

2011 NC Track - Cross Country Coaches Clinic Speakers

<u>Speaker</u>	<u>Organization</u>	<u>Topic</u>
1 Cason, Bill	Guilford College	Cross Country for Sprinters
2 Cheek, Udon	East Carolina University	Sprint Relays 100 and 200 Meter Training
3 Daniels, James	NC A & T State	Nutrition, Diet and Athletics Warm-up and Stretching for the Track Athlete Strength Training for Distance Runners
4 Davis, Al	NC USATF	USATF Officials Certification
5 Foster, Charles	Virginia Tech University	Hurdlers - Fundamentals, Drills and Training Training the Elite Hurdler
6 Gorsky, Jeff	Javeland	Shot Put - Rotational Technique & Drills Shot Put - Glide Technique & Drills
7 Hovis, Ben	NC MileSplit	Race Tab Workshops
8 Kelly, Colin	NC - USATF	USATF Officials Certification
9 Lee, Dan	East Carolina University	800 Meter Run Training
10 McLean, Damion	Appalachian State University	Strength Training: Sprinters & Jumpers
11 Mittman, DePaul	VS Athletics	Meet Management & Organization
12 Morell, Eric	Vaulthouse	Pole Vault: Fundamentals, Drills and Training National Pole Vault Safety Certification
13 Moss, Ernest	Radford Univeristy	Triple Jump - Technique, Trainig & Drills
14 Murphy, Gary	Appalachian State University	High Jump - Technique, Trainig & Drills
15 Ogilvie, Norm	Duke University	1600 and 3200 Meter Training Cross Country Training
16 Payne, Charles	Northern Durham	NCHSAA Officials Certification Hy-Tek Meet Management
17 Price, David	East Carolina University	Javelin -Fundamentals, Drills and Training Strength Training for Throwers
18 Robinson, Moushaumi	2004 Olympian	400 Meter Dash Women in Sports
19 Roth, Michael J.	NC - USATF	Race Walking: Fundamentals, Theory and Training
20 Smith, April	Appalachian State University	Discus Throw: Techniques, Training and Drills Coaching the Female Athlete

21 Steele, Robert	North Rowan	Triple Jump - Technique, Trainig & Drills
22 Thomas, Donald	UNC-Wilmington	NCAA Recruiting Process
23 Thompson, Roy "Spaceman"	NC A & T State "Retired"	Long Jump - Technique, Trainig & Drills
24 Tucker, Que	NCHSAA	NC & National Federation Track Rules Interpretation
25 Tyre, Alton	Southeast Guilford	NCHSAA Officials Certification
26 Wolfe, Bruce	Greensboro Othopaedics	Track Injuries: Common Signs, Symptoms and Treatment