

Registration information:

First 150 registrants receive a free T-shirt

Cost: \$90 by Jan 15th, after Jan 15th fee is \$110

Hotel is at a special rate of \$89/night on the dates of Jan 24th – 31st to clinic attendees. Greater participation with this deal helps lower the cost of the facility for our association. Please consider this.

We prefer you register online
at mshsca.org



If you choose to mail in your registration, you may either use the form on this brochure or go to mshsca.org, print-off the form and send it to :

MSHSCA
Box 519
Detroit Lakes, MN 56502

Please make checks payable to:
MSHSCA

Questions ? Call: 218-847-6796 or email:
jomar@lakesnet.net

Thursday, January 26th

6: 30 pm True Team Meeting
8: 00 pm Clinic Social

Friday, January 27th

7: 00 Registration

8: 00

<i>Using Hytek to run a smooth meet</i>	T. Ostrout /J. Auel
<i>Growing Competitive Sprinters</i>	James Pipkin
<i>Getting Started: It's all about the Canvas</i>	Pat Tyson
<i>Getting your jumper off the ground and over the bar</i>	Holly Thompson
<i>Speed development training</i>	Boo Schexnayder
<i>Shot put teaching progressions and training</i>	Don Babbitt

9: 30

<i>Team Organization w/technology</i>	Tony Einertson
<i>Got Block start? Well come get one</i>	Torriam Amie
<i>Understanding Blood Tests</i>	Dr. Jack Ransone
<i>Keys to Jumping High in the High jump</i>	Will Freeman
<i>MSHSL: Q and A</i>	Jody Redman
<i>Discus teaching progressions and training</i>	Don Babbitt

11: 00

<i>Relay exchanges</i>	Denny Ranta
<i>Fund. & Strat. for Successful Relays</i>	Rod Reuer
<i>Prev. & Care of lower leg inj. in dist. runners</i>	Ross Fleming
<i>Pole Vault tips and topics</i>	Fred Berg
<i>Triple jump: Teaching & Training</i>	Dr. Don Chu
<i>Power development for Throws</i>	Don Babbitt

12: 30 **Drawing #1**

1: 00

<i>True Team Philos.: A value based approach</i>	Ross Fleming
<i>Coaching the 400 m runner</i>	Jack Sands
<i>Nutrition. Supplements and Ergogenic Aids</i>	Dr. Jack Ransone
<i>High jump Techniques and Drills</i>	Holly Thompson
<i>Plyometric Training: Exercises & Organiz.</i>	Boo Schexnayder
<i>Core Training for Throws</i>	Don Babbitt

2: 30

<i>Plyometrics for Sprinting</i>	Dr. Don Chu
<i>White Bear Lake's 4 x 200 Training & More</i>	Doug Hicks
<i>Motivation: "Building the Fire"</i>	Pat Tyson
<i>Pole Vault Q & A</i>	Panel Discussion
<i>Training Theory in the Jumps</i>	Rob Graham
<i>Common Discus faults & drills to fix them</i>	Tom Thorkelson

4: 30 MN Track Coaches Assn Meeting

5: 30 Banquet & Keynote

7: 00 Social and **Drawing #**

Saturday January 28th

9: 00

<i>E-Cubed: BEA Track & Field</i>	Tom Plocker
<i>Middle Distance at Anoka HS</i>	Pete Tremaine
<i>Training for CC: The Mead HS Program</i>	Pat Tyson
<i>High jump: Teaching & Training</i>	Dr. Don Chu
<i>Triple jump: Fixing the 2nd phase</i>	B.Schexnayder
<i>Phys. Train., Indiv Tech & Explos Training in a Large Throwing Program: Shot put</i>	Tim Conboy

10: 30

<i>Track coaching Q & A</i>	Panel Discuss.
<i>Coaching the HS Multi-event athlete</i>	Mike LaBine
<i>Environ. Factors effect. Athlete perform.</i>	Dr. Jack Ransone
<i>Working with a HJer that is "stuck" at a Ht</i>	Holly Thompson
<i>Effect. Drills & Train. of TJ</i>	Will Freeman
<i>*****Ru'ej qqi ('qHvj t qy lpi) *****</i>	Paul Ellison

12: 30

<i>The Origin of True team</i>	Ron Beachy
<i>Improving Stride Length in Sprinting</i>	Dr. Don Chu
<i>Training for Track: "The Oregon System"</i>	Pat Tyson
<i>Drills for improved PV technique</i>	Dean Aurich
<i>Develop. accur. in the horizontal jump approach</i>	B.Schexnayder
<i>Training Female HS Throwers</i>	Mark Sotebeer

