

## 2010 NC Track -Cross Country Coaches Clinic Speakers

<b><u>Speakers for 2010</u></b>		<b><u>Topic</u></b>	<b><u># sessions</u></b>
Bennett, Annie S. Friday & Saturday	Wake Forest University	1600 meter Running 3200 Meter training Cross Country Training	1 Session 1 Session 2 Session
Blake, Tudie Friday & Saturday	Winston-Salem State	Long Jump Drills, Technique & Training Motivating the HS Athlete	2 sessions 1 session
Burbage, Roger Friday	NC USATF	USATF Officials Certification	1 session
Daniels, James Saturday	NC A & T State	Nutrition, Diet and Athletics	1 session
Davis, Al Friday	NC USATF	USATF Officials Certification	1 session
Esposito, Mike and Dudley, Eric Saturday	High Point University	800 Meter Run-2 sessions Weight Training for Distance	2 sessions 1 Session
Gorsky, Jeff Friday & Saturday	Javland	Better Athletic Training for All Athletes Shot Put - Rotational Technique & Drills Shot Put - Glide Technique & Drills Strength Training for Throwers	1 Session 1 Session 1 Session 1 Session

Kelly, Colin Friday	NC USATF	USATF Officials Certification	1 session
McLean, Damion Saturday	Appalachian State University	Strength Training: Sprinters & Jumpers	1 session
Mittman, DePaul Saturday	TW Andrews	Meet Management & Organization	1 session
Morell, Eric Friday & Saturday	TW Andrews	Pole Vault: Beginning & Intermediate Training Pole Vault: Beginning & Intermediate Techniques Pole Vault: Advance Technique (Vaulting 12+) Pole Vault: Advance Technique Continued Pole Vault National Certification Clinic	5 sessions
Moss, Ernest Friday	Virginia State University	Triple Jump - Technique & Drills	1 session
		Triple Jump - Training & Drills	1 session
Murphy, Gary Saturday	Appalachian State University	High Jump Technique, Training & Drills	2 Sessions
Oliver, David Friday & Saturday	2008 Olympian	Critical Zone of 110 Hurdles	1 session
		Training the Elite Hurdler/Athlete	1 session
Paige, Don Friday	Paige Design Group	Track Design and Construction	1 session
Payne, Charles Friday & Saturday	Northern Durham	NCHSAA Officials Certification	1- 3 hour session
		Hy-Tek Workshop (3 Hours)	1- 3 hour session

Pettigrew, Antonio Friday	University of North Carolina	Hurdlers Hurdlers - Beginning Hurdlers Running 16 + Advanced Hurdlers Running Sub 16 Training & Drills for all	2 sessions
Robinson, Moushaumi Friday	2004 Olympian	400 Meter Dash Women in Sports	2 Sessions 1 session
Smith, April Saturday	Appalachian State University	Discus Throw Techniques, Training and Drills Coaching the Female Athlete	2 sessions 1 session
Steele, Robert Friday	North Rowan	Triple Jump - Technique & Drills Triple Jump - Training & Drills	1 session 1 session
Thomas, Donald Saturday	UNC-Wilmington	NCAA Recruiting Process	1 session
Tucker, Que Saturday	NCHSAA	Track Rules Interpretation	1 session
Tyre, Alton Saturday	Southeast Guilford	NCHSAA Officials Certification	1- 3 hour session
Williams, George Saturday	St. Augustine's College	Sprint Relays 100 Meter Training 200 Meter Training	1 session 1 session 1 session
Wolfe, Bruce	Greensboro Othopaedics	Track Injuries: Common Signs, Symptoms,	2 sessions

Saturday

and Taping Techniques