

41<sup>st</sup> ANNUAL

# Iowa Track & Field Coaches Clinic

Dec. 11-12, 2009 • Ames, IA



## CLINIC SCHEDULE

### FRIDAY, DECEMBER 11, 2009

- 8:30 a.m. **CHECK-IN**
- 9:30 a.m. *Hy-Tek Software Training/ASPI Solutions online entries*  
(Bruce Whiting and Tom Lynch)
- 10:30 a.m. *Finish Lynx Timing System Training* (Bruce Whiting)
- 11:30 a.m. **EXHIBITION HALL OPENS**  
**LUNCH BREAK**
- 12:30 p.m. *The Culture and Discipline Behind Jamaica's Breakthrough Sprinting Success* (Maurice Wilson)
- 1:40 p.m. **SPLIT SESSION**
- *Actual Workout Progressions that Produce Winning Performances with your 200-400 Meter Sprinters* (Barbara Crousen)
  - *Mastering the Ring I: Discus Throw Blueprint for Success* (Jim Aikens)
- 2:30 p.m. **VENDOR BREAK & DOOR PRIZES**
- 2:50 p.m. *Part 1: Unlocking the Secrets to Jamaican Sprinting: Mechanics and Drills for Speed* (Maurice Wilson)
- 3:50 p.m. **SPLIT SESSION**
- *Proven Workouts and Training Strategies for H.S. Middle Distance Runners* (Jay Johnson)
  - *Simple Solutions to the Problems that Limit Potential in the High Jump* (Nat Page)
- 4:40 p.m. **DINNER BREAK**
- 7:10 p.m. **SPLIT SESSION**
- *How to Unleash the Full Potential of your 100/110 Hurdlers* (Nat Page)
  - *Long Jump Flight School! Flying Farther off the Board* (Barbara Crousen)
- 8 p.m. **VENDOR BREAK & DOOR PRIZES**
- 8:20 p.m. **SPLIT SESSION**
- *Cross Country/Distance Running: How to Structure and Implement a Training Program for High School Athletes* (Jay Johnson)
  - *Mastering the Ring II: Glide Shot Put Blueprint for Success* (Jim Aikens)
- 9:30 p.m. **GTM COACHES SOCIAL WITH CLINIC STAFF**  
*Speakers and topics are subject to change*

### SATURDAY, DECEMBER 12, 2009

- 7:30 a.m. **REGISTRATION / MORNING COFFEE**
- 8 a.m. **SPLIT SESSION**
- *Iowa High School Rules Meeting*  
(Dave Anderson and Mike Dick)
  - *Trevor Richards' "Top Ten" Ways to Get Better Faster in the Pole Vault* (Trevor Richards)
- 9:20 a.m. *Part 2: Unlocking the Secrets to Jamaican Sprinting: Training Formula for Success!* (Maurice Wilson)
- 10:10 a.m. **Vendor Break and Door Prizes**
- 10:30 a.m. **SPLIT SESSION**
- *Olympic Silver Medalist Danny Harris Reveals How to Achieve Breakthrough Performances in the 300/400M Hurdles* (Danny Harris)
  - *Mastering the Ring III: The Rotational Shot Put Blueprint for Success* (Jim Aikens)
- 11:30 a.m. *Better Triple Jumping by Maintaining Speed and Balance Through all Three Phases* (Barbara Crousen)
- 12:30 p.m. **IATC/IATO BANQUET AND AWARDS**
- IOWA TRACK OFFICIALS MEETING**  
**SATURDAY, DECEMBER 12, 2009**
- 8:00 - 9:00 a.m. **RULES MEETING** - Sponsored by the IHSAA & IGSAU
- 9:00 - 9:30 a.m. *Iowa High School Track & Field Update* -  
Dave Anderson, IHSAA  
Mike Dick, IGSAU
- 9:30 a.m. Welcome, Introductions and Annual Business Meeting –  
Mike Stanley, President IATO
- ANNUAL BUSINESS MEETING AGENDA**
- Approval of Minutes
  - Treasurer Report
  - Membership Update
  - Board Members (2009)
  - Shell Situation for 2009
  - Old Business
  - New Business: Election of Vice-President
  - Adjournment
- 10 - 10:15 a.m. **BREAK**
- 10:15 - 10:45 a.m. *Drake Relays Update* - Dr. Brian Brown, Drake Relays Director
- 10:45 - 11:45 a.m. *Field Event Panel* - Al Neumann
- 11:45 a.m. **Closing Comments** – Mike Stanley, President IATO
- 12:30 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 \$100.  
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)  
(800) 367-2637 • www.gatewayames.com