

N. C. TRACK - CROSS COUNTRY COACHES ASSOCIATION

Founded 2002

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10th Annual NC Track & Field-Cross Country Coaches Association Clinic January 7 & 8, 2011 Sponsored by M-F Athletic Company

**The Most Comprehensive Track & Field-Cross Country Clinic held in
USATF Region 3** (Georgia, North Carolina, Potomac Valley, South Carolina, Virginia).

Clinic Dates: Friday, January 7, 2011, Registration: 4:30 – 9:00; Clinic Sessions: 5:45-9:00;
Coaches Social: 9:00-11:00 at Drury Inn & Suites, 3220 High Point Road, Greensboro, NC
Saturday, January 8, 2011 Registration: 7:30 – 1:00; Clinic Sessions: 8:30-6:00
Lunch will be provided.

CEU: 1.0 Continuing Education Units

Clinic Site: Ben L. Smith High School 2407 S. Holden Rd, Greensboro, NC 27407

Clinic Fee: **\$125.00 (\$100.00 if pre-registered by December 15, 2010) Make checks payable to
N.C. Track Coaches Association.** (Registration includes lunch and membership in the NC Track &
Cross Country Coaches Association.)

Clinic Objective: The objective of the clinic is to improve the knowledge of cross-country, track and field with emphasis on training, conditioning, academics, nutrition and sportsmanship for ALL college, high school, middle school and USATF coaches.

2011 North Carolina Track & Cross Country Coaches Association Clinic Speakers

George Williams, St. Augustine Head Track Coach, 2004 US Olympic Head Coach

Charles Foster, Virginia Tech University Sprint-Hurdles Coach

Moushami Robinson, 2004 Gold Medalist 1600 Meter Relay

Roy “Spaceman” Thompson, NC A & T State University Head Coach Retired

James Daniels, NC A & T State University Assistant Coach

Danny Williamson, Western Carolina University Head Coach

Norm Ogilvie, Duke University Head Coach

Wade Williams, VMI Retired

David Price, East Carolina University

Jeff Gorski, President of Javland, USATF Javelin Development Chair

April Smith, Appalachian State University Throws Coach

Gary Murphy, Appalachian State University High Jump Coach

Damion McLean, Appalachian State University LJ-TJ Coach

Eric Morell, Vaultouse President, Nationally Certified

Bruce Wolfe, Greensboro Othopaedics, Nationally Certified Athletic Trainer

Robert Steele, North Rowan Head Track Coach

Ernest Moss, Radford University Assistant

Charles Payne, Northern Durham Head Cross Country Coach
Al Davis, NC-USATF President
Roger Burbage, NC-USATF Association Certification Chairman
Michael Roth, NC-USATF Race-Walking Chairman
Alton Tyre, NCTCCCA President Emeritus, Southeast Guilford Head Coach
Ben Hovis, NC MileSplit
Que Tucker, Associate Executive Director of the NCHSAA
Alan People, NCTCCCA President, Polk County Head Coach
Colin Kelly, Greensboro Pacesetters, Finish Lynx Operator
DePaul Mittman, NCTCCCA Executive Director

Session Descriptions:

1. **Strength Training for Track Athletes:** A practical session of exercises that can be integrated into track training at all levels and events. Off-season, pre-season and in-season workouts will be discussed.
2. **Relay Drills and Techniques:** Drills emphasize proper relay techniques and promote teamwork. Drills for blind (speed) exchanges for the 4 x 100 and 4 x 200 relay and visual (open) exchanges for the 4 x 400 and 4 x 800 relays. The duties of the incoming and outgoing runner will be explained.
3. **Sprint Training:** Key ingredients for a sound program include correct running mechanics, proper starts, race strategy, workouts and training patterns.
4. **Hurdles Training:** Drills designed for beginning and advanced hurdlers. Discussion of drills such as sitting hurdle stretches, stationary hurdle drills, 8 step approach, speed improvement and upper and lower body strength training.
5. **High Jump:** Discussion will focus on physical preparation, correct form and technique drills for the approach, take-off, bar clearance and landing. Also discussed will be explosiveness, weight training, bounding and plyometric drills, jump drills, measuring approach runs, momentum using arms and the role of the center of gravity
6. **Pole Vault:** Discussion will focus on the phases of the pole vault. Coaching points, common problems and corrections are invaluable for the athletes and coaches. Emphasis on pole grip and carry, approach, plant, take-offs, follow through, swing-up, invert through the release, clearance and landing.
7. **Long Jump:** Proper training methods, finding long jumpers on your team, the proper steps in the approach, "running off" the board, proper flight and extension, and landing efficiency.
8. **Triple Jump:** Proper training methods for each of the three phases and bounding drills using boxes and for use on flat surface. Additional emphasis on physical preparation for the event and the importance of power in triple jumping.
9. **Discus Throw:** Several step-by-step drills for beginning, intermediate and advanced throwers. Proper grip and release, correct stance, the standing throw, proper blocking action torques drills and the pirouette drill.
10. **Shot Put:** Proper technique, training and drills for both the rotational and glide shot put styles. Topics include: correct grip and shot placement, the power position, weight training lifts for the shot put, conditioning and plyometrics and key coaching points to observe in the shot put.
11. **Javelin:** Several step-by-step drills for beginning, intermediate and advanced throwers. Proper grip, release and body positioning.

