

2009 North Carolina Track-Cross Country Coaches Association 8th Annual Clinic

Sponsored by M-F Athletic Company

Revised January 6, 2009

Friday, January 9, 2009

Page 1 of 4

4:30 - 9:00 **REGISTRATION: Ben L. Smith High School Foyer**

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

Room A - Media Center

6:00 - 6:55 1600 Meter Training
Jesse Norman - UNC - Asheville

7:00 - 7:55 3200 Meter Training
Jesse Norman - UNC - Asheville

8:00 - 8:55 Motivating the High School Athlete
Tudie Blake-Winston-Salem State

9:00 - 11:00 **Coaches Social: Drury Hotel on High Point Road**

Room G - Cafeteria

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 10, 2009

8:00 - 3:00 **REGISTRATION: Ben L. Smith High School Foyer**

Room A - Media Center

8:30 - 9:25 Track Injuries: Common Signs and Symptoms
Bruce Wolfe - Greensboro Orthopaedics

9:30 - 10:25 Track Injuries: Taping Techniques
Bruce Wolfe - Greensboro Orthopaedics

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

11:30 - 12:30 Lunch - **Cafeteria** - Provided by the NCTCCCA

Room A - Media Center

12:35 - 1:30

1:35 - 2:30 NCHSAA Officials Certification
(National Federation HS Rule Book Needed)
Alton Tyre, Southeast Guilford
Charles Payne, Northern Durham

2:35 - 3:30 NCHSAA Officials Certification (Continued)
Alton Tyre, Southeast Guilford
NCHSAA Official's Test (3:00 - 4:30)

3:35 - 4:30 NCHSAA Official s Test (3:00 - 4:30)

4:35 - 5:30 Contemporary Issues of NC Track & Field: **Auditorium - Room F**
Mark Adams, Red Springs High School, NCTCCA President
Alton Tyre, Southeast Guilford, NCTCCCA 1st Vice President

Room B - # 509

Speed as Basis for Distance Training
Brooks Johnson - USATF

Speed as Basis for Distance Training-Cont.
Brooks Johnson - USATF

Room G - Cafeteria

Discus Techniques & Training
Jeff Gorsky - Javeland

Discus Drills & Techniques
Jeff Gorsky - Javeland

Better Athletic Training for All Athletes
Jeff Gorsky - Javeland

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4:30 - 9:00 **REGISTRATION: Ben L. Smith High School Foyer**

5:45 - 6:00 WELCOME - Auditorium - Room F

Room C - Auxiliary Gym

Room E - # 510

6:00 - 6:55 High Jump Techniques, Training and Drills
Dennis Craddock- Univ. of North Carolina

100 -200 Meter Training
George Williams - St. Augustine College

7:00 - 7:55 High Jump Techniques, Training and Drills
Dennis Craddock- Univ. of North Carolina

100 -200 Meter Training
George Williams - St. Augustine College

8:00 - 8:55 Strength Training: Sprinters & Jumpers
Damion McLean-Appalachian State

NCAA Recruiting Process
Donald Thomas - UNC-Wilmington

9:00 - 11:00 **Coaches Social: Drury Hotel on High Point Road**

Saturday, January 10, 2009

8:00 - 3:00 **REGISTRATION: Ben L. Smith High School Foyer**

Room C - Auxiliary Gym

Room E - # 510

8:30 - 9:25 Long Jump - Technique & Training
Tudie Blake-Winston-Salem State

Sprint Relays
George Williams - St. Augustine College

9:30 - 10:25 Long Jump - Drills
Tudie Blake-Winston-Salem State

Meet Management & Organization
DePaul Mittman - NCTCCCA

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

11:30 - 12:30 Lunch - **Cafeteria** - Provided by the NCTCCCA

Room C - Auxiliary Gym

Room E - # 510

12:35 - 1:30

400 Meter Training
George Williams - St. Augustine College

1:35 - 2:30 Triple Jump - Technique & Drills
Robert Steele - North Rowan
Ernest Moss - Virginia State University

