

## 2012 IATCCC Clinic Scheduled Speakers

### **Rick Weinheimer – Columbus North HS**

Rick is “the” coach to hear. His session will be one that you will not want to miss. He will give us a small insight into his significant wisdom in dealing with athletes & students in this session. This will be a true “keynote” session. Join us!

### **Charles Foster – Virginia Tech University**

Coach Foster is an Olympian. He has had much success with his hurdlers and sprinters and he will share his knowledge of hurdling and sprinting with us. Expect good things and methods to assist your athletes.

### **Ron Helmer – Indiana University**

Head coach @ IU. Ron has been at IU for 5 years and IU has shown some real improvement, not only in the Big 10, but in the nation. Please come to glean some of his experience and methods of getting your high school runners to another level.

### **Jon Cook – Westview HS**

Jon has some of the most talented female athletes in the state right now. He will share some of his experiences in working with female track & field. He will also share with you his long jump knowledge.

### **Mike Davidson – Ben Davis HS**

Coach Davidson has athletes at Ben Davis, but he also has a wonderful way of taking that talent and utilizing it in a team concept. He is experienced and quite knowledgeable in sprint starts, sprinting and sprint relays.

### **Alex Tanford – St. Charles MS Bloomington**

Alex will speak, but has also graciously put together a number of sessions for the middle school coaches at our clinic. His work in setting up speakers and topics will benefit not only MS coaches, but coaches who want to know more about helping student/athletes.

### **Rob Abraham – Brown County HS**

Rob will share some “fun” things to do with your team. We all have a couple things that we may do, but please increase your fun things you can do with your XC and T&F teams.

### **Kiel Holman**

Kiel will again share with the coaches his understanding of what is best in plyometric workouts as well as methods of keeping your athletes “in the game” with proper methods of training and injury prevention.

### **Mike Holman – Univ of Indianapolis**

His work with USATF coaching and his many years of high school coaching make him one of the most sought after coaches in the country. He is now coaching at the University of Indianapolis & great things will happen there!

### **Lou Andreadis – Grand Valley State University**

Hear about Pole Vaulting for both the beginner and the more advanced knowledgeable coach. Lou will help you get that young athlete higher in less time.