12. **Hammer Throw**: Several step-by-step drills for beginning, intermediate and advanced throwers. Proper grip and release and correct stance.
13. **800 Meter and Middle Distance Training**: Techniques, training philosophy and race strategy of the 800 Meter Run. Topics also include developing a great finishing kick, energy conservation and sample workouts.
14. **Coaching 1600 and 3200 Meter Runners**: Discussion on the groundwork of building successful Distance runners. Necessities of the base phase, Interval Phase, weight training and the warm-up/cool down/stretching part of the training program.
15. **Cross Country Running**: Training techniques for the advanced, middle of the pack and novice runners, with emphasis on strength training, plyometrics, hill workouts and farklets.
16. **Meet Management and Organization**: A guide to preparing and hosting efficient dual team, invitational and championship meets.
17. **Rules Interpretation**: Review and discussion of new and revised National Federation rules for the upcoming season.
18. **USATF Officials Certification**: Training and certification of officials is central to the NCHSAA, USATF and NCTCCCA's goal of ensuring fair and safe competitive opportunities for athletes. The training and certification processes promote a serious and professional approach to officiating and demonstrate an official's commitment to excellence. The NCTCCCA will be working in conjunction USATF on this project to obtain Association level certification. To become a USATF Association level official, an individual is expected to attend a training clinic, satisfactorily complete an open book examination on the rules of all aspects of the sport, and submit a completed certification form. Certification is a score of 80 on an online open-book test. USATF Certification is an additional \$25.00. **Pre-registration is required to receive USATF Certification. We will need to order manuals.**
19. **NCHSAA Official's Certification** fee is covered with clinic registration. The session will discuss all National Federation Rules as they apply to N.C. **Coaches will need to bring their National Federation Rules book with them for this session.** Certification is a score of 80 on an open-book test.
20. **National Pole Vault Certification**: The primary purpose of Pole Vault Certification course is to provide information and testing, for the education and certification of pole vault coaches, with special emphasis upon the teaching of the basic skills, progressions, and risk reduction in pole vaulting. In addition, it is the secondary goal of the Pole Vault Certification Safety Board to generate funding for the purpose of pole vault related research and development. Certification is done on-line. There is an additional fee of \$19.95 for National Pole Vault Certification. This includes access to all study materials, online test, certification card, H.S. Rules book, access to up-to-date rule changes and safety related news. Certification is good for 2 calendar years.
21. **North Carolina Track/Cross Country Coaches Association Forum**: A discussion of current issues facing North Carolina Track and Field/Cross Country coaches.
22. **Contemporary Track and Field Issues**: A round-table discussion with clinic speakers serving as panelists concerning major concerns of track and field. Issues such as college recruiting, summer camps, AAU/USATF championships, nutrition, sportsmanship and costs of equipment.
23. **Sports Injuries: Prevention, Treatment and Rehabilitation**: A hands on demonstration of treatment and prevention of common track and field injuries.
24. **"Hy-Tek Meet Manager" Computer Workshop**: A hands-on session on operating the "Hy-Tek" Meet Manager Program for Track & Field. Operation of the "Hy-Tek" program is required for all Regional and State

Meet Directors by the NCHSAA. This 3-hour session will cover the following aspects of the computer program:

- a. Installing Meet Manager
 - b. Entering Data: Set-Up, Events, Athletes, Relays and Teams
 - c. Seeding a Meet
 - d. Meet Operation & Running Reports
25. **Race Walking** Seminar topics to include an understanding and application of event rules, technique instruction & error correction, talent identification, training considerations and judging of the event.