

# MITCA Track Clinic 2020

## January 30<sup>th</sup> - 31<sup>st</sup> and Feb 1<sup>st</sup>.

Thurs Jan 30th	6:00-7:30	REGISTRATION		
Day and Date	Time	Speaker	Topic	Room
<b>Make sure you take the time to thank our college coaches for donating their time to share what they know.</b>				
1 <sup>st</sup> Session	7:00 – 8:00	Boo Schexnayder	High Jump – Laying out the Approach	A
		College Coaches!!		B
		College Coaches		C
		Rob Lasorsa	Beginning Shot Put	Aurora
2 <sup>nd</sup> Session	8:10 – 9:10	Boo Schexnayder	High Jump - Technique and Training	A
		College Coaches		B
		College Coaches		C
		Kate Davis	Nutrition - the beneficial effects of smart, food-based nutrition on sport performance. She offers expertise to athletes and athletic teams in all topics related to sports nutrition, including weight management for sport.	Aurora
Carnival	9:15 -12:00	<h1 style="font-style: italic;">Come to Carnival</h1> <p>There will be fun for all!! There will be trophies for top finishers on some events. We will have many new games this year, so get ready to GET INVOLVED!!</p> <p>New Games This Year!!            9 hole mini golf            Football Toss            Light Brigade</p> <p>So get ready for a great night of fun, food, and refreshments!!</p>		
	9:15 – 12:00	Grab a partner and get ready for the double elimination Euchre tournament and Corn Hole Tournament. There will be a traveling trophy presented to the winning duo in each event!!!! Trophies to the top finishers in some events.		

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Friday	A-B	C-D	E-F	Aurora
8:00 – 9:00	The Rockford Distance Program Ben Watson	Larry Myricks Long Jump Approach and Take Off	Gail Devers – 100m Hurdles Technique/Mechanics/Taking the Hurdle/ Arms and Legs	Building a Winning Culture Out of Nothing Ryan Banta
9:20 – 10:20	Speed Building for all track events Boo Schexnayder	Larry Myricks Long Jump Flight and Landing	Shot Put Part 1 Rob Lasorsa	Stronger for Longer: Optimizing Female Running Performance Dr. Nancy Boyd Dr. Renee Przystas
10:40 – 11:40	Distance Taking average athletes to BIG IMPROVEMENTS Gene Lebron/Ithaca Jay Puffpaff/St Louis	Training the 200/400 runner Boo Schexnayder	Gail Devers – 100m hurdles Drills & Race Breakdown/ Race Vision/Crossing the finish line	Training Design for New Coaches Ryan Banta
11:40 – 12:40	Lunch on your own or in restaurant - Please note last year's lunch was paid for my MITCA. We did that in honor of our 60 <sup>th</sup> year of clinics. We will not be paying for the lunch this year and the hotel will be offering different options for you to purchase.			
12:45 – 1:45	300m hurdles Boo Schexnayder	100 meter training A to Z Ryan Banta	Shot Put Part 2 Rob Lasorsa	Beginning Long Jump Larry Myricks
2:00 – 3:00	Gail Devers : <h2 style="margin: 0;">Going the Distance and Accepting Challenges</h2>			
3:00 -5:00	Business and Rules Meeting ABC			Not Used
6:30 – 12:00	Dinner and Hospitality – Gail Devers/ Larry Myricks Autograph signing after banquet			
Saturday				
7:30	Prediction Run – Steve Porter			
	Past Presidents Breakfast – Greg Miller – Aurora			
	A-B	C-D	E-F	Aurora
8:30 – 9:30	Coaching the Elite Distance runner Ben Watson	Larry Myricks LJ -Drills, Exercises and Mental Aspects	Discus Part 1 Rob Lasorsa	Past -PRESIDENTS BREAKFAST Greg Miller
9:45 – 10:45	Pole Vault Part 1 Boo Schexnayder	Coaching 400/800 mixed Zone athlete Ryan Banta	Discus Part 2 Rob Lasorsa	
11:00 -12:00	Pole Vault Part 2 Boo Schexnayder	How to be mentally tough Running the Hurdles Gail Devers	How to Manage Large Groups with Few Coaches Ryan Banta	