



# 2009 Track and Field Coaches Clinic



FRIDAY, FEBRUARY 6, 2009

3:00 PM

Lobby

REGISTRATION/VISIT EXHIBITORS

COACHES SOCIAL

*Sponsored by M-F Athletics*

5:00 PM

West Wing  
Arapahoe  
Douglas  
Jefferson

Chad Parish  
Tony Brown  
Jay Johnson  
Brad Carlson

*Strength & Conditioning for Athletes*  
*Hurdle Drills and Techniques*  
*Strength Training for Distance Runners and Warm-Up Routines*  
*Muscle Activation*

6:00 PM

West Wing  
Arapahoe  
Douglas  
Jefferson

Dr. Rick Bettger  
Loren Ludlow  
Jennifer Michael  
John Register & Susan Katz

*Legal Liability Crisis in Today's Society and Methods of Protection*  
*Speed Concepts and Warm-Ups*  
*Distance Training for Off-Season*  
*Involving Coaches and Athletes in Paralympic Sports*

7:00 PM

West Wing  
  
Arapahoe  
Douglas  
Jefferson

Dr. Doug Barrenberg  
  
Pat Manson  
John Reyes  
Jim & Howard Banich

*Applying Track Biomechanics*  
*Sponsored by Runners Roost*  
*Pole Vault Technique and Safety*  
*Steps to Training for the 800m*  
*Shot Put Technique*



8:00 PM

West Wing  
Arapahoe  
Douglas  
Jefferson

Matt Hemingway  
James Davis  
Jay Johnson  
Al Joyner & Jeff Skiba

*High Jump Technique*  
*400m Training for High School Runners*  
*When to Apply Speed to One and Two Mile Training Discussions*  
*Developing the Coach/Athlete Relationship*

9:00 PM

West Wing  
Lobby

REGIONAL REP MEETING  
COACHES HOSPITALITY

*Sponsored by VS Athletics & Boathouse Sports*

SATURDAY, FEBRUARY 7, 2009

7:00 AM

Lobby

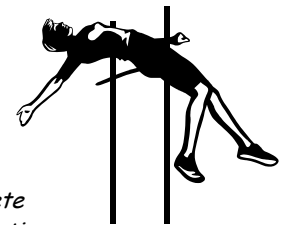
CONTINENTAL BREAKFAST *Sponsored by S'cool Services*

8:00 AM

West Wing  
Arapahoe  
Douglas  
Jefferson

Keith Robinson  
Ron Shepard  
Melody Fairchild  
Jennifer Michael

*Multi-Event Training for the High School Athlete*  
*How to Build a Program: A Small School Perspective*  
*Stretching and Nutritional Needs for the High School Athlete*  
*College Recruiting: How You Can Help Your Athlete*



9:00 AM

West Wing  
Arapahoe  
Douglas  
Jefferson

CHSAA  
Matt Hemingway  
Jim & Howard Banich  
Ashley Anderson

*Hy-Tek Training for Meet Directors Hosting State Qualifying Meets*  
*Triple Jump Drills and Techniques*  
*Discus Techniques*  
*Sports Psychology*  
*Sponsored by Runners Roost*



10:00 AM

Grand Ballroom

CHSCA Award Recognition  
CHSCA General Business Meeting  
CTFOA Rules Update  
CHSAA Informational Session

1:00 PM

West Wing

CTFOA Officials Clinic