

# Track Clinic 2018 – January 25,26,27

## Thursday

Once again the college coaches of Michigan will be spearheading the topics on Thursday Night!!! Do not miss the chance to hear valuable information, but just as important a chance to get to know about the programs in Michigan and the coaches.

Day / Date	Time	Speaker	Topic	Room
Thur Jan 25	6:00-7:00	REGISTRATION		
1 <sup>st</sup> Session	6:30 – 7:15	Taryn Sheehan (WMU)	Distance	A
		Andrew Basler (CMU)	Long Jump	B
		Jerry Clayton (U of M) Matt Adams (CMU)	Throws Q n A	C
2 <sup>nd</sup> Session	7:25 – 8:10	Eric Green(Lawr. Tech) Jenny Sweiton (CMU) Jeremy Wilk (Nrthwood) Kris Koster (Kzoo Coll.)	Distance Round table	A
		Alan Dunson (GVSU)	Sprints	B
		Sean Denard(GVSU)	Discus	C
3 <sup>rd</sup> Session	8:15 – 9:00	Bryant Wilson	PV and Multi Q n A	A
		Yolanda Johnson(MSU) Alan Dunson (GVSU)	Sprints Q-N-A	B
		Lonnie Pugh	Rotational Shot	C
9:15 -12:00	<b>MITCA PRESENTS CARNIVAL</b> We thought with a new venue we would throw a welcoming party. We hope you join us for a great time of fellowship.			

## BOOK YOUR HOTEL NOW!!

**Crowne Plaza – 925 S. Creyts Road, Lansing MI 48917**

This is a new hotel and we have different protocol. Please reserve your room NOW!!

You can do it one of two ways.

Reservations can be made directly by calling **877 322 5544** tell them you are there for the conference. Or you can online to [www.crowneplaza.com/lansingwest](http://www.crowneplaza.com/lansingwest). Use group code letters **TRK**. Fill in the check in and check out dates with the group code.

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<b>Friday</b>				
Registration 7:00 – 3:00	<b>A-B - Distance / Other</b>	<b>C-D - Hurdles/Sprints</b>	<b>E-F –Throws / Other</b>	<b>Aurora - Jumps</b>
<b>8:00 – 9:00</b>	Training and Planning for the 4x800 <b>Carl Spina – Saline</b>	Developing the High School Sprinter <b>Jeff McCune – East Kentwood</b>	Teaching Progression of the Discus <b>Mike McConnell - Coldwater</b>	Coaching the High Jump <b>Gwen Mikinski</b>
<b>9:20 – 10:20</b>	Lansing Catholic Distance –Month to Month Year to Year, <b>Tim Simpson - LCC</b>	200/400m Training <b>Clyde Hart</b>	Teaching Progression of the Glide Shot Put <b>Mike McConnell Coldwater</b>	Long Jump <b>Sharon Couch</b>
<b>10:40 – 11:40</b>	Workouts, Races, and the Results!! <b>Tim Simpson - LCC</b>	Relay Technique, 4x100/4x200/4x400 <b>Clyde Hart</b>	Track and Field Committee Q and A <b>Dan Roggenbaum</b>	High Jump Drills Part 1 <b>Gwen Mikinski</b>
<b>11:40 – 12:40</b>	Lunch on your own in restaurant			
<b>12:45 – 1:45</b>	<b>Sweeney Round Table Meet Legends of the Past for good info</b>	The Sprint Relays <b>Jeff McCune East Kentwood</b>	100m Hurdles <b>Sharon Couch</b>	High Jump Drills Part 2 <b>Gwen Mikinski</b>
<b>2:00 – 3:00</b>	<b>Sharon Couch</b>			Not Used
<b>3:00 -5:00</b>	<b>Business and Rules Meeting - Rooms ABC</b>			Not Used
<b>6:30 – 12:00</b>	<b>Dinner and Hospitality / Keynote: Clyde Hart</b>			Not Used

<b>Saturday</b>				
<b>Reg- 8:00–11:00</b>	<b>A-B - Distance</b>	<b>C-D– Sprints/Hurdles</b>	<b>E-F Throws</b>	<b>Aurora- Jumps</b>
<b>7:30</b>	<b>Prediction Run – Steve Porter</b>			
<b>8:30- 9:30</b>	"How Improving Stride Power Will Make a Distance Runner Faster" <b>Scott McKeel</b>	Long Jump <b>Sharon Couch</b>	Using Drills to Correct Errors in the Shot <b>Mike McConnell - Coldwater</b>	<b>Pole Vault Certification</b> Mark Strawderman will present a multi hour PV certification class. MITCA and MHSAA recommends one person from each school be certified. Certificates will be awarded.
<b>9:45 -10:45</b>	"How to Improve Power in a Distance Runner's Stride" <b>Scott McKeel</b>	Speed Development <b>Clyde Hart</b>	Using Drills to Correct Errors in the Discus <b>Mike McConnell - Coldwater</b>	
<b>11:00 -12:00</b>	Winter Speed and Agility Program <b>Dave Emeott</b>	100m Hurdles <b>Sharon Couch</b>	The Psychology of Throwing in BIG MEETS <b>Mike McConnell Coldwater</b>	Developing training programs that work for H.S jumpers <b>Gwen Mikinski</b>