



2012 Washington State Track and Field Coaches Association Convention Clinic Schedule, Friday January 13, 2012

10:30 pm to 11:30 am

Room: Colby

VOLUNTEER WORKERS MEETING

12:00 pm to 7:00 pm

REGISTRATION - CONVENTION VENDORS

1. Check In at Registration Table
2. Visit Displays, place orders, etc.....

1:00 pm to 5:00 pm

Room: Everett 1 & 2

Pole Vault Certification, Tim Reilly, Seattle Prep
Extra \$25 fee collected during class

3:30 pm to 4:20 pm

- Room: Hoyt 1.
Room: Rucker 2.
Room: Oakes 3.
Room: Brooks - Everett 4.
Room: Everett 3 5.

CLINIC SESSION #1

General: Liz Sadler & Laura Caldwell (University Prep)—Coaching Girls in HS Athletics
Sprints: Danny Carlson (Rogers, Puyallup)—Building a Sprint Program from the Ground Up
Hurdles: Kevin Eager (Gig Harbor)—Hurdling for newbies. **BASICS.**
Pole Vault Certification **Extra \$25 fee collected during class**
Distance: Patty Ley (Gonzaga University)—

4:30 pm to 5:20 pm

- Room: Hoyt 1.
Room: Rucker 2.
Room: Oakes 3.
Room: Brooks - Everett 4.
Room: Everett 3 5.

CLINIC SESSION #2

Throws: Alan Wardsworth (Central Valley HS)—Hammer basics, throwing in H.S. and State Meet
Sprints: Danny Carlson (Rogers, Puyallup)—400m Based Sprint Program
General: Alyson Deckert (WIN Forum)—Nutrition for the student/athlete today
Pole Vault Certification **Extra \$25 fee collected during class**
Distance: Washington State Cross Country Coaches Meeting (Yearly business, State Meet, COY)

5:20 pm to 7:00 pm

DINNER BREAK (on your own) – VENDOR DISPLAYS

7:00 pm to 7:40 pm

Room: Everett 1 & 2

Washington State Cross Country Hall of Fame

7:45 pm to 9:00 pm

Room: Everett 1 & 2

**Jim Radcliffe—University of Oregon Head Strength & Conditioning Coach
Applying “Pillars of Strength” to a 13-week Track & Field Season
Continuing from presentation last year**

9:00 pm to 9:15 pm

Room: Everett 1 & 2

**Washington State Track & Field Coaches Association
Update about your association, elections, etc.**

9:15 – 10:30

Room: Everett 3

COACHES SOCIAL – Sponsored by Brooks Running Company

Food and Drink compliments of Brooks Running Company. Meet other high school coaches throughout the state – this venue is designed to continue discussions started in the workshops and to connect coaches across event focus and classifications.



Saturday January 14, 2012

8:15 am to 10:00 pm

REGISTRATION (All coaches who have not checked in must register)

9:00 am to 9:50 am

CLINIC SESSION #3

- Room: Hoyt 1.
- Room: Rucker 2.
- Room: Oakes 3.
- Room: Everett 1 & 2 4.
- Room: Everett 3 5.

- Throws: Dan Swinscoe (Issaquah Peak Sports)—Pre-season conditioning for the thrower
- Sprints: Ted Flint (Squalicum HS)—Training needs for sprinters
- General: Ty Whitten (Super Jock-n-Jill)—Running Shoe Technology: What's new and what should coaches know
- Jumps: Wayne Christensen (Rainier HS)—Pole Vault 101: Basics to Intermediate
- Distance: Mike Hickey (Camas)—Progression of the HS athlete from varsity to state and beyond

10:00 am to 10:50 am

CLINIC SESSION #4

- Room: Hoyt 1.
- Room: Rucker 2.
- Room: Oakes 3.
- Room: Everett 1 & 2 4.
- Room: Everett 3 5.