1: 30 Advisory Committee Meeting

2: 00

<i>Building a Youth program</i>	Panel discussion
<i>Sprint relays</i>	Jack Sands
<i>Training HS distance runners</i>	Will Freeman
<i>Preseason conditioning for jumpers</i>	Holly Thompson
<i>Biomechanics of LJ: technique, breakdown</i>	Torriam Amie
<i>Phys. Train., Indiv Tech & Explos Training in a Large Throwing Program: Discus</i>	Tim Conboy

3: 30

<i>Building a Track Website</i>	Tom Plocker
<i>Girls Hurdles at Hopkins</i>	Jarren Williams
<i>Training the Young Distance Runner</i>	Dave Maurer
<i>Developing the High school vaulter</i>	Jay Hatleti
<i>TJ Technique-1st Take off phase</i>	Joe Vardus
<i>Drills for the Shot and Disc</i>	Paul Ellison

CC Rap Session

4: 45 **Drawing #3: Final Drawing**



Guest speakers – A quick glance

Boo Schexnayder – *Keynote/horizontals*

- World renowned speaker
- Team USA Jumps Coach at Beijing Olympics
- Former LSU Jumps coach
- Has coached 10 Olympians
- Former chair of USTF Education committee
- Chair of Advisory board for USTFCCA Track Academy

Don Babbitt – *University of Georgia*

- The Premier U.S. Collegiate throws coach
- Named National NCAA Division I Asst of the Year 2003
- 35 throwers in Olympics/World championships
- Coached throwers include: Adam Nelson, Reese Hoffa, Breaux Greer, Jason Tunks and Andras Haklits

Holly Kelly - Thompson – *MF Athletic*

- 6 time All-American at Florida St in high jump
- Competed in 1988, '92 and '96 Olympic trials
- Author of several books, dvds and articles on high jump
- Spoken at 100+ clinics on theory and practice of high jump

Donald A. Chu, Ph.D. – *Stanford University*

- Considered one of the “gurus” of modern plyometric theory
- From 2001-2003, served as the Director of Athletic Training and Rehabilitation at Stanford University
- Has consulted athletes at every level on the development of training and conditioning. Including Olympians in the 1984, '88, '92, '96 and '00 games.
- Has authored several books including “Jumping into Plyometrics, 2nd edition”, “Explosive Strength and Power” and “Plyometric exercises with the Medicine Ball, 2nd edition”

Pat Tyson – *Gonzaga University*

- One of Bill Bowerman’s “Men of Oregon”
- Teammate and roommate of Steve Prefontaine
- In 17 years at Mead high school produced 12 Washington state CC team titles, 9 individual titles and 17 individual track and field distance champion (1600 & up)
- Current Head cross country/track and field coach at Gonzaga

Dr. Jack Ransone – *Texas St/San Antonio Spurs*

- Serves on the Executive Committee for Coaching Education as well as Sports Medicine and Science for USA Track & Field
- Served as Head athletic trainer for the U.S. Track teams for the 2004 & 2012 Olympics
- Served as Medical coordinator at the 2008 Olympics Track and 2011 World Championship Track and Field Team
- Currently Medical coordinator of the San Antonio Spurs

Jack Sands – *Klein Forest HS, Houston, TX*

- High school track coach for 37 years
- 2 Time 5A Texas Team State Runner-up
- 8 top 10 team finishes in last 15 years
- Coached 2 future Olympians in high school
- 12 NCAA Division I All Americans
- 4 Individual National Scholastic HS Champions
- Coached HS Boys 4 x 100 relay below 42. 0 for 24 years in a row
- Coached HS Boys 4 x 400 relay under 3: 20 for 21 out of 25 years (from 1995 –2008 ave 3:15. 78)
(from 2001 –2007 ave 3:14. 62)

Will Freeman – *Grinnell College*

- Head Track and Field Coach at Grinnell College for 27 years
- His Grinnell CC teams have won 19 of the past 20 Midwest conference championships
- As an undergraduate, attended the University of Florida was an All-American in the pole vault and competed in 2 Olympic trials.
- Has written 3 books and authored 19 coaching videos.

Minnesota Track Coaches Association
Craig Nelson
709 N Kniss Ave
Inverne MN 56156



Minnesota Track & Field Coaches Association Clinic



January
27th & 28th
2012