

IATCCC



INDIANA ASSOCIATION OF TRACK AND CROSS COUNTRY COACHES

Thursday – January 31, 2008 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
5:00	Registration – 2 nd floor	To top of escalator, then left	Suite 6
6:30-7:50	Distance training	Rebecca Walter – Indiana University	A
8:05-9:20	USATF program – The Coaches Mindset	Charles Clinton-USATF Junior Elite Coach	A
9:30-11:15	Coaches Social – drinks & snacks	Runners Forum	Suite 16

Friday – February 1, 2008 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
7:15	Registration – 2 nd floor – Suite 6	Top of escalator, then left	Suite 6
8:25-9:35	Discus	John Smith – Southern Illinois	B
8:15-9:30	USATF program – Training Theory & Methodology	Charles Clinton-USATF Junior Elite Coach	C & DE
8:30-9:30	Flow Theory-The Path to Peak Performance	Matt Roe – Butler University	A
8:20-9:25	Vault-How to fly fiberglass without paying FIRST CLASS	Bob McClintock – Bishop Dwenger	Suite 4-5
9:50-11:05	Shot Put	John Smith – Southern Illinois	B
9:45-11:00	USATF – Acceleration & sprint biomechanics	Charles Clinton-USATF Junior Elite Coach	C & DE
9:45-10:50	Distance – Daniels training Program made easy	Greg Miller - Cranbrook	A
9:40-10:55	High Jump training & technique	Bob Dahl – Presenter & Moderator	Suite 4-5
11:05-12:10	Making Friends with the Media!!!	Brett Hess-IATCCC Publicity Director	A
11:15-12:15	Jump training	Davyd Cash – Ben Davis	B
11:10-12:15	Establishing a top T&F program	Mike Davidson – Ben Davis	C & DE
11:20-12:05	Get involved with the IATCCC – Here's How!	Joni Sanders-IATCCC Vice-President	Suite 4-5
Lunch on your own			
12:15-1:15	IATCCC Sectional Council Meeting	Clearwater A	Clear A
1:20-2:35	Keeping runners healthy	Dr. Steve Simons-2004 Olympic Phys.	A
1:20-2:25	USATF program - Hurdles	Charles Clinton-USATF Junior Elite Coach	C & DE
1:15-2:25	Long Jump	Davyd Cash – Ben Davis	B
1:25-2:30	Junior high session	Andy Keffaber-Westfield Middle Sch	Suite 4-5
2:35-3:40	USATF program – Sprints and questions/answers	Charles Clinton-USATF Junior Elite Coach	C & DE
2:45-3:45	What's it like to coach a National Champion? Mike Fout	Tim Beres - LaPorte	A
2:35-3:45	Plyometrics for all T&F events	Larry Judge	B
2:55 -3:30	IATCCC Issues discussion-question/answers	Dennis McNulty – IATCCC President	Suite 4-5
4:00-5:10	Junior High session	Andy Keffaber-Westfield Middle Sch	Suite 4-5
4:05-5:10	Throws panel 1	Mark Harsha	C & DE
3:50-5:30	IATCCC Annual meeting – Coach of the Year awards - Door Prizes - Rules Interpretation & IHSAA info	Dennis McNulty-IATCCC President IHSAA Assoc. Commissioner-Bobby Cox	A & B
7:00	Hall of Fame Dinner @ Sheraton	Ricke Stucker & Joni Sanders	Clearwater

Updated : 1-28-08





Saturday – February 2, 2008 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
7:40	Until 8 :00 -- Morning devotions		DE
8:00	Registration	Top of escalator, then left	Suite 6
8:20-9:25	Weight training for all events/or med ball/core	Larry Judge	B
8:25-9:30	Cross country – electronic items to facilitate a more organized program	Greg Miller – Cranbrook - Michigan	A
8:30 – 9:30	Hurdle training & technique	Monica Gary – Purdue University	C
9:35-10:35	High Jump	Davyd Cash-Ben Davis	C
9:40-10:45	Weight training for throws	John Smith – Southern Illinois	B
9:40-10:40	Distance panel for Track & Field	Steve Kearney - Moderator	A
9:35-10:40	Pole Vault	Tim Richey	DE
10:50-12:00	Distance training	Kelly Phillips – Purdue University	A
10:50-12:00	Jump panel	Ryan Potter - Moderator	C
10:55-12:00	Throws panel 2	Mark Harsha - Moderator	B
12:15-2:00	Clinic committee/officers luncheon meeting	Clearwater A	Clear A

Updated : 1-28-08