400 Meter Training - Cont.
George Williams - St. Augustine College

2:35 - 3:30 Triple Jump - Training & Drills
Robert Steele - North Rowan
Ernest Moss - Virginia State University

3:35 - 4:30

4:35 - 5:30 Contemporary Issues of NC Track & Field: **Auditorium - Room F**
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4:30 - 9:00 **REGISTRATION: Ben L. Smith High School Foyer**

5:45 - 6:00 WELCOME - Auditorium - Room F

Room D - # 506

6:00 - 6:55 Pole Vault: Beginning, Intermediate Technique, Training and National Certification Clinic
Eric Morell, TW Andrews

7:00 - 7:55 Pole Vault: Beginning, Intermediate Technique, Training and National Certification Clinic (Continued)
Eric Morell, TW Andrews

8:00 - 8:55 Pole Vault: Advance Technique (Vaulting 12+)
Eric Morell, TW Andrews

9:00 - 11:00 **Coaches Social: Drury Hotel on High Point Road**

Auditorium - Room F

Hurdles - Beginning Hurdlers Running 16 +
Drills, Training Techniques
Jim Sprecher-UNC Wilmington

Hurdles - Advanced Hurdlers -Sub 15
Drills, Training Techniques
Jim Sprecher-UNC Wilmington

Critical Zone of 110 Hurdles
David Oliver - 2008 Olympian

Saturday, January 10, 2009

8:00 - 3:00 **REGISTRATION: Ben L. Smith High School Foyer**

Room D - # 506

8:30 - 9:25 Pole Vault Advance Training (Vaulting 12+)
Eric Morell, TW Andrews

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 - **Auditorium - Room F**

11:30 - 12:30 Lunch - **Cafeteria** - Provided by the NCTCCCA

Room D - # 506

12:35 - 1:30 Strength Training for Distance Runners
Layne Schwier, UNC-Wilmington

1:35 - 2:30 Developing a Training Plan for HS 800
Mike Esposito-High Point University
Eric Dudley-High Point University

2:35 - 3:30 Strength Development for 800 Running Economy
Mike Esposito-High Point University
Eric Dudley-High Point University

3:35 - 4:30

4:35 - 5:30 Contemporary Issues of NC Track & Field: **Auditorium - Room F**
Mark Adams, Red Springs High School, NCTCCA President
Alton Tyre, Southeast Guilford, NCTCCCA 1st Vice President

Auditorium - Room F

Critical Zone of 400 Meter Hurdles
Tiffany Ross-Williams: 2008 Olympian

Hurdles Panel Discussion
David Oliver - 2008 Olympian
Tiffany Ross-Williams: 2008 Olympian

Room H # 108 Lassiter's Room **NCTCCCA Board Meeting**

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5:45 - 6:00 WELCOME - Auditorium - Room F

Room H # 108 Lassiter's Room

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

Room J - Room # 314 - Computer Lab

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

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

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

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

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

9:00 - 11:00 **Coaches Social: Drury Hotel on High Point Road**

Saturday, January 10, 2009

8:00 - 3:00 **REGISTRATION: Ben L. Smith High School Foyer**

Main Gym - Room K

8:30 - 9:25 Cross Country Training
Layne Schwier, UNC-Wilmington

9:30 - 10:25 Cross Country Training-Cont.
Layne Schwier, UNC-Wilmington

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

11:30 - 12:30 Lunch - **Cafeteria** - Provided by the NCTCCCA

12:35 - 1:30

1:35 - 2:30

2:35 - 3:30

3:35 - 4:30

4:35 - 5:30 Contemporary Issues of NC Track & Field: **Auditorium - Room F**
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Room A - Media Center

Room B - Room # 509

Room C - Auxiliary Gym

Room D - Room # 506

Room E - Room # 510

Room F - Auditorium

Room G - Cafeteria

Room H - Room # 108 Lassiter's Room

Room J - Room # 314 - Computer Lab

Room K - Main Gym