

# Track Clinic 2019– January 31<sup>st</sup> Feb 1<sup>st</sup> and 2<sup>nd</sup>

Day and Date	Time	Speaker	Topic	Room Set Up	Room
Th Jan 25	6:00-7:00	<b>REGISTRATION</b>			
1 <sup>st</sup> Session	6:30 – 7:15	Dave Emeott will once again be coordinating Thursday night with in state college coaches to cover many topics of Track and Field. As coaches are secured their names and topics will be added to the schedule. This has been a big hit the last few years and this year may be the best ever!!			
2 <sup>nd</sup> Session	7:25 – 8:10				
3 <sup>rd</sup> Session	8:15 – 9:00				
9:15 -12:00	<b>MITCA PRESENTS CARNIVAL</b> Last Year was a big hit so we thought we would do it again. Get ready for the CARNIVAL, plenty to do for everyone.				
9:15 -12:00 Room C	Grab a partner and get ready for the double elimination Euchre tournament and Corn Hole Tournament. Sign up early and please remember it is fair play!!! There will be a traveling trophy presented to the winning duo in each event!!!!				
9:15 – 12:00	There will be fun for all!! There will be trophies for top finishers on some events.				
	<b>Event</b>	<b>Who Plays</b>	<b>Awards</b>	<b>Room</b>	
	Mechanical Bull	Everyone may play	Award for the longest ride of the night!! Hang on tight!	D E F	
	Euchre	Teams of 2	Double Elimination Tourney	C	
	Basketball	Everyone may play	A trophy for the individual with the highest total	D E F	
	Velcro Wall	Everyone may Play	No Awards – Just Fun and Laughter	D E F	
	BungeeRun	Everyone may play	Awards to top male and female	D E F	
	Corn Hole	Teams of 2	Awards to top 2 teams in elimination competition	DEF	

We are still thinking of more things to add and remember, sandwiches, and drinks are covered by MITCA!!!

So come to Carnival and grab a late night snack and laugh the night away!!

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Friday	A-B - Distance / Other	C-D - Hurdles/Sprints	E-F –Throws / Other	Aurora
8:00 – 9:00	Distance Training and Racing Part 1 <b>Bethany Brewster</b>	High Hurdles: Phases, Drills, and a 4 year plan of development <b>Don Helberg</b>	"The Dynamic Drop Glide" Then Mark will take you through the drills in a Learn by Doing session Slight break in between	Make sure your Athletes are <b>Healthy and Fast</b> <b>Hannah Depaul/ Katie Noble</b>
9:20 – 10:20	800m training <b>Tony Veney</b>	Feed the Cats- Part 1 Sprint Training <b>Tony Holler</b>	Mark Mirabelli (2 hours)	Beginning Hurdles <b>Stephanie Stephenson</b>
10:40 – 11:40	Distance Training and Racing Part 2 <b>Bethany Brewster</b>	Feed the Cats – Part 2 Sprint Training <b>Tony Holler</b>	Track and Field Questions and Discussion <b>Dan Roggenbaum</b>	Eating Issues taking down athletes and what coaches can do about it - <b>Rachael Steil</b>
11:40 – 12:40	Lunch on your own or in restaurant			
12:45 – 1:45	800m Strategy and Mental Toughness <b>Tony Veney</b>	Train the Cats <b>Tony Holler</b>	Rotational Spin Then Mark will take you through the drills in a learn by doing session Slight break in between	Running Gait Pathomechanics and Gait Retraining for the Injured Runner <b>Hannah Depaul/ Katie Noble</b>
2:00 – 3:00	High Jump The way to get them higher <b>Tony Veney</b>	300 Hurdles: Race Model & corrections to common faults <b>Don Helberg</b>	Mark Mirabelli (2 hours)	Mental Health and Sports – the New Buzz Word and how you can help <b>Bethany Brewster</b>
3:00 -5:00	Business and Rules Meeting ABC			Not Used
6:30 – 12:00	Dinner and Hospitality			Not Used
Saturday				
	A-B Distance/Other	C-D Sprints/Hurdles	E-F Throws/Other	Aurora
7:30	Prediction Run – Steve Porter			
8:30 – 9:30	Long Jump Tired of the 12'/15' Get Improvement Here <b>Tony Veney</b>	High Hurdles: Phases, Drills, and a 4 year plan of development <b>Don Helberg</b>	Teaching the Discus Then learn by doing session Slight break in between	Pole Vault Teaching and Progression <b>We did certification last year and it was a big hit. So this year we are coming back with 3 hours of instruction to help you get your vaulters to their best performance!! Don't miss this session.</b>
9:45 – 10:45	Drills for both the High Jump and Long Jump – <b>Tony Veney Learn by Doing</b>	Toys for the Cats Batons / Blocks / and Hurdles <b>Tony Holler</b>	Mark Mirabelli (2 hours)	
11:00 -12:00	The 400meters <b>Don Helbeg</b>	Reflexive Performance Reset-The Game Changer <b>Tony Holler</b>	Running at College -make sure athletes get the right fit <b>Bethany Brewster</b>	