

2011 North Carolina Track-Cross Country Coaches Association 9th Annual Clinic

Sponsored by M-F Athletic Company

Revised December 17, 2010

Friday, January 7, 2011

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 Cross Country for Sprinters
Bill Cason, Guilford College

7:00 - 7:55 800 Meter Training/Workouts
Dan Lee, East Carolina University

8:00 - 8:55 800 Meter Training/Workouts Cont.
Dan Lee, East Carolina University

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

Room G - Cafeteria

Discus Techniques & Training
April Smith, Appalachian State University

Discus Drills & Techniques
April Smith, Appalachian State University

Strength Training for Throwers
David Price, East Carolina University

Saturday, January 8, 2011

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 National Federation Officials Certification
Alton Tyre, Southeast Guilford

2:35 - 3:30 National Federation Officials Certification (Cont.)
Charlie Payne, Northern Durham

3:35 - 4:30 National Federation Officials Exam

4:35 - 5:30 Contemporary Issues of NC Track & Field: **Media Center - Room A**
Alan Peoples, Polk County, NCTCCCA President

Room G - Cafeteria

Coaching the Female Athlete
April Smith, Appalachian State University

Coaching the Female Athlete (Cont.)
April Smith, Appalachian State University

Lunch - **Cafeteria**

Room G - Cafeteria

Shot Put - Rotational Technique & Drills
Jeff Gorski, JAVELAND

Shot Put - Glide Technique & Drills
Jeff Gorski, JAVELAND

Javelin Techniques & Training
David Price, East Carolina University

Javelin Drills & Training
David Price, East Carolina University

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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 Triple Jump - Technique & Drills
Robert Steele - North Rowan
Ernest Moss - Radford University

Women In Sports
Moushaumi Robinson, 2004 Olympic Gold Medalist

7:00 - 7:55 Triple Jump - Training & Drills
Robert Steele - North Rowan
Ernest Moss - Radford University

100 -200 Meter Training
Udon Cheek, East Carolina University

8:00 - 8:55 NCAA Recruiting Process
Donald Thomas - UNC-Wilmington

100 -200 Meter Training
Udon Cheek, East Carolina University

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

Saturday, January 8, 2011

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
Roy "Spaceman" Thompson, A & T Retired

Sprint Relays
Udon Cheek, East Carolina University

9:30 - 10:25 Long Jump - Drills
Roy "Spaceman" Thompson, A & T Retired

Meet Management & Organization
DePaul Mittman - VS Athletics

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 Strength Training: Sprinters & Jumpers
Damion McLean-Appalachian State

Nutrition, Diet and Athletics
James Daniels, NC A & T State

1:35 - 2:30

Weight Training for Distance Runners
James Daniels, NC A & T State

2:35 - 3:30 High Jump Techniques, Training and Drills
Gary Murphy, Appalachian State University

Warm-up and Stretching
James Daniels, NC A & T State

3:35 - 4:30 High Jump Techniques, Training and Drills
Gary Murphy, Appalachian State University

4:35 - 5:30 Contemporary Issues of NC Track & Field: **Media Center - Room A**
Alan Peoples, Polk County, NCTCCCA President

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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, Vaulthouse

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

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

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

Auditorium - Room F

Hurdles - Beginning Hurdlers
Drills, Training Techniques
Charles Foster, Virginia Tech

Hurdles - Advanced Hurdlers
Drills, Training Techniques
Charles Foster, Virginia Tech

Training the Elite Hurdler
Charles Foster, Virginia Tech

Saturday, January 8, 2011

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, Vaulthouse

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

1:35 - 2:30 Race Walking: Training & Techniques
Michael J. Roth, IAAF Level 2 Race Walking Official

2:35 - 3:30

3:35 - 4:30

4:35 - 5:30 Contemporary Issues of NC Track & Field: **Media Center - Room A**
Alan Peoples, Polk County, NCTCCCA President

Auditorium - Room F

400 Meter Training
Moushaumi Robinson, 2004 Olympic Gold Medalist

400 Meter Training (Cont.)
Moushaumi Robinson, 2004 Olympic Gold Medalist

Lunch - **Cafeteria**

Auditorium - Room F

1600 Meter Training
Norm Ogilvie, Duke University

3200 Meter Training
Norm Ogilvie, Duke University

Cross Country Training and Workouts
Norm Ogilvie, Duke University

Cross Country Training and Workouts Cont.
Norm Ogilvie, Duke University

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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, NC 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)
Roger Burbage, NC USATF
Colin Kelly, NC 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 8, 2011

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

Room H # 108 Lassiter's Room

8:30 - 9:25 Race Tab Workshop # 1
edalist Ben Hovis, NC MileSplit

Main Gym - Room K

9:30 - 10:25 Race Tab Workshop # 1 Cont.
edalist Ben Hovis, NC MileSplit
(Both RaceTabs workshops cover the same info)

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

11:30 - 12:30 Lunch - **Cafeteria** - Provided by the NCTCCCA
NCTCCCA Board Meeting (During Lunch)

12:35 - 1:30 -

1:35 - 2:30 Race Tab Workshop # 2
Ben Hovis, NC MileSplit

2:35 - 3:30 Race Tab Workshop # 2 Cont.
Ben Hovis, NC MileSplit
(Both RaceTabs workshops cover the same info)

3:35 - 4:30

4:35 - 5:30 Contemporary Issues of NC Track & Field: **Media Center - Room A**
Alan Peoples, Polk County, NCTCCCA President

Rooms for Clinic

Room A - Media Center

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