

Don't forget: 2011 IATCCC T&F Clinic will be on January 27 - 29 @ the Sheraton-Keystone!!!!



Thursday – January 28, 2010 @ 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	Training for the Jumps in T&F	Mike Turk - Univ of Illinois	A
7:40-8:45	Distance training theory	Matt Roe - Butler Univ	A
8:50-9:55	Throws - Glide Shot	Jud Logan-Ashland Univ	A
9:50-11:15	Coaches Social Time – drinks & snacks	Sponsor: M-F Athletic	Suite 16

Friday – January 29, 2010 @ 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	Neuromuscular activation, core work, dynamic warmup	Stefan Underwood-St. Vincent Sports Med	D
8:20-9:30	Training for the 1600	Dr. Robert Chapman-Indiana Univ	A
8:25-9:35	Strength Training	Jud Logan - Ashland Univ	C
8:25-9:35	Long Jump	Mike Turk - Univ of Illinois	B
8:40-9:40	Coaching in an urban or country school	Frank Litz-Roncalli	Suite 4&5
9:45-10:50	Throws - Rotational shot	Mike Turk - Univ of Illinois	C
9:45-10:45	Pole Vault - Session A (will continue with session B)	Jeff Martin-Indiana State Univ	B
9:50-11:00	4 x 100 Relay exchanges/racing	Rob Johnson-Wabash College	D
9:50-11:00	Power development for sprints, jumps, throws	Kiel Holman-St. Vincent Sports Medicine	Suite 2&3
9:45-10:45	Sequencing meets & workouts-Distance	Mike Fruchey-Ind/Purdue Fort Wayne	A
9:50-10:50	New coach: Changing the Culture of a Program	Matt Sweetman-Franklin Central	Suite 4&5
10:55-12:05	Dynamic warmup/flexibility/readiness-Distance	Dr. Robert Chapman-Indiana Univ	A
11:20-12:00	Midwest All-Star T&F meet session	Tom Knudson-FW Northrop	Suite 2&3
11:05-12:10	Pole Vault - Session B (builds on Session A)	Jeff Martin-Indiana State Univ	B
11:10-12:10	Sprint Panel	Mike Davidson - moderator	D
11:10-12:15	Throws - Discus	Mike Turk - Univ of Illinois	C
11:00-12:10	Team Dynamics-Boys/Girls combination squads	Mike Fruchey-Ind/Purdue Fort Wayne	Suite 4&5
12 :15-1:15	IATCCC Council Meeting (Reps only)	Clearwater Ballroom	Clear A
1:20-2:20	Throws Panel	Mark Harsha - moderator	C
1:30-2:30	Jumps Panel	Ryan Potter - moderator	B
1:15-2:00	T&F Meet management	Eric Jackson-Indiana Wesleyan	Suite 4&5
1:25-2:25	Small School combined prog-Girls/Boys-HS&MS	Clint Anderson - South Adams	D
1:20-2:30	Hurdles	Jeff Martin-Indiana State Univ	A
2:35-3:35	Distance Panel	Eric Kellison - moderator	A
2:35-3:35	Leadership Development for Student-Athletes	Toyinda Wilson-Long (Laf Jeff)	D
2:40-3:45	Throws - Rotational Shot	Rob Lasorsa (National Throws Chair)	C
2:35-3:40	High Jump technique/training	Bob Dahl - Norwell	B
2:40-3:40	Coaching Combined T&F Teams (Male/Female)	Lisa Gausman-Batesville	A
3:50-5:00	IHSAA T&F Annual Rules Mtg- HS Head coaches	IHSAA Official	A & B
4:00-5:10	Throws - Discus	Joe Koczan - St. Joseph College	D
4:00-5:10	Middle School program-T&F and XC	Tom Bussen & Dan Green-Maple Creek	Suite 4&5
5:00-5:50	IATCCC Annual meeting-Coach of Year awards - IHSAA info-Door Prizes	Ken Browner-IATCCC President and IHSAA Assoc. Com-Bobby Cox	A & B
5:20-6:20	Throws - Shot Put - Glide	Joe Koczan - St. Joseph College	D
7:00	Hall of Fame Dinner @ Sheraton	Ricke Stucker, Dennis McNulty & Julie Alano	Clearwater



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Saturday – January 30, 2010 @ Sheraton – Keystone @ Crossing

Time	Topic	Speaker Name	Room
7:15	Run with Bob Kennedy - easy morning run	meet 2nd floor hallway by speaking rooms	
7:45-9:30	Registration	Top of escalator, then left	Suite 6
7 :45-8:10	Morning devotions	lead by Tim Thober - Hamilton	D
8:30-9:40	Starts & sprinting	David Neville-Olympian	B
8:25-9:30	Distance-mental demands of training/racing	Matt Roe-Butler	A
8:25-9:30	Injury Prevention	Jon Grant-St. Vincent Sports Medicine	C
9:50-11:00	400 training/racing	David Neville-Olympian	B
9:40-10:45	Throws - Glide Shot	Bruce Van Horne-Pennsylvania	C
9:40-10:45	Corrective strengthening work-injury prevention(A)	Jason Russell-Optimum Performance	A
10:55-12:00	Throws - Discus	Bruce Van Horne - Pennsylvania	C
11:05-12:10	Hurdles	Bob Dahl-Norwell	B
10:55-12:00	Corrective strengthening work-injury prevention(B)	Jason Russell-Optimum Performance	A
12:20-2:15	Clinic committee/officers luncheon meeting	Clearwater A	Clear A

Guidelines for Drawings and Give-aways from vendors @ the IATCCC T&F clinic:

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!!

Updated 1-21-10

