

NEW ENGLAND TRACK & FIELD

Clinic Schedule 2013

Up-Dated 2/18/13

Friday, March 15, 2013

| Time PM | ROOM | SESSION |
|----------------|-----------------|--|
| 3:30-8:30 | Salon Area | Registration & Merchants |
| 4:00-5:45 | Salon C | Pole Vault Certification |
| 4:30-5:45 | Salon A & B | Thompson:The High Jump |
| 4:30-5:45 | Salon D & E | Hudson & DeNeen:Track & Field Injury Prevention |
| 6:00-7:15 | Salon A & B | Veney: Coaching The Straight Away Hurdles |
| 6:00-7:15 | Salon D & E | Schexnayder: Muti-Jump Training |
| 7:30-8:45 | Salon A & B | Cappos:Shot Put Basic Glide Technique |
| 7:30-8:45 | Salon C | Strawderman: PV "On the Ground" |
| 7:30-8:45 | Salon D & E | Christensen: The Training Modle for High School XC |
| 9:00-12:00 | Lobby Courtyard | Coaches & Clinicians Social |

Saturday, March 16, 2013

Time 7AM - 3:45PM

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| 7:00-10:00 | Salon Area | Registration & Merchants |
| 7:00-8:30 | Lobby Courtyard | Clinic Breakfast (served 7:00am till 8:30am) |
| 8:00-9:15 | Salon A & B | Christensen: Lactate Tolerance or Running Economy, Which Factors Decides the 800M? |
| 8:00-9:15 | Salon C | Cappos: Javelin Throwing |
| 8:00-9:15 | Salon D & E | Veney: Sprint Mechanics |
| 9:30-10:45 | Salon A & B | Thompson:The High Jump Approach |
| 9:30-10:45 | Salon C | Cappos: Hammer Throwing |
| 9:30-10:45 | Salon D & E | Schexnayder: Training For Multi-Event Athletes |
| 11:00-12:10 | Salon A & B | Veney: Long Hurdle Keys (400 Hurdles) |
| 11:00-12:10 | Salon C | Cappos: Discus Throwing Basic Technique Model |
| 11:00-12:10 | Salon D & E | Schexnayder:The Long JumpTechnique & Teaching |
| 65 Minute Lunch Break: Box Lunches Available For \$ in Lobby Courtyard Area | | |
| 12:15 | Seminar Room (MSTCA MEMBERS MEETING) | |
| 1:15-2:30 | Salon A & B | Thompson: High Jump drills |
| 1:15-2:30 | Salon C | Hudson & DeNeen:Track & Field Injury Prevention |
| 1:15-2:30 | Salon D & E | Christensen: The Application of Speed & Strenght to the 400M |
| 2:45-4:00 | Salon A & B | Veney: Talent Selection & Training For The Relays |
| 2:45-4:00 | Salon C | Christensen: The Profiling and Preperation of an Elite HS Miler |
| 2:45-4:00 | Salon D & E | Schexnayder: The Triple Jump-Technique & Training |