

ANNUAL OATCCC TRACK & FIELD CLINIC

SPONSORED BY



THURSDAY JANUARY 27th

5:00 PM CLINIC REGISTRATION

TIME/ROOM	TOPIC	SPEAKER	INSTITUTION
6:30-9:30 PM	Ohio College Displays in Main Hallway		
6:30-7:20 PM	MILE SPLIT SESSIONS		
Regent	Championship Discus Preparation	Susan Seaton	Univ. of Cincinnati
A	Distance Runners Lifting Weights	Dennis Kline	Ohio Wesleyan Univ.
B	Hurdling in Motion	Ashley Trimble	Ohio Wesleyan Univ.
C-D-E	High Jump: A Minimalist Approach	Eric Schmul	Case Western Univ.
7:30-8:20 PM	COACHES INSIDER SESSIONS		
Regent	Smooth Edge Coaching	Travis Coleman	Ohio State Univ.
A	Cross-training For Both Injured & Non-injured	Andrea Grove	U of Toledo
B	Building Confidence in Young Hurdlers/Sprinters	Molly Amidon	Ohio Northern Univ.
C-D-E	Exploring the Long Jump	Julius Higgenbotham	Kenyon College
Juniper	College Recruiting - All Divisions	Staff	
8:30-9:20 PM	CHAMPION TEAMWEAR SESSIONS		
Regent	Throws Coaching: Undocumented Chapters of Success	Dennis Kline	Ohio Wesleyan Univ.
A	Applying Elite Training Principles	Tom Chorney	Miami University
B	Load Management For Speed/Power Events	Eric Schmul	Case Western Univ.
C-D-E	A Perspective From Pole Vault Heaven	Dennis Mitchell	Akron University
Juniper	Women In Coaching	Anjanette Whitman	OAT&CCC
Magnolia	OHSAA Central District Coaches Meeting		OAT/CCC
9:30-10:30 PM			
A	OATCCC General Membership Meeting	Doug Joy	President
9:45-12:00 PM			
REGENT/C-D-E	MF ATHLETIC SOCIAL & KARAOKE		

FRIDAY JANUARY 28th**7:30 AM CLINIC REGISTRATION**

TIME/ROOM	TOPIC	SPEAKER	INSTITUTION
7:30-8:30 AM			
Magnolia	Athletes In Action Breakfast Sponsor: Integrity Spc	Claude Holland	Cleveland Heights H.S.
8:30-9:30 AM	COACHES INSIDER SESSIONS		
Juniper	Strength Program For Throws	Dennis Kline	Ohio Wesleyan Univ.
A	Factors A Coach Controls	Andrew Carlson	Louisville
B	Practice Organization	June Villers	DeSoto HS, TX
C-D-E	Handling Hamsstring & Shinsplint Injuries	Boo Schexnayder	LSU
Regent (MS)	Glide Shot	Jack Cheek	Lancaster HS
Magnolia	OHSAA Northwest Dist. Coaches Meeting		OAT/CCC
9:45-10:45 AM	GILL ATHLETICS SESSIONS		
Juniper	Effective Coaching & Communication	Scott Cappos	Nebraska
A	OHSAA Rules Interpretation Div I	BJ Duckworth	OHSAA
B	Develop A Sustainable Program	Claude Holland	Cleveland Heights H.S.
C-D-E	Pole Vault I	Tim Walters	Integrity Sports
Regent (MS)	Building A Consistent Distance Program	Jessie Magoto	Minster H.S.
11:00-12:00 PM	MF ATHLETIC SESSIONS		
Juniper	Basic Rotational Shot	April Smith	USATF
A	The Culture of Belief	Howard Russ	Beavercreek H.S.
B	OHSAA Rules Interpretation Div II	BJ Duckworth	OHSAA
C-D-E	Cold Weather Training Adaptations	Boo Schexnayder	LSU
Regent (MS)	Sprint Mechanics	Antonio Coleman	Warrensville Hts. H.S.
12:15-1:15 PM	CHAMPION TEAMWEAR SESSIONS		
Juniper	Glide Shot	Scott Cappos	Nebraska
A	Mid-Distance Training	Andrew Carlson	Univ. of Louisville
B	Feed The Cats- The Revolution	Tony Holler	Plainfield North HS, IL
C-D-E	OHSAA Rules Interpretation Div III	BJ Duckworth	OHSAA
Regent (MS)	Develop A Sustainable Program	Claude Holland	Cleveland Heights H.S.
Magnolia	Northeast District Coaches Meeting		OAT/CCC
1:30-2:30 PM	MILE SPLIT SESSIONS		
Juniper	Discus & Rotational - Similar & Different	April Smith	USATF
A	Annual Distance Plan	Andrew Carlson	Univ. of Louisville
B	4 x 1 & 4 x 2 Relays	June Villers	DeSoto HS, TX
C-D-E	Organizing Your Jumps Training	Boo Schexnayder	LSU
Regent (MS)	Building Confidence In MS Athletes	Jessie Magoto	Minster H.S.
Magnolia	Southeast District Coaches Meeting		OAT/CCC
2:45-3:45 PM	ASICS SESSIONS		
Juniper	Exercise Selection For Throwers	Scott Cappos	Nebraska
A	Training the 800/1600 at Vista HS	Jonathan Dalby	Mountain Vista HS, CO
B	Speed & X-Factor Workouts	Tony Holler	Plainfield North HS, IL
C-D-E	Pole Vault II	Tim Walters	Integrity Sports
Regent (MS)	Discus/Rotational Shot	Jack Cheek	Lancaster H.S.
Magnolia	Southwest District Coaches Meeting		OAT/CCC

