



Nike NW Track & Field Coaches Clinic - Friday Session



Time:

Topic:

Speaker:

Room:

5:00 PM	Check-in	Rotunda
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6:00 PM to 6:50 PM	How to Build a Sprinter	Leon McKenzie	Bay Hill
	Long Jump	Tianna Bartoletta	Wollaston
	T&F Injury Reduction	Jon van den	Pumpkin Ridge
	Distance/XC	Chase Wells	Waverly

7:00 PM to 7:50 PM	Shot Put Technique	April Smith	Bay Hill
	The Evolving T&F Coach	Peter Thompson	Wollaston
	High Jump	Martha Mendenhall	Pumpkin Ridge
	Pole Vault, part 1	Tim Reilly	Waverly

8:00 PM to 8:50 PM	Relays	Charles Ryan	Bay Hill
	Preparing for Peak Performance	Mith Crouser	Wollaston
	Recruiting, Training and Retaining Officials	USATF - Oregon	Pumpkin Ridge
	Pole Vault, part 2	Tim Reilly	Waverly



WIAA Clock Hours Available: 9 hours max. Sign up in the Rotunda



Nike NW Track & Field Coaches Clinic - Saturday Session



Time:

Topic:

Speaker:

Room:

9:00 AM to 10:20 AM	<i>Discus Technique</i>	<i>April Smith</i>	<i>Bay Hill</i>
	<i>Plyometrics for Sprints & Hurdles</i>	<i>Neil Young</i>	<i>Wollaston</i>
	<i>Creating Culture</i>	<i>Casey Jermyn</i>	<i>Waverly</i>
	<i>Block Starts</i>	<i>Leon McKenzie</i>	<i>Torrey Pines</i>

10:30 AM to 11:50 AM	<i>Tianna Bartoletta</i> <i>Keynote Presentation</i>	<i>Torrey Pines</i>
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12:00 PM	LUNCH BREAK
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1:00 PM to 2:20 PM	<i>Innovative Ways to Help Our Sport</i>	<i>Michael Bergmann</i>	<i>Bay Hill</i>
	<i>Training the Female Runner</i>	<i>WRCC</i>	<i>Wollaston</i>
	<i>Training Multi-Sport Athletes</i>	<i>Simone Terry</i>	<i>Waverly</i>
	<i>Hurdle Drills</i>	<i>Charles Ryan</i>	<i>Torrey Pines</i>

2:30 PM to 3:50 PM	<i>Head Coach Best Practices</i>	<i>Panel Discussion</i>	<i>Bay Hill</i>
	<i>Javelin</i>	<i>April Smith</i>	<i>Wollaston</i>
	<i>Primed to Perform and Recover (Mid-Distance Focused)</i>	<i>Peter Thompson</i>	<i>Waverly</i>
	<i>Triple Jump</i>	<i>Neil Young</i>	<i>Torrey Pines</i>



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