

IATCCC



INDIANA ASSOCIATION OF TRACK AND CROSS COUNTRY COACHES

Thursday – January 29, 2009 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
5 :00	Registration – 2 nd floor	To top of escalator, then left	Suite 6
6:30-7:35	Developing Championship Relay Teams	Dixon Farmer	A
7:40-8:10	Olympic Experience - from a Coaches perspective	Mike Holman-Lawrence Central	A
8:15-8:30	U.S. athlete - Olympic Trials experience	Ashley Wilhelm-Andres - Heptathlete	A
8:35-9:45	Glide Shot for the HS athlete	Jim Aikens - Illinois	A
9:45-11:15	Coaches Social Time – drinks & snacks	Sponsor: Runners Forum!!!	Suite 16

Friday – January 30, 2009 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
7 :15	Registration – 2 nd floor – Suite 6	Top of escalator, then left	Suite 6
8:20-9:30	Organizing Successful HS Throws Program	Jim Aikens - Illinois	C
8:25-9:35	Coaching Sprint Mechanics and the sprint start	Dixon Farmer	A
8:15-9:30	110 High Hurdles	Clyde Morgan - Wabash College	B
8:25-9:35	Running and T&F Injury prevention	Jon Grant-St. Vincent Sports Med	DE
9:40-10:40	Importance of Goal Setting for HS athletes	Ashley Wilhelm Andres-USA Heptathlete	C
9:50-11:00	Youth/Community Running club & fund raising	Dana Neer - Culver Academies	Suite 2-3
9:50-11:00	Stepping into a program - new coach organization	Ken Browner-Lawrence North	B
9:45-11:00	Sprint training-beginning to end - part I	Mike Holman-Lawrence Central	A
9:50-11:00	Distance Training	Sylvia Kamp - Wright State Univ	DE
10:50-12:05	Core training	Mike Erb - Univ of Illinois	C
11:05-12:10	300 IM Hurdles	Clyde Morgan - Wabash College	Suite 2-3
11:10-12:10	Issues that affect women athletes of all ages	Sylvia Kamp - Wright State Univ	DE
11:10-12:15	Long Jump	Ashley Wilhelm Andres-USA Heptathlete	B
11:10-12:15	Sprint Training-beginning to end - part II	Mike Holman-Lawrence Central	A
Lunch on your own			
12 :15-1:15	IATCCC Sectional Council Meeting	Clearwater Ballroom	Clear A
1:15-2:30	Throws Panel	Mark Harsha - moderator	C
1:20-2:25	Sprint training-beginning to end - part III	Mike Holman-Lawrence Central	A & B
1:15-2:25	High Jump	Mike Erb - Illinois	DE
1:20-2:25	Distance training @ Middle/High School	Kristi Walker-Zoltek - Columbia City	Suite 2-3
2:30 -3:30	Distance Panel	Eric Kellison - moderator	A & B
2:35-3:35	Coaching the Pole Vault	Bob Shank -FW Northrop	C
2:35-3:35	Long Jump - beginners	Bob Dahl - Norwell	DE
2:40-3:45	Tips for hosting a MS XC Invite	Bruce Boling-Eastwood MS	Suite 2-3
3:35-4:35	IHSAA T&F Annual Rules Mtg-Head coaches	IHSAA Official	A & B
4:00-5:10	Developing a MS XC program	Bruce Boling-Eastwood MS	Suite 2-3
4:35-5:45	Discus for the HS Athlete	Jim Aikens - Illinois	DE
4:35-5:45	IATCCC Annual meeting–Coach of Year awards-IHSAA info-Door Prizes	Dennis McNulty-IATCCC President and IHSAA Assoc. Com–Bobby Cox	A & B
7:00	Hall of Fame Dinner @ Sheraton	Ricke Stucker & Julie Alano	Clearwater

Updated : 1-22-09





Saturday – January 31, 2009 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
7 :45-8:10	Morning devotions		DE
7:45-9:30	Registration	Top of escalator, then left	Suite 6
8:20-9:25	Coaching a national caliber runner and a national championship team	Paul Vandersteen - Neuqua Valley, IL	B
8:25-9:30	Rotational Shot Put for the HS Athlete	Jim Aikens - Illinois	C
8:30 – 9:30	Drills/warmup for teams	Warren Central/Lawrence North coaches	A
9:35-10:35	Developing a Year-round Distance Training Program	Paul Vandersteen-Neuqua Valley, IL	B
9:40-10:45	Jumps-common training for all jumps	Mike Holman - Lawrence Central	A
9:40-10:50	Developing young hurdlers	Dixon Farmer	C
10:50-12:00	Developing a Cross Country Program-essentials for success	Paul Vandersteen-Neuqua Valley, IL	B
10:50-12:00	Coaching the combined boys/girls T&F team/program	Steve Cotherman - East Central	A
12:15-2:00	Clinic committee/officers luncheon meeting	Clearwater A	Clear A

Updated : 1-22-09

