

**Don't forget: 2012 IATCCC T&F Clinic will be on January 26 - 28 @ the Sheraton-Keystone!!!!**



**Thursday – January 27, 2011 @ Sheraton – Keystone @ Crossing**

Time	Topic	Speaker Name	Room
5 :00	Registration – 2 <sup>nd</sup> floor	To top of escalator, then left	Suite 6
6:30-7:35	Distance training	Mike Hillyard-Univ of Southern Indiana	A
7:40-8:45	Jumpers training program	Jack Warner – Purdue Univ Head Coach	A
8:50-9:55	Throws-Teaching progressions for the Glide	Mark Harsha – Portage H.S.	A
9:50-11:15	Coaches Social Time – drinks & snacks	Sponsor: M-F Athletic	Suite 16

**Friday – January 28, 2011 @ Sheraton – Keystone @ Crossing**

Time	Topic	Speaker Name	Room
7 :15	Registration – 2 <sup>nd</sup> floor – Suite 6	Top of escalator, then left	Suite 6
8:20-9:30	Weight Room Progressions and Injury Reduction	Kiel Holman	D
8:25-9:35	Sprint assessment-what to look for in sprint action/correction	Chris Korfist - York H.S. - Illinois	A
8:25-9:35	High Jump technique	Mike Garcia - Springfield H.S. - Illinois	C
8:40-9:40	HS Mid-Distance (400/800) Relays and Training	Derek Leininger – FW Snider	B
9:45-10:50	Throws training --- basics in year round program	Gary England	C
9:50-10:55	Sprint training – drills/exercises	Chris Korfist - York H.S. – Illinois	A
9:50-10:55	Pole Vault	Marty Rogier-High Performance Training	D
9:45-10:45	Distance Racing	Mike Hillyard-Univ of Southern Indiana	B
9:50-10:50	Long Jump	Jack Warner – Purdue Univ Head Coach	Suite 4&5
11:00-12:05	Distance Panel	Moderator: Eric Kellison-Franklin Central	B
11:15-12:10	High Jump Training	Mike Garcia - Springfield H.S. - Illinois	C
11:10-12:15	Long sprinting (400)	Angie Martin - Indiana State Univ	A
11:10-12:10	How to Compete in a Club Climate	Julie Alano – Hamilton Southeastern	Suite 4&5
11:10-12:15	Pole Vault #2	Marty Rogier-High Performance Training	D
11:00-12:10	Open room for discussion/small meetings		Suite 2&3
12 :15-1:15	IATCCC Council Meeting (IATCCC Reps only)	Clearwater Ballroom	Clearwater A
1:20-2:20	Throws Panel	Mark Harsha - moderator	A&B
1:30-2:30	Jumps Panel	Moderator: Frank Litz	D
1:10-2:00	Training for the 400-800	Angie Martin - Indiana State Univ	C
1:25-2:25	Middle School	Scott Fihma – Mark Ellington	Suite 2&3
1:20-2:30	Developing speed in middle/long distance runners through biomechanics approach: a 6 week program	Dr. Nick Goins- Dr. Jason Russell	Suite 4&5
2:35-3:35	Sprint Panel	Mike Holman - moderator	A&B
2:35-3:35	Discus – throwing out of the back (of the ring)	Gary England	D
2:40-3:45	Delivering Oxygen to Deliver Fast Racing (Distance)	Rick Weinheimer-Columbus North	C
2:35-3:40	Middle School	Scott Fihma – Mark Ellington	Suite 2&3
2:40-3:40	Hurdles: Maximizing Potential with Technique	Ernie Clark-Bloomington North	Suite 4&5
3:50-4:45	IHSAA T&F Annual Rules Mtg- HS Head coaches	IHSAA Official	A & B
3:50-4:45	Assistant Coach's Role with Championship team	Jim Pearce – Noblesville	Suite 2&3
3:50-4:45	Throws – Circuit Training for the throws (& other events)	Mark Harsha - Portage	D
4:45-5:25	IATCCC Annual meeting-Coach of Year awards - IHSAA info-Door Prizes	Ken Browner-IATCCC President and IHSAA Commissioner–Bobby Cox	A & B
4:00-5:05	Middle School	Bruce Houston-Fall Creek MS	Suite 4&5
5:30-6:20	Common running injuries explained from pain to fatigue	Dr. Jason Russell & Dr. Nick Goins	Suite 4&5
5:30-6:20	Sprint Starts & 4 x 100 Relay	Chris Korfist – York H.S. – Illinois	D
7:00	Hall of Fame Dinner @ Sheraton	Ricke Stucker, Dennis McNulty & Julie Alano	Clearwater



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**Saturday – January 29, 2011 @ Sheraton – Keystone @ Crossing**

Time	Topic	Speaker Name	Room
7:15			
7:45-9:30	Registration	Top of escalator, then left	Suite 6
7:45-8:10	Morning devotions	lead by Kent Graham	D
8:30-9:40	Elite distance runner training with the rest of the team	Eric Kellison-Franklin Central	B
8:25-9:30	Middle school	Bruce Houston-Fall Creek MS	C
8:25-9:30	Training the multi-event hurdler	Ernie Clark – Bloomington North	A
9:50-11:00	Weight training for the throws	Gary England	C
9:40-10:45	Cross Country training	Dani Prince – Bloomington South	B
9:40-10:45	Sprints	Mike Davidson – Ben Davis	A
10:55-12:00	High Jump training (or long jump)	Mike Garcia – Springfield HS-Illinois	A
11:05-12:10	Putting your Distance Program on the Map	Rick Weinheimer-Columbus North	B
10:55-12:00	Throws	Mark Harsha - Portage	C
12:20-2:15	Clinic committee/officers luncheon meeting	Clearwater A	Clear A

**Guidelines for Drawings and Give-aways from vendors on information sheet from registration**

***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!!**

