

2012 OAT&CCC

Track & Field Clinic Schedule

Thursday January 26th

6:30 -- 7:20 PM

Regent	Medball Training	Nathan Fanger	Kent State Univ.
Easton A	3 Dimensions of Distance Running	Scott Jones	Akron Univ.
Easton B	400 Meter Training	Jeff McCune	East Kentwood H.S.
Easton C-D-E	Speed Development for Jumpers	Latif Thomas	Bishop Feehan H.S.

7:30 -- 8:20 PM

Regent	Discus	Nathan Fanger	Kent State Univ.
Easton A	Principles of Distance Running	Vicki Mitchell	University of Buffalo
Easton B	300 M Hurdles	Don Helberg	Wheaton North H.S.
Easton C-D-E	Basic Long Jump	Clay Calkins	Ohio University

8:30 -- 9:20 PM

Regent	Indoor Weight Throw	Nathan Fanger	Kent State Univ.
Easton A	Coaching Middle Distance	Vicki Mitchell	University of Buffalo
Easton B	Off-Season Speed Development	Dave Emeott	East Kentwood H.S.
Easton C-D-E	Basic Triple Jump	Latif Thomas	Bishop Freehan H.S.

9:30 -- 10:30 PM

Easton A	OAT&CCC General Membership Meeting	Scott Dorne
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10:30 -- 12:30 PM

Juniper	M-F Athletic Social
Easton C-D-E	Karaoke Party

Friday January 27th

7:30 -- 8:30 AM

Magnolia Athletes in Action Breakfast Tim Ellis & Tim Coleman
(Continental Breakfast provided by **Vasco Sports Builders**)

8:30 -- 9:30 AM

Juniper	Power Training Preparation	John Godina	World Throws Center
Easton A	Coaching 1600/32300	Vicki Mitchell	University of Buffalo
Easton B	4 X 100 Relay	Latif Thomas	Bishop Feehan H.S.
Easton C-D-E	Secrets of Coaching High Jump	Gwen Wentland	Kansas State Univ.
Regent	High Jump	Tim Walters	Ohio State Univ.

9:45 -- 10:45 AM

Juniper	Specific Strength Training	Matt Ellis	Primal ATC
Easton A	Rules Interpretation All Divisions	OHSAA Rep.	
Easton B	Rules Interpretation All Divisions	OHSAA Rep.	
Easton C-D-E	Rules Interpretation All Divisions	OHSAA Rep.	
Regent	Speed Development	Dave Emeott	East Kentwood H.S.

11:00 AM -- 12:00 PM

Juniper	Matt Drills for Throwers	Mike Casapini	Zanesville High School
Easton A	Putting It All Together	Vicki Mitchell	University of Buffalo
Easton B	Practice Organization	Dave Emeott	East Kentwood H.S.
Easton C-D-E	Pole Vault-Beginning	Jeff Hartwig	Gill Athletics
Regent	Distance Training for a New Coach Terry Oehrtman		Lancaster H.S.

12:15 -- 1:15 PM

Juniper	Power from Stability	John Godina	World Throws Center
Easton A	12 Week Training Program Part I	Jay Johnson	Boulder Running Camps
Easton B	110/100 Hurdles	Don Helberg	Wheaton North H.S.
Easton C-D-E	Practice Drills & Workouts for HJ	Gwen Wentland	Kansas State Univ.
Regent	Long Jump	Tim Walters	Ohio State Univ.

1:30 -- 2:30 PM

Juniper	In-Season Strength Program	Matt Ellis	Primal ATC
Easton A	12 Week Training Program Part II	Jay Johnson	Boulder Running Camps
Easton B	H.S. Sprinter/Hurdler/Jumper	Latif Thomas	Bishop Feehan H.S.
Easton C-D-E	Pole Vault—Advanced	Jeff Hartwig	Gill Athletics
Regent	Relays	Jeff McCune	East Kentwood H.S.

2:45 -- 3:45 PM

Juniper	Extension for Rotation	John Godina	World Throws Center
Easton A	Training High School Milers	Jeff Howard	Woodridge H.S.
Easton B	4 X 100 Sprint Relays	Don Helberg	Wheaton North H.S.
Easton C-D-E	High School Long Jump	Tim Walters	Ohio State Univ.
Regent	Pole Vault	Dave Emeott	East Kentwood H.S.

4:00 -- 5:00 PM

Juniper	Glide Shot	Matt Ellis	Primal ATC
Easton A	Racing Strategies and Schedule	Ross Deye	Traverse City West H.S.
Easton B	12 Week Sprint Program	Latif Thomas	Bishop Freehan H.S.
Easton C-D-E	Pole Vault Mental Preparation	Jeff Hartwig	Gill Athletics
Regent	Hurdles	Don Helberg	Wheaton North H.S.

6:30 -- 9:30 PM

Easton A-B **OAT&CCC Hall of Fame Banquet**

9:30 PM -- 12:30 AM

Easton B **UCS Social**

Saturday January 29th

8:15 AM -- 1:55 PM	Juniper	UCS Throws School		
8:15 -- 9:15	Power From Stability	John Godina		World Throws Center
9:25-- 10:25	Glide Shot Put	Matt Ellis		Primal ATC
10:35 -- 11:35	Q and A	John Godina & Matt Ellis		
11:45 -- 12:45	Extension for Rotation	John Godina		World Throws Center
12:55 -- 1:55	Discus	Matt Ellis		Primal ATC
8:15 AM -- 1:55 PM	Regent	Asics Distance School		
8:15 -- 9:15	Threshold Training	Jay Johnson		Boulder Running Club
9:25 -- 10:25	Coaching the 3 Season Dist. Runner	Jeff Howard		Woodridge H.S.
10:35 -- 11:35	Strength Training	Jay Johnson		Boulder Running Club
11:45 -- 12:45	The Other 21 Hours	Anjanette Arabian Whitman		Magnificat
12:55 -- 1:55	Peaking Pyramid Schedule	Ross Deye		Traverse City West H.S.
8:15 AM -- 1:55 PM	Easton A	Hind Sprints/Hurdles/Relays School		
8:15 -- 9:15	Starts	Dave Emeott/Jeff McCune		East Kentwood H.S.
9:25 -- 10:25	Hurdles I	Wayne Clark/Lori Baldwin		M-F Athletic/CSG
10:35 -- 11:35	Hurdles II	Wayne Clark/Lori Baldwin		M-F Athletic/CSG
11:45 -- 12:45	Speed Development	Dave Emeott/Jeff McCune		East Kentwood H.S.
12:55 -- 1:55	4 X 100 Relay	Don Helberg		Wheaton North H.S.
8:15 AM -- 1:55 PM	Easton B	M-F Athletic Jumps School		
8:15 -- 9:15	Long Jump	Tim Walters		Ohio State Univ.
9:25 -- 10:25	Developing High Jump Approach	Gwen Wentland		Kansas State Univ.
10:35 -- 11:35	Pole Vault-Open Q & A	Jeff Hartwig		Gill Athletics
11:45 -- 12:45	Drills for High Jump	Gwen Wentland		Kansas State Univ.
12:55 -- 1:55	Pole Vault-Open Q & A	Jeff Hartwig		Gill Athletics

