

**43<sup>rd</sup> ANNUAL**  
**Iowa Track & Field Coaches Clinic**  
**Dec. 9-10, 2011 • Ames, IA**



# CLINIC SCHEDULE

## FRIDAY, DECEMBER 9, 2011

- 10:30 a.m. **CHECK-IN & EXHIBITION HALL OPENS**
- 12 p.m. *Workouts that Work! Sprint Training for 400M & Down*  
(Amy Deem)
- 1:10 p.m. **SPLIT SESSION**
- *Balancing Speed and Endurance Training for 800 and 1500 Greatness!* (Chris Bucknam)
  - *Proven Drills and Progressions for Your Glide Shot Putters* (David Dumble)
- 2:10 p.m. **VENDOR BREAK & DOOR PRIZES**
- 2:35 p.m. **SPLIT SESSION**
- *Technique and Training for Success in the 300/400M Hurdles* (Amy Deem)
  - *Melding Explosive Power with Technique for the Long Jump* (Jake Jacoby)
- 3:35 p.m. **VENDOR BREAK & DOOR PRIZES**
- 4 p.m. **SPLIT SESSION**
- *Sprint Training and Technique: Developing an Explosive Block and Drive Phase* (Lawrence Johnson)
  - *Discus Throw: How to Train your Eyes to Enhance the Good and Correct the Bad* (David Dumble)
- 5 to 7 p.m. **DINNER BREAK**
- 7 p.m. **SPLIT SESSION**
- *Drills and Strategies for Simplifying Sprint Hurdle Technique* (Lawrence Johnson)
  - *Perfection Before Progression: A Practical Approach to Improving Your High Jumpers* (Jake Jacoby)
- 8:10 p.m. **SPLIT SESSION**
- *The Diamond Model for Training Distance Runners: A Proven Method!* (Will Freeman)
  - *How and When to Transition from Glide to Rotational Shot Put* (David Dumble)
- 9:10 p.m. **GTM COACHES SOCIAL WITH CLINIC STAFF IN THE GATEWAY LOBBY/LOUNGE**  
*Speakers and topics are subject to change*

## SATURDAY, DECEMBER 10, 2011

- 7:30 a.m. **REGISTRATION / MORNING COFFEE**
- 8:15 a.m. **SPLIT SESSION**
- *Incorporating Speed, Power, and Strength Development into your High School Track and Field Program* (Joey Woody)
  - *Mechanics and Training for the Pole Vault* (Will Freeman)
- 9:25 a.m. **SPLIT SESSION**
- *Great Relays! Technique, Drills, and Race Strategies* (Lawrence Johnson)
  - *How to Individualize Cross Country Training to Meet the Varying Needs of Your Athletes* (Chris Bucknam)
- 10:35 a.m. **SPLIT SESSION**
- *Truths and Team Building in Track & Cross Country* (Will Freeman)
  - *How to Improve all Three Phases of the Triple Jump* (Jake Jacoby)
- 12:30 p.m. **IATC/IATO BANQUET AND AWARDS**

## IOWA TRACK OFFICIALS MEETING SATURDAY, DECEMBER 10, 2011

- 8:30 a.m. Welcome, Introductions and Annual Business Meeting – C. B. Liston, IATO President
- ANNUAL BUSINESS MEETING AGENDA**
- Approval of Minutes
  - Treasurer Report
  - Membership Update
  - Board Members (2011)
  - Old Business
  - New Business
  - Adjournment
- 9 - 9:15 a.m. *Drake Relays Update* - Dr. Brian Brown, Drake Relays Director
- 9:15 - 10 a.m. *Weights and Measurements - Jumps*  
- Jon Turner and Al Neumann
- 10 - 10:15 a.m. **BREAK**
- 10:15 a.m - noon *Instructional Mechanics for Track Starter* – Dr. Eric D. Zemper
- Power Point and video instruction developed by USATF
- Noon **Closing Comments** – C. B. Liston, IATO President
- 12:30 p.m. **IATC/IATO Banquet and Awards**

## GRADUATE CREDIT

Optional Graduate Credit is available – 1 semester hour through California State University, Monterey Bay for an additional fee of \$99. Tuition may be paid by check, Mastercard or Visa. Go to [www.actprogram.info/clinics](http://www.actprogram.info/clinics) for more information.

## HEADQUARTERS

Gateway Hotel & Conference Center  
2100 Green Hills Drive Ames, IA 50014  
(US Highway 30 & University Blvd)  
(800) 367-2637 • [www.gatewayames.com](http://www.gatewayames.com)