

MITCA Track Clinic 2019

January 31st Feb 1st and 2nd

Day and Date	Time	Speaker	Topic	Room Set Up	Room
Th Jan 25	6:00-7:00	REGISTRATION			
Make sure you take the time to thank our college coaches for donating their time to share what they know.					
1 st Session	7:00 – 8:00	Arthur “Igggy” Ignaczak	High Jump		A
		Steve Rajewsky	Sprints and Hurdles		B
		Eric Green /Jenny Sweiten	Round Table Head Coaches		C
		Jeremy Wilk	Return on Training		Aurora
2 nd Session	8:10 – 9:10	Jerry Baltes	Winning		A
		Lonnie Pugh / Bryant Wilson /Ceith Creekmur	Round Table- Field Events		B
		Chris Best	400m Training		Aurora
Carnival I	9:15 -12:00	MITCA PRESENTS CARNIVAL 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!!!! Trophies to the top finishers in some events.				
9:15 – 12:00	There will be fun for all!! There will be trophies for top finishers on some events.				
	Event	Who Plays	Awards	Room	
	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	D E F	

Come to Carnival

Sandwiches/drinks covered by MITCA!!!

Grab a late-night snack

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 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	Make sure your Athletes are Healthy and Fast Hannah Depaul/ Katie Noble
9:20 – 10:20	800m training Tony Veney	Feed the Cats- Part 1 Sprint Training Tony Holler	Slight break in between Mark Mirabelli (2 hours)	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	Track and Field Questions and Discussion Dan Roggenbaum	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				
	A-B Distance/Other	C-D Sprints/Hurdles	E-F Throws/Other	Aurora
7:30	Prediction Run – Steve Porter			
	Past Presidents Breakfast – Dave Lustig – Room to be announced			
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 Jordan McCellan 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	