

# OATCCC Track Clinic Jan 27-30

Tony Holler  
Plainfield North High School

Bio: Tony Holler

- A coach's son for 62 years
- 41st year of coaching (football, basketball, track)
- 38 years of teaching Chemistry
- Writer (approaching 300 articles) - book coming in 2022 ("Tired is the Enemy")
- \* Co-Owner of Track Football Consortium (along with Chris Korfist)
- \* #1 Best-Selling DVD 2019 and 2020 - Championship Productions
- \* International speaker
- \* Two sons coaching (Alec and Quinn)
- \* Owner of "Feed the Cats"
- \* Courses: [Tony Holler at CoachTube](#)
- \* [Feed the Cats Track Bundle](#) (55% Off)
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# FIVE OATCCC PRESENTATIONS BY TONY HOLLER

**“Feed the Cats: The Revolution”** (Friday, 12:15) *The WHY of Feed the Cats. In this presentation, I will preach the gospel of FTC like an evangelical at a tent revival; trying to convince coaches to join our cult. (Actually just a network with a cult-like following!)*

1. Speed is the Tide that Lifts All Boats
2. Rest, Recovery, Sleep (Foundation of High Performance)
3. Record, Rank, Publish
4. Tired is the Enemy, Not the Goal (Racehorses not Workhorses)
5. Never Let Today Ruin Tomorrow (Never Burn the Steak)
6. 100% Healthy, 80% in Shape, Not the Other Way Around
7. Perform in Practice (Moderate Exercise Never Leads to High Performance)
8. Let the Game Be the Hardest Thing You Do
9. Kids Are Good at What They Like, Great at What They Love
10. Make Practice the Best Part of a Kid’s Day

**“Feed the Cats: Speed and X-Factor Workouts”** (Friday, 2:45) *Both the Speed and X-Factor workouts are color-coded yellow, meaning caution (don’t burn the steak). See exactly what we do to build speed playing the long game. Speed grows like a tree.*

**“Toys for Cats: Batons, Blocks, and Hurdles”** (Saturday 8:15 AM) *Learn about the “Bang Step” that I created five years ago to define go and give verification of a perfect exchange. I will also talk about hurdle and starting block fundamentals.*

**“Feed the Cats: Sprint the 400”** (Saturday 10:35) *My most controversial presentation. Those who worship 10 x 200 should probably attend a distance session at this time. I will compare and contrast Clyde Hart’s volume-based approach with my sprint-based approach. My 400 runners never run more than a 200m in practice!*

**“Sprint Mechanics: Acceleration and Max Velocity”** (Saturday 12:55) *This presentation will deliver simplified and understandable sprint mechanics for high school athletes. If we have time, I will also teach an introduction to Reflexive Performance Reset.*

## FURTHER STUDY

[Feed the Cats: How to Help Track Athletes Stop Hating Their Sport and Start Running Faster Than Ever](#)

[The Origin and Philosophical Basis of Feed the Cats](#)

[A Simple Plan](#)

[Misconceptions of Feed the Cats](#)

## FREE OR HIGHLY DISCOUNTED CONTENT

1. Free to all OATCCC Members, Coupon Expires Friday 2/4/22. Coupon is **OATCCC**

[“FOUNDATIONS OF TRACK: MIDDLE SCHOOL TRACK AND FIELD”](#)

2. Free to the first 50 who use this coupon, expires 2/4/22. Coupon is **BUCKEYE**

[“SPRINT-BASED FOOTBALL”](#)

3. 60% off all Track Football Consortium Videos. Coupon is **Ohio**, good 1/28 to 1/30

[“TRACK FOOTBALL CONSORTIUM VIDEOS”](#)