

2008 North Carolina Track-Cross Country Coaches Association 7th Annual Clinic

Sponsored by M-F Athletic Company & Western Guilford

Revised December 28, 2007

Friday, January 4, 2008

Page 1 of 4

4:30 - 9:00 **REGISTRATION: Western Guilford High School Foyer**

5:45 - 6:00 **WELCOME - Auditorium**

Room A - Media Center

6:00 - 6:55 100-200 Meter Training
Danny Williamson - Western Carolina

7:00 - 7:55 Better Athletic Training for All Athletes
Jeff Gorsky - Javeland

8:00 - 8:55 Sprint Relays
George Williams - St. Augustine College

9:00 - 11:00 **Coaches Social: Best Western on Wendover**

Room B - Art Room 118

Shot Put - Rotational Technique & Drills
April Smith - Appalachian State

Shot Put - Glide Technique & Drills
April Smith - Appalachian State

Strength Training for Throwers
April Smith - Appalachian State

Saturday, January 5, 2008

8:00 - 3:00 **REGISTRATION: Western Guilford High School Foyer**

Room A - Media Center

8:30 - 9:25 Track Injuries: Common Signs and Symptoms
Erik Stubblefield - Western Guilford
Hunter Smothers - Northeast Guilford

9:30 - 10:25 Track Injuries: Taping Techniques
Erik Stubblefield - Western Guilford
Hunter Smothers - Northeast Guilford

10:30 - 11:25 Que Tucker, NCHSAA: Track Rules Interpretation - *Room C "Auditorium"*

11:30 - 12:25 Lunch - Provided by the NCTCCA

Room A - Media Center

12:30 - 1:25 Nutrition, Diet and Athletics
James Daniels, NC A & T State

1:30 - 2:25 NCHSAA Officials Certification
(National Federation HS Rule Book Needed)
Alton Tyre, Southeast Guilford
Charles Payne, Northern Durham

2:30 - 3:25 NCHSAA Officials Certification (Continued)
Mark Adams, Red Springs
NCHSAA Official's Test (3:00 - 4:30)

3:30 - 4:25 NCHSAA Official s Test (3:00 - 4:30)

4:30 - 5:25 Contemporary Issues of NC Track & Field: *Room "G" Commons Area*
John McDonald, Westover High School, NCTCCA President

Room B - Art Room 118

Sprinting To Endurance
Brooks Johnson - USATF

Understanding your NC State Retirement System
Jan J. Humble, ValuTeachers

Room B - Art Room 118

Periodization for HS Track & Field
Roy Thompson-NC A & T State

Periodization for HS Track & Field
Roy Thompson-NC A & T State

Danny Williamson - Western Carolina
800 Meter Training

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5:45 - 6:00 **WELCOME - Auditorium**

Room C - Auditorium

6:00 - 6:55 Triple Jump - Technique & Drills
Robert Steele - North Rowan

Room D - Chorus Room 117

NCAA Recruiting Process
Donald Thomas - UNC-Wilmington

7:00 - 7:55 Triple Jump - Training & Drills
Robert Steele - North Rowan

Cross Country Training
Layne Schwier, UNC-Wilmington

8:00 - 8:55 Strength Training: Sprinters & Jumpers
James Daniels, NC A & T State

Strength Training for Distance Runners
Layne Schwier, UNC-Wilmington

9:00 - 11:00 **Coaches Social: Best Western on Wendover**

Saturday, January 5, 2008

8:00 - 3:00 **REGISTRATION: Western Guilford High School Foyer**

Room C - Auditorium

8:30 - 9:25 Long Jump - Technique & Training
Roy Thompson - NC A & T State

Room D - Chorus Room 117

Meet Management & Organization
DePaul Mittman - Western Guilford

9:30 - 10:25 Long Jump - Drills
Roy Thompson - NC A & T State

Building a Successful Program
George Williams - St. Augustine College

10:30 - 11:25 Que Tucker, NCHSAA: Track Rules Interpretation - *Room C "Auditorium"*

11:30 - 12:25 Lunch - Provided by the NCTCCCA

Room C - Auditorium

12:30 - 1:25 Modeling the 100 Meter Dash
Curtis Frye - University of South Carolina

Room D - Chorus Room 117

400 Meter Training
Antonio Pettigrew - North Carolina

1:30 - 2:25 Sprinter Development
Curtis Frye - University of South Carolina

400 Meter Training - Cont.
Antonio Pettigrew - North Carolina

2:30 - 3:25 High Jump Techniques
Jim Sprecher - UNC Wilmington

Race Walking: Fundamentals & Theory
Michael J. Roth, IAAF Level 2 Race Walking Official

