

Track Clinic Speaker Schedule

THURSDAY			
	TOPIC	SPEAKER	ASSOCIATION/SCHOOL
6:30-7:20 PM			
Regent	Glide Shot	Rob Lasorsa	MF-Athletic
A	Sports Psychology/Distance	Brice Allen	Ohio State
B	Sprint Starts	Ed Beathea	Ohio State
C-D-E	Jump Drills(All Jumps)	Jack Warner	Olympic Staff
7:30-8:20 PM			
Regent	Discus-Technical Breakdown	Sandy Fowler	U of Michigan
A	Strengthbased Distance Program	Kevin Hadsell	U of Toledo
B	300 Meter Hurdles	Ralph White	Ursuline College
C-D-E	Mental /Tactical/Corrections PV	Tim Mack	Olympic Gold
Juniper	Adaptive Athletics(Wheelchair)	Cathy Sellers	Paralympics
8:30-9:20 PM			
Regent	Medball Training & Variable Weights	Sandy Fowler	U of Michigan
A	Coaching the 800 meter Athlete	Khadevis Robinson	Ohio State
B	Hurdles	Joe Rogers	Army
C-D-E	Pole Vault workouts	Tim Mack	Olympic Gold
Juniper	Adaptive Athletics(Wheelchair)	Cathy Sellers	Paralympics
Magnolia	OATCCC Central District Meeting		
FRIDAY			
	TOPIC	SPEAKER	ASSOCIATION/SCHOOL
7:30-8:30 AM			
Magnolia	Athletes In Action	Tim Ellis	AIA
8:30-9:30 AM			
Juniper	Glide-Technical Breakdown	Sandy Fowler	U of Michigan
A	Coaching the Mental Game-Distance	Khadevis Robinson	Ohio State
B	Acceleration Training	Tony Veney	Ventura College
C-D-E	Long Jump	Joe Rogers	Army
Regent	Discus	Mark Harsha	Indiana(HS)
Magnolia	OATCCC Northwest District Meeting		
9:45-10:45 AM			
Juniper	Strength for Throwers	Mac Wilkens	Olympic Gold
A	Rules Interp		OHSAA
B	Rules Interp		OHSAA
C-D-E	Rules Interp		OHSAA
Regent	Basic Shot	Jim Aikens	Illinois(HS)
11:00-12:00 PM			
Juniper	Dev. Strength program/throws	Mark Harsha	Indiana(HS)
A	Fracture Free Distance runner	Brice Allen	Ohio State
B	4 x 100 Relay	Ralph White	Ursuline College
C-D-E	Triple Jump	Joe Rogers	Army
Regent	OHSAA Divisional Formats	Brenda Murray	OHSAA
12:15-1:15 PM			
Juniper	Rotational Shot	Jim Aikens	Illinois(HS)
A	Strength Training-Distance	Kunle Lawson	Capital University
B	200/400 Training	Tony Veney	Ventura College
C-D-E	Approach Dynamics for Jumps	Will Freeman	Grinnell College

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Regent	Nutrition	Maddy Outman	Ursiline College
Magnolia	OATCCC Northeast District Meeting		
1:30-2:30 PM			
Juniper	Common Mistakes	Mac Wilkens	Olympic Gold
A	Predicting Distance Performances	Kevin Hadsell	U of Toledo
B	Workouts that Work	Tony Veney	Ventura College
C-D-E	Pole Vault Part 1	Tim Mack	Olympic Gold
Regent	Coaching the 800/1600 MS	Kernie Gilliam	Michigan(HS)
Magnolia	OATCCC Southeast District Meeting		
2:45-3:45 PM			
Juniper	Throws Safety Certification Part 1	Rob Lasorsa/Mark Harsha	MF-Athletic
A	The 4 year Distance Plan	Ben Watson	Michigan(HS)
B	100/110 Hurdles	Ralph White	Ursiline College
C-D-E	Pole Vault Part 2	Tim Mack	Olympic Gold
Regent	Biomechanics/Strength/Agility	Eric Brill	The Spot
Magnolia	OATCCC Southwest District Meeting		
4:00-5:00 PM			
Juniper	Throws Safety Certification Part 2	Rob Lasorsa/Mark Harsha	MF-Athletic
A	800m Training	Tony Veney	Ventura College
B	Truths in Coaching Athletes	Will Freeman	Grinnell College
C-D-E	Nutrition	Maddy Outman	Ursiline College
Regent	You can be a great Coach	Kernie Gilliam	Michigan(HS)
Magnolia	OATCCC East District Meeting		
SATURDAY			
	TOPIC	SPEAKER	ASSOCIATION/SCHOOL
Juniper	THROWS SCHOOL		
8:15-9:15	Shot	Mac Wilkens	Olympic Gold
9:25-10:25	General Rotational Drills	Jim Aikens	Illinois(HS)
10:35-11:35	Discus	Mac Wilkens	Olympic Gold
11:45-12:45	Throws Panel Q&A	Jim Aikens/Mac Wilkens	Rob Lasorsa/Mark Harsha
12:55-1:55	Indoor Weight	Rob Lasorsa	MF-Athletic
Regent	Distance School		
8:15-9:15	Truths in Coaching CC/Track Athlete	Will Freeman	Grinnell College
9:25-10:25	Season Plan 1600/3200	Ben Watson	Michigan(HS)
10:35-11:35	Pyramid Model for Distance	Will Freeman	Grinnell College
11:45-12:45	Goal setting and Mental Prep for big races	Ben Watson	Michigan(HS)
12:55-1:55	Using a multiple Warmups/Cooldowns	Will Freeman	Grinnell College
A	Sprints/Hurdles School		
8:15-9:15	Hurdle Drills Part 1	Tony Veney	Ventura College
9:25-10:25	Hurdle Drills Part 2	Tony Veney	Ventura College
10:35-11:35	Sprint Starts	Ralph White	Ursiline College
11:45-12:45	Sprint/Running Drills	Ralph White	Ursiline College
12:55-1:55	4x100 Relay	Tim Walters	OATCCC

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B	Jumps School		
8:15-9:15	Jump Drills (All Jumps)	Jack Warner	Olympic Staff
9:25-10:25	High Jump	Tim Walters	OATCCC
10:35-11:35	Triple Jump	Jack Warner	Olympic Staff
11:45-12:45	Long Jump	Tim Walters	OATCCC
12:55-1:55	Basic Pole Vault	Jack Warner	Olympic Staff
C-D-E	Pole Vault Certification		
8:15-10:15 AM	OHSAA Coaching Certification	Marty Dahlman	OATCCC
C-D-E			
12:00-12:30 PM	Registration for ODE		
12:30-2:30	ODE Pupil Validation	Tim Berger	Muskingum University

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