	Core training for all Events	Rob Lasorsa	A
9:30	Coaches Social – drinks & snacks	Runners Forum	Suite 16

Friday – February 2, 2007 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
7 :15	Registration – 2 nd floor – Suite 6	Top of escalator, then left	Suite 6
8:20-9:25	Distance training	Jerry Baltes-Grand Valley State	B
8:25-9:30	Dynamic Glide Shot Putting	Larry Judge	C
8:30-9:30	High Jump	Rita Somerlot – 2004 Olympic Coach	DE
8:20-9:25	Sprinting 101	Monica Gary – Purdue University	A
9:40-10:45	Female coaching issues	Rita Somerlot & Monica Gary	A
9:45-10:55	Discus Throwing	Larry Judge	C
9:35-10:50	Distance Panel	Dennis McNulty-Warren Central	B
9:40-10:50	Beginning pole vault work	Larry Williams – Bloomington South	DE
9:30-10:35	Preparing your athletes to compete in college	Paul Sargent-Franklin College	Suite 4-5
11:00-12:10	Vault	Bob Potter	Suite 4-5
10:55-12:00	Hurdles	Monica Gary – Purdue University	A
11:10-12:10	Throws question/answer session	Larry Judge	C
11:00-12:05	Distance-Success @ small school-changing the mindset	Paige Brunner – Oak Hill	B
11:05-12:10	World Champs experience & relay exchanges	Mike Holman-Asst. coach-World Champ team	DE

Lunch on your own

12 :15-1:15	IATCCC Sectional Council Meeting	Clearwater A	Clear A
1:20-2:35	Rules Interpretation (head coaches) & IHSAA info	IHSAA Assoc. Commissioner-Bobby Cox	A & B
1:30-2:40	“Do you have the time?”-West Noble program #1	Brian Shepherd-Chuck Schlemmer	DE
1:45-2:45	Rules for the Shot/Discus & building sector lines-NTCA	Mark Harsha	Suite 4-5
1:25-2:30	Sprinting – session #2	Monica Gary – Purdue University	C
2:35-3:15	IATCCC Annual meeting & IHSAA info-Door P	Steve Cotherman	A & B
2:55-3:55	“Do you have the time?”-West Noble program #2	Brian Shepherd-Chuck Schlemmer	DE
3:35-4:40	Flexibility & Mobility	Darrell Barnes, St. Vincent Sp. Med	A
4:00 -5:00	Sprint training	Matt Girardin/Aaron McAndrew-Fern Creek (KY)	B
3:25– 4:25	800-1600 training-racing	Terry Lakes – Marion	Suite 4-5
4:05-5:10	Long Jump	Rita Somerlot-2004 Olympic Coach	DE
3:30-5:00	Plyometrics for all events	Rob Lasorsa	C
7:00	Hall of Fame Dinner @ Sheraton	Chairperson - Ricke Stucker	Clearwater



Final Update 1-26-07

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Saturday – February 3, 2007 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room	Session type
7 :30	Until 8 :00 -- Morning devotions – Plaza DE	Bill Wilham – Ben Davis	B	
Steve Cotherman, IATCCC President, will be available in Plaza DE between Saturday sessions to listen to any concerns about IATCCC or IHSAA matters				
8:00	Registration	Top of escalator, then left	Suite 6	
8:20-9:25	Dynamic Glide progression-hands on	Larry Judge	C	
8:25-9:30	West Lafayette T&F program	Lane Custer – West Lafayette	A	
9:00-10:30	Jumps panel	Ryan Potter – Noblesville	B	
9:40-10:45	Pole vault – drills & common mistakes	Larry Williams – Bloomington South	A	
9:35-10:40	Rotational Shot Putting	Jeremy Lambrecht-Seymour	C	
10:50-12:00	Sprint technique–session #2 & training questions	Aaron McAndrew/Matt Girardin-Fern Creek (KY)	B	
10:50-12:00	Strength Training @ the H.S. level	Jeff Cardinal - Carmel	C	
10:55-12:00	Distance training for Valpo girls XC	Karen DeVries – Valparaiso	A	
12:15-2:00	Clinic committee/officers luncheon meeting	Clearwater A	Clear A	



Final Update 1-26-07