3:30 - 4:25 High Jump Techniques
Jim Sprecher - UNC Wilmington

Race Walking: Training & Techniques
Michael J. Roth, IAAF Level 2 Race Walking Official

4:30 - 5:25 Contemporary Issues of NC Track & Field: *Room "G" Commons Area*
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4:30 - 9:00 **REGISTRATION: Western Guilford High School Foyer**

5:45 - 6:00 **WELCOME - Auditorium**

Room E - Auxiliary Gym

6:00 - 6:55 Pole Vault: Beginning, Intermediate Technique, Training and National Certification Clinic
David Ward, Appalachian State University

7:00 - 7:55 Pole Vault: Beginning, Intermediate Technique, Training and National Certification Clinic (Continued)
David Ward, Appalachian State University

8:00 - 8:55 Pole Vault: Advance Technique (Vaulting 12+)
David Ward, Appalachian State University
Ryan Koontz, Western Carolina

9:00 - 11:00 **Coaches Social: Best Western on Wendover**

Computer Lab C

Hy-Tek Workshop - Computer Lab
Charles Payne, Northern Durham
Thomas Payne, Northern Durham

Hy-Tek Workshop Computer Lab (Continued)
Charles Payne, Northern Durham
Thomas Payne, Northern Durham

Hy-Tek Workshop Computer Lab (Continued)
Charles Payne, Northern Durham
Thomas Payne, Northern Durham

Saturday, January 5, 2008

8:00 - 3:00 **REGISTRATION: Western Guilford High School Foyer**

Room E - Auxiliary Gym

8:30 - 9:25 Pole Vault Advance Training (Vaulting 12+)
David Ward, Appalachian State University
Ryan Koontz, Western Carolina

9:30 - 10:25 National Pole Vault Certification Testing
(Online test will be given in **Computer Lab."C"**)
(This requires separate \$20.00 fee.)

10:30 - 11:25 Que Tucker, NCHSAA: Track Rules Interpretation - **Room C "Auditorium"**

11:30 - 12:25 Lunch - Provided by the NCTCCCA

Room E - Auxiliary Gym

12:30 - 1:25 Discus Techniques & Training
Jeff Gorsky - Javeland

1:30 - 2:25 Discus Drills & Techniques
Jeff Gorsky - Javeland

2:30 - 3:25 Javelin - Technique & Training
Jeff Gorsky - Javeland

3:30 - 4:25 Javelin - Drills & Training
Jeff Gorsky - Javeland

4:30 - 5:25 Contemporary Issues of NC Track & Field: **Room "G" Commons Area**
John McDonald, Westover High School, NCTCCA President

Room F - Main Gym

Marathon Running, Mental Preparation
Charlie Engle, Marathon Runner

Marathon Running, Physical Training
Charlie Engle, Marathon Runner

Room F - Main Gym

Hurdles - Beginning Hurdlers Running 16 +
John Weaver - Appalachian State University

Hurdles - Advanced Hurdlers Running Sub 16
John Weaver - Appalachian State University

Hurdles - Training & Drills
John Weaver - Appalachian State University

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5:45 - 6:00 **WELCOME - Auditorium**

Room # 216

Room # 206

6:00 - 6:55 USATF Officials Certification "Association Level"
Al Davis, NC USATF President
Colin Kelly, Greensboro Pacesetters

7:00 - 7:55 USATF Officials Certification "Association Level" (Cont)
Al Davis, NC USATF President
Colin Kelly, Greensboro Pacesetters

8:00 - 8:55 USATF Official's Test Computer Lab "B"
(Additional \$25.00 fee for Online Certification Test)

NCTCCCA Board Meeting

9:00 - 11:00 **Coaches Social: Best Western on Wendover**

Saturday, January 5, 2008

8:00 - 3:00 **REGISTRATION: Western Guilford High School Foyer**

Room G - Commons Area

8:30 - 9:25 1600 & 3200 Meter Training
Layne Schwier, UNC-Wilmington

9:30 - 10:25 1600 & 3200 Meter Training (continued)
Layne Schwier, UNC-Wilmington

10:30 - 11:25 Que Tucker, NCHSAA: Track Rules Interpretation - *Room C "Auditorium"*

11:30 - 12:25 Lunch - Provided by the NCTCCCA

12:30 - 1:25

1:30 - 2:25

2:30 - 3:25

3:30 - 4:25

4:30 - 5:25 Contemporary Issues of NC Track & Field: *Room "G" Commons Area*
John McDonald, Westover High School, NCTCCA President

