<table>
<thead>
<tr>
<th>Day and Date</th>
<th>Time</th>
<th>Speaker</th>
<th>Topic</th>
<th>Room Set Up</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>1th Jan 25</td>
<td>6:00-7:00</td>
<td>REGISTRATION</td>
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<tr>
<td>1st Session</td>
<td>6:30 – 7:15</td>
<td>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!!</td>
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<tr>
<td>2nd Session</td>
<td>7:25 – 8:10</td>
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<tr>
<td>3rd Session</td>
<td>8:15 – 9:00</td>
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<tr>
<td>9:15 -12:00</td>
<td>MITCA PRESENTS CARNIVAL</td>
<td>Last Year was a big hit so we thought we would do it again. Get ready for the CARNIVAL, plenty to do for everyone.</td>
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<tr>
<td>9:15 -12:00</td>
<td>Room C</td>
<td>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!!!!</td>
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<tr>
<td>9:15 – 12:00</td>
<td>Room C</td>
<td>There will be fun for all!! There will be trophies for top finishers on some events.</td>
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<table>
<thead>
<tr>
<th>Event</th>
<th>Who Plays</th>
<th>Awards</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mechanica l Bull</td>
<td>Everyone may play</td>
<td>Award for the longest ride of the night!! Hang on tight!</td>
<td>D E F</td>
</tr>
<tr>
<td>Euchre</td>
<td>Teams of 2</td>
<td>Double Elimination Tourney</td>
<td>C</td>
</tr>
<tr>
<td>Basketball</td>
<td>Everyone may play</td>
<td>A trophy for the individual with the highest total</td>
<td>D E F</td>
</tr>
<tr>
<td>Velcro Wall</td>
<td>Everyone may Play</td>
<td>No Awards – Just Fun and Laughter</td>
<td>D E F</td>
</tr>
<tr>
<td>BungeeHun</td>
<td>Everyone may play</td>
<td>Awards to top male and female</td>
<td>D E F</td>
</tr>
<tr>
<td>Corn Hole</td>
<td>Teams of 2</td>
<td>Awards to top 2 teams in elimination competition</td>
<td>DEF</td>
</tr>
</tbody>
</table>

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!!
<table>
<thead>
<tr>
<th>Time</th>
<th>A-B - Distance / Other</th>
<th>C-D - Hurdles/Sprints</th>
<th>E-F –Throws / Other</th>
<th>Location</th>
</tr>
</thead>
</table>
| 8:00 – 9:00| Distance Training and Racing Part 1  
Bethany Brewster | High Hurdles: Phases, Drills, and a 4 year plan of development  
Don Helberg | “The Dynamic Drop Glide” Then Mark will take you through the drills in a Learn by Doing session  
Slight break in between  
Mark Mirabelli (2 hours) | Aurora |
| 9:20 – 10:20| 800m training  
Tony Veney | Feed the Cats- Part 1  
Sprint Training  
Tony Holler | Track and Field Questions and Discussion  
Dan Roggenbaum | Beginning Hurdles  
Stephanie Stephenson |
| 10:40 – 11:40| Distance Training and Racing Part 2  
Bethany Brewster | Feed the Cats – Part 2  
Sprint Training  
Tony Holler | Rotational Spin  
Then Mark will take you through the drills in a Learn by Doing session  
Slight break in between  
Mark Mirabelli (2 hours) | Eating Issues taking down athletes and what coaches can do about it -  
Rachael Steil |
| 11:40 – 12:40| Lunch on your own or in restaurant | | | |
| 12:45 – 1:45| 800m Strategy and Mental Toughness  
Tony Veney | Train the Cats  
Tony Holler | Rotational Spin  
Then Mark will take you through the drills in a Learn by Doing session  
Slight break in between  
Mark Mirabelli (2 hours) | Running Gait Pathomechanics and Gait Retraining for the Injured Runner  
Hannah Depaul/  
Katie Noble |
| 2:00 – 3:00| High Jump  
The way to get them higher  
Tony Veney | 300 Hurdles: Race Model  
corrections to common faults  
Don Helberg | Mental Health and Sports – the New Buzz Word and how you can help  
Bethany Brewster |
| 3:00 -5:00| Business and Rules Meeting  
ABC | | | Not Used |
| 6:30 – 12:00| Dinner and Hospitality | | | Not Used |

**Saturday**

<table>
<thead>
<tr>
<th>Time</th>
<th>A-B Distance/Other</th>
<th>C-D Sprints/Hurdles</th>
<th>E-F Throws/Other</th>
<th>Location</th>
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</table>
| 7:30       | Prediction Run –  
Steve Porter | | | |
| 8:30 – 9:30| Long Jump  
Tired of the 12’/15’  
Get Improvement Here  
Tony Veney | High Hurdles: Phases, Drills, and a 4 year plan of development  
Don Helberg | Teaching the Discus  
Then learn by doing session  
Slight break in between  
Mark Mirabelli (2 hours) | Pole Vault Teaching and Progression  
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. |
| 9:45 – 10:45| Drills for both the High Jump and Long Jump  
– Tony Veney Learn by Doing | Toys for the Cats  
Batons / Blocks / and Hurdles  
Tony Holler | | |
| 11:00 -12:00| The 400meters  
Don Helbeg | Reflexive Performance Reset-  
The Game Changer  
Tony Holler | Running at College  
-make sure athletes get the right fit  
Bethany Brewster | |