

39th ANNUAL
Iowa Track & Field Coaches Clinic
Dec. 7-8, 2007 • Ames, IA



CLINIC SCHEDULE

FRIDAY, DECEMBER 7, 2007

- 8:30 a.m. **CHECK-IN**
- 9:30 a.m. *Finish Lynx Timing System Training* (Bruce Whiting)
- 10:30 a.m. *Hy-Tek Software Training* (Bruce Whiting)
- 11:30 a.m. **EXHIBITION HALL OPENS**
LUNCH BREAK
- 12:30 p.m. *Leading with Heart, Coaching with Soul: Creative Strategies for Guiding Today's Athletes* (Jerry Lynch)
- 1:40 p.m. *Technical & Training Aspects of Sprinting with Power* (Dan Pfaff)
- 2:30 p.m. **VENDOR BREAK & DOOR PRIZES**
- 3 p.m. **SPLIT SESSION**
- *Distance Coaching: The Foundations for Success* (Jack Daniels)
 - *Shot Put Technique: Seminole Style* (Harlis Meaders)
- 4:10 p.m. **SPLIT SESSION**
- *More Makes and Fewer Misses: Perfecting High Jump Technique* (Dan Pfaff)
 - *Nuts and Bolts of Mastering the 100/110 M Hurdles* (Norbert Elliott)
- 5 p.m. **DINNER BREAK**
- 7 p.m. **VENDOR BREAK & DOOR PRIZES**
- 7:20 p.m. **SPLIT SESSION**
- *Middle Distance/Distance Aerobic Profiles, Types of Training and Seasonal Planning* (Jack Daniels)
 - *Discus Technique: Seminole Style* (Harlis Meaders)
- 8:20 p.m. **SPLIT SESSION**
- *Drill Sequences for Teaching and Training the Long and Triple Jump* (Norbert Elliott)
 - *Overcoming Mental Hurdles: Q & A with Jerry Lynch*
- 9:45 p.m. **COACHES SOCIAL WITH STAFF**

SATURDAY, DECEMBER 8, 2007

- 7:30 a.m. **REGISTRATION/CHECK-IN**
- 8 a.m. **SPLIT SESSION**
- *Iowa High School Rules* (Dave Anderson)
 - *Pole Vault: Grass Roots Drills and Skills* (Eric Pingel)
- 9:10 a.m. **SPLIT SESSION**
- *Training and Techniques for the 300/400 M Hurdles* (Norbert Elliott)
 - *How to Balance Speed, Power and Endurance Training for Track and Field Athletes* (John Dagata)
- 10 a.m. **Vendor Break and Door Prizes**
- 10:20 a.m. *200 M and Up Sprinting: Training to Go Faster Longer* (Dan Pfaff)
- 11:20 a.m. *The Heart-Mind of a Champion: Living Daily as a Winner in Sports and Life* (Jerry Lynch)
- 12:30 p.m. **IATC/IATO BANQUET AND AWARDS**
Speakers and topics are subject to change

IOWA TRACK OFFICIALS MEETING SATURDAY, DECEMBER 8, 2007

- 7:45 - 8:30 a.m. **RULES MEETING** - Sponsored by the IHSAA & IGHSAA
- 8:30 - 8:35 a.m. Welcome and Introductions – Tim Sanderson, President
- 8:35 - 9:05 a.m. "Update on Iowa High School T & F for 2008"
- 9:10 - 9:45 a.m. Annual Business Meeting - Tim Sanderson, President
- Approval of Minutes
 - Distribution of List of Board Members (2008)
 - Shell Situation for 2008
 - Running & Field Event Official of the Year
 - Old Business
 - New Business
 - Adjournment
- 9:45 - 10 a.m. **BREAK**
- 10 - 10:45 a.m. "Drake & NCAA Championship Update"
(Presentation followed by Q & A)
- 10:45 - 11:45 a.m. "USA Track & Field" - Mike Armstrong,
University of Arkansas (Presentation followed by Q & A)
- 11:45 a.m. Closing Comments – Tim Sanderson, President IATO
- Noon **ADJOURNMENT**
- 12:30 - 2:30 p.m. **IATC/IATO Banquet and Awards**

GRADUATE CREDIT

Optional Graduate Credit is available – 1 semester hour.
This is offered through Drake University
Extension Education for an additional fee of \$90.
Tuition may be paid on site by check, Mastercard or Visa.

HEADQUARTERS

Gateway Hotel & Conference Center
2100 Green Hills Drive Ames, IA 50014
(US Highway 30 & University Blvd – formerly Elwood Dr.)