

Don't forget: 2013 IATCCC T&F Clinic will be Jan 31 – Feb 2 @ the Sheraton-Keystone!!!!



Thursday – January 26, 2012 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
5 :00 on	Registration – 2 nd floor	To top of escalator, then left	Suite 6
6:30-7:35	Sprint mechanics: starts, acceleration and speed	Mike Davidson – Ben Davis HS	A
7:40-8:45	Training techniques for the Elite Hurdler	Charles Foster – Virginia Tech U	A
8:50-9:55	Distance Training (1600-3200)	Ron Helmer – Indiana University	A
8:50-9:55	Throws training plan	Sandy Fowler – U of Michigan	B
9:50-11:15	Coaches Social Time – drinks & snacks	Sponsor: M-F Athletic	Suite 16

Friday – January 27, 2012 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
7 :15 on	Registration – 2 nd floor – Suite 6	Top of escalator, then left	Suite 6
Door prizes given at many speaking sessions – visit the vendors – see what they have to offer!			
8:25-9:35	Lower body plyometrics (all events)	Mike & Kiel Holman	A
8:35-9:40	A,B,C of Basic Pole Vaulting	Lou Andreadis – Grand Valley State	DE
8:30-9:35	Mental aspects of distance training/racing	Ron Helmer – Indiana University	C
8:30-9:30	Discus technique and drills	Sandy Fowler – U of Michigan	B
9:45-10:55	Drills to develop better sprinters & hurdlers	Charles Foster – Virginia Tech U	A & B
9:45-10:50	Shot Put technique & drills	Sandy Fowler – U of Michigan	C
9:50-10:55	Coaching Girls T&F – small school emphasis	Jon Cook – Westview HS	DE
9:50-10:50	Planning a Middle School T&F program	Alex Tanford-St Charles MS-Bloomington	Suite 4&5
11:00-12:05	Relay – 4 x 100	Mike Davidson – Ben Davis HS	A & B
11:05-12:10	Training techniques for the 300 hurdler-girls	Charles Foster – Virginia Tech U	C
11:15-12:10	400/800 training & putting the 4x8 together	Mike Holman – Univ of Indianapolis	DE
11:10-12:10	High Jump training & technique	Scott Fangman & Steve Smith-U of Indy	Suite 4&5
12 :15-1:15	IATCCC Council Meeting (IATCCC Reps only)	Clearwater Ballroom	Clearwater A
12:20-1:20	Pole vault-Bringing good vaulters to next level	Lou Andreadis – Grand Valley State	A&B
12:20-1:20	Treating T&F Injuries and Ailments	Dr. Scott Hudson-St Vincent Sport Med	DE
1:25-2:25	Throws panel	Moderator: Mark Harsha	A&B
1:30-2:45	Jumps Panel – top coaches	Moderator: Frank Litz	DE
1:30-2:45	Sprint Panel – top coaches	Moderator: Mike Davidson – Ben Davis	C
3:00-4:10	Keynote for all: Coaching, Teaching and Seeking Excellence	Rick Weinheimer – Columbus North	A,B,C
4:15-5:30	IHSAA rules interpretation-IATCCC Annual meeting-Coach of Year awards -IHSAA info	Keith Iddings-IATCCC President and IHSAA Commissioner–Bobby Cox	A,B,C
4:25-5:20	Warm-ups, games & stretching – MS	Maria Hamilton/Alex Tanford-St. Charles MS	Suite 4&5
5:30-6:25	Long Jump training & drills	Jon Cook – Westview HS	Suite 4&5
5:40-6:30	Purposeful Development of Young Hurlers	Ernie Clark – Bloomington North HS	DE
7:00	Hall of Fame Dinner @ Sheraton(tickets required)	Ricke Stucker, Dennis McNulty & Julie Alano	Clearwater



Don't forget: 2013 IATCCC T&F Clinic will be Jan 31 – Feb 2 @ the Sheraton-Keystone!!!!



Saturday – January 28, 2012 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
7:45-9:30	Registration	Top of escalator, then left	Suite 6
7:45-8:10	Morning devotions	lead by Kent Graham	D
8:30-9:30	Fun training for your team – with a purpose	Rob Abraham – Brown County HS	A
8:25-9:30	Throws training	Kiel Holman	C
8:30-9:30	How to get MS sprinter up to full speed in a short season	Darrell Reed – Taft MS	B
9:40-10:45	Distance panel – top coaches	Moderator: Michael Chastain-Culver Acad	A
9:40-10:45	Sprinting	Charles Foster – Virginia Tech Univ	B
9:40-10:45	Rotational Shot	Kevin Wertman - Southridge	C
10:55-12:00	Training & motivating young distance runners(XC &TF)	John Alter-Doe Creek MS (New Pal)	A
11:00-12:00	Teaching beginning long jump – MS & others	Harry Edwards-Indy Racing Cheetahs -TC	B
10:55-12:00	T&F athlete strength development	Kiel Holman	C
12:20-2:15	Clinic committee/officers luncheon meeting	Clearwater A	Clear A

For coaches of senior athletes:

Indiana Track & Field All-Star information, go to our organization website or just type in [iatccc.org](http://www.iatccc.org)
<http://www.iatccc.org/>

Look at the left column & click on “Indiana Track All-Stars” or “Indiana Cross Country All-Stars”

Take a look at the web site often!!! Loaded with information!!

