

## **2009 IATCCC Clinic Scheduled Speakers**

### **Dixon Farmer**

Dixon has been athletic director @ Occidental College for the past 7 years. He was a national champion in the 440 hurdles while @ Occidental and then coached track & field at various colleges/universities before returning to his alma mater. Quite an authority on the hurdles.

### **Paul Vandersteen - Neuqua Valley, IL**

Paul has built a top-notch program at Neuqua Valley in a short time. This past year he had Chris Derrick who was Nike national champ and Footlocker runner up as well as Neuqua Valley being Nike XC National champs! As a distance coach you won't want to miss Saturday morning!!!

### **Jim Aikens - Fremd HS, IL**

Jim is a Past-President of the Illinois Track Coaches Association. Jim is the Head Track & Field coach and has tremendous success coaching throwers at Fremd H.S. in Palatine, Illinois. His athletes have won 4 state championships in the throws. He has written many articles on training/throwing. He is a past recipient of the Presidents Choice Award from USATF.

### **Mike Holman – Lawrence Central**

Mike has developed many national and state quality athletes while at Lawrence Central. Mike organizes the Junior Elite Athlete training program and will share part of the scientific information that can be used in training any athlete to understand the correct principles of sprinting.

### **Clyde Morgan - Wabash College**

Coach Morgan steps in this year @ Wabash College after spending 5 years taking the program @ Thiel College to national quality level. He was a hurdler/sprinter @ Thiel during his collegiate years.

### **Mike Erb - Univ of Illinois**

Mike is assistant women's coach in the field events. Mike was a decathlete and long/triple jumper @ Allegheny College. He has coached @ University of Redlands and Marquette University.

### **Ken Browner - Lawrence North**

Ken has taken over @ Lawrence North from long-time coach Bob Potter. Ken will share thoughts about what a new head coach needs as well as his expertise in organizing a team to get the most in training and competition.

### **Bob Dahl - Norwell**

Bob is a long-time coach @ Norwell and has coached all events. Bob will share his knowledge in teaching long jump to junior high and high school athletes.

### **Sylvia Kamp - Wright State University**

Coach Kamp is in her 3rd year as head coach of XC and T&F @ Wright State. She has been an assistant @ Xavier, Butler and the Univ of Florida. Level III USATF certification in Jumps/hurdles/sprints/relays

### **Steve Cotherman – East Central**

Steve has had much success @ East Central HS running the girls and boys program and will share his ideas on the best ways to coordinate with coaches, workouts and run the total program.

### **Ashley Wilhelm - USA Heptathlete**

Ashley finished 7th @ the USA Olympic Trial Heptathlon this past June in her attempt to make the Olympic team. She is a multiple school record holder @ Univ of Cincinnati. She will share her expertise in the long jump as well as her ideas on training high school athletes that compete in multiple events during the season. She is a past East Central athlete!

### **Kristi Walker-Zoltek - Columbia City**

Many of you will remember Kristi and her pioneering efforts in distance running while an athlete at Fort Wayne Harding in the 70's. Kristi was the first IHSAA XC champ in 1981 to go along with her two victories in the 1600 in 1980 and 1981! She does wonderful work with young runners in Columbia City and will share her knowledge with us!

### **Bruce Boling - Eastwood Middle School**

Bruce will share some of the information that has helped his program be successful in middle school cross country.