FRIDAY JANUARY 28th

TIME/ROOM	TOPIC	SPEAKER	INSTITUTION
4:00-5:00 PM ASICS SESSIONS			
Juniper	Peaking/Re-peeking in Throws	April Smith	USATF
A	A Case Study 800/1600M Performance	Jonathan Dalby	Mountain Vista HS, CO
B	Team Goal Setting	June Villers	DeSoto HS, TX
C-D-E	Develop A Sustainable Program	Claude Holland	Cleveland Hts. H.S.
Regent (MS)	Hurdling For Beginners	Antonio Coleman	Warrensville Hts. H.S.
Magnolia	East District Coaches Meeting		OAT/CCC
6:30-9:30 PM			
A-B	CHAMPION TEAMWEAR HALL OF FAME BANQUET		
9:30 PM-12:30 AM			
B	ASICS HALL OF FAME SOCIAL		

SATURDAY JANUARY 26th

TIME/ROOM	TOPIC	SPEAKER	INSTITUTION
7:30 AM CLINIC REGISTRATION			
8:00-10:00AM MILE SPLIT PV SAFETY			
C-D-E	OHSAA Pole Vault Safety Certification 2 Hour Required Class Every 3 Years for PV Schools	Marty Dahlman	OAT/CCC
Juniper	MF ATHLETIC THROWS SCHOOL		
8:15-9:15 AM	Discus- Correction of Mistakes	April Smith	USATF
9:25-10:25 AM	Advanced Technique Rotational Shot	Scott Cappos	Nebraska
10:35-11:35 AM	Q&A - April Smith-Scott Cappos- Mike Casapini	Staff	
11:45-12:45 PM	Video Analysis - Throws	April Smith	USATF
12:55-1:55 PM	Teaching Wt. & Hammer	Scott Cappos	Nebraska
Regent	ASICS DISTANCE SCHOOL		
8:15-9:15 AM	1600/3200 Training	Jonathan Dalby	Mountain Vista HS, CO
9:25-10:25 AM	Operating a Culture of Success	Jonathan Dalby	Mountain Vista HS, CO
10:35-11:35 AM	Training Middle Distance	Howard Russ	Beavercreek H.S.
11:45-12:45 PM	Good to Great- JV to Varsity	Jonathan Dalby	Mountain Vista HS, CO
12:55-1:55 PM	Goal Setting -Team & Individual	Jonathan Dalby	Mountain Vista HS, CO
A	CHAMPION SPRINTS/HURDLE SCHOOL		
8:15-9:15 AM	Batons-Blocks-Hurdles	Tony Holler	Plainfield North HS, IL
9:25-10:25 AM	Block Starts For Sprints & Hurdles	June Villers	DeSoto HS, TX
10:35-11:35 AM	Sprint The 400	Tony Holler	Plainfield North HS IL
11:45-12:45 PM	100-300 Hurdle Speed Training	June Villers	DeSoto HS, TX
12:55-1:55 PM	Sprint Mechanics	Tony Holler	Plainfield North HS, IL
B	GILL JUMPS SCHOOL		
8:15-9:15 AM	Teaching Progressions For Long Jump	Boo Schexnayder	LSU
9:25-10:25 AM	Teaching Progressions For High Jump	Boo Schexnayder	LSU
10:35-11:35 AM	LBD Pole Vault I	Tim Walters	Integrity Sports
11:45-12:45 PM	LBD Pole Vault II	Tim Walters	Integrity Sports
12:55-1:55 PM	Teaching Progressions For Triple Jump	Boo Schexnayder	LSU
C-D-E	ODE PUPIL VALIDATION		
12:00-12:30 PM	Registration (\$20.00)		
12:30-2:30 PM	Class	Tim Berger	Muskingum University