- General: Dan Swinscoe (Issaquah Peak Sports) Pre-season conditioning for the sprinter
- Sprints: Ted Flint (Squalicum HS)—Planning out a 13 week season for Sprinters
- Throws: Tim Carlson (Sehome HS)—Coaching the Discus: Learn by doing
- Jumps: Wayne Christensen (Rainier HS)—Pole Vault: The little things that make a difference
- Distance: Jef Rettman (Lindbergh)—Creating Success/Tradition in a Non-Traditional XC School

11:00 am to 11:50 am

CLINIC SESSION #5

- Room: Hoyt 1.
- Room: Rucker 2.
- Room: Oakes 3.
- Room: Everett 1 & 2 4.
- Room: Everett 3 5.

- Jumps: Alan Wardsworth (Central Valley HS)—High Jump
- Sprints: Stephan Fritsch (NWC, Colbert)—Small School Sprinters and how they fit in the program
- Throws: Duncan Atwood—Javelin Run Up for Beginners to Experienced Throwers
- Hurdles: Kevin Eager (Gig Harbor)—Improving an experienced hurdler
- Distance: Alyson Untereiner, PT (The Runners Clinic, STAR Physical Therapy)—The Coach's Guide to the Maintenance, Repair and Optimal Performance of the Distance Runner

12:00 pm to 1:30 pm

WSTFCA AWARDS LUNCHEON

Room: Everett 1 and 2, Buffet open to WSTFCA Convention registrants and clinicians
Luncheon to honor Hall of Fame Inductees, Coaches, Officials, and Contributors of the Year.

1:40 pm to 2:30 pm

CLINIC SESSION #6

- Room: Hoyt 1.
- Room: Rucker 2.
- Room: Oakes 3.
- Room: Everett 1 & 2 4.
- Room: Everett 3 5.

- Jumps: Keith Walker (Mt. Rainier)—Teaching the Beginning Triple Jumper
- Sprint: Stephan Fritsch (NWC, Colbert)—Making Sprinters Fast
- Tim Carlson (Sehome HS)—Coaching the Shot: Learn by doing
- General: Neil Chasan PT, MMT (Sport Recreation Center)—Gait Analysis & Functional Movement
- Distance: Phil English (Eisenhower HS)—

2:40 pm to 3:30 pm

CLINIC SESSION #7

- Room: Hoyt 1.
- Room: Rucker 2.
- Room: Oakes 3.
- Room: Everett 1 & 2 4.
- Room: Everett 3 5.

- Jumps: Keith Walker (Mt. Rainier)—Advanced Triple Jump Training and Techniques
- Sprints: Mark Ward (Central Kitsap)—4x100 Relays
- Throws: Mitch Crouser (Elite Athlete)—The Use of Light and Heavy Implements for Breakthroughs in the Shot/Discus
- General: Alan Wardsworth—(Central Valley HS) College Recruiting and the HS Athlete
- Distance: Denis Villeneuve (Redmond HS)—Creating a Successful Cross Country Program by Promoting the Healthy Mind Body Connection

3:40 pm to 4:30 pm

CLINIC SESSION #8

- Room: Hoyt 1.
- Room: Rucker 2.
- Room: Oakes 3.
- Room: Everett 1 & 2 4.
- Room: Everett 3 5.

- Jumps: Jerrod Akins (Glacier Peak)—Coaching the Beginning Long Jumper
- Sprints: Randy Davis (Marysville Pilchuck)—4x400 Relays
- Throws: George Mathews (Skyline HS)—Learn the discus technique of Olympian John Powell
- General: Dan Fairbanks (Born to Run)—minimal footwear running
- Distance: Gary Millard (Eastmont HS)—800m Training

4:40 pm to 5:30 pm

CLINIC SESSION #9

- Room: Hoyt 1.
- Room: Rucker 2.
- Room: Oakes 3.
- Room: Everett 1 & 2 4.
- Room: Everett 3 5.

- Jumps: Jerrod Akins (Glacier Peak)—Training Ideas for Jumps with Limited Time
- Sprint: Gary Millard (Eastmont HS)—800m runners and the 4x400
- Throws: George Mathews (Skyline HS)—Shot "The Jud Logan Way"
- General: Barefoot Ted (Born to Run)—minimal footwear running
- Distance: Rod Wilcox (Kings)—XC fundamentals 1 -Team Building 2 - Sport Specific Training

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