

Thursday	Plaza A	Plaza B	Northview Middle School	2018 IATCCC Track and Field Clinic	
7:00 - 7:55	Kyle Walsh - Ind State Designing a Year-Long Distance Training Program	Drake Sterling - Short/Long Hurdle Development & Training	6:00-7:30 Throws Demonstration, Ryan Whiting 8401 Westfield Blvd Door 17	Sheraton-Keystone Hotel February 1-3, 2018 Registration times in Suite 8-9-10 (Vendor Room) Thursday, Feb 1 - 6:00p to 8:30p Friday, Feb 2 - 7:15a to noon then 1:30p to 3:15p Saturday, Feb 3 - 8:00a to 10:30a	
8:00 - 8:55	Dale Cowper - throws	Dave Pavlansky 400m			
Coaches Social	Sponsored by M-F Athletics! Clearwater Ballroom				
Friday	Plaza A	Plaza B	Plaza C	Plaza DE	Suite 4 & 5
8:20 - 9:20	Vera Schmitz/Kelsie Ahbe - pole vault technique	Dave Pavlansky Race Modeling and Breathing Patterns for 100-200	John Sipple-Downers Grove North, IL Distance	Ryan Whiting: Basics of Rotational Shot Put	Mike Alspaugh / Jay White - unique and misunderstood rules
9:30 - 10:30	Brandon Bangel - 110m, 100m Hurdles	Nick Polk - USATF Sports Science	John Sipple 1600, 800, 3200	Ryan Whiting: Discus Fundamentals	Jody Sarber - coaching with Google
10:45 - 11:45	Brandon Bangel - Starting from scratch: Program Development	Steve Krzyminski - Strength training for track and field	Distance Panel - 5 Top Coaches from CC	Ryan Whiting: Shot Put and Discus Q & A	Coaching Middle School T&F: Boys vs. Girls - Glenn Sweitzer
Lunch 11:50-1:00	Plaza A	Plaza B	Plaza C	Plaza DE	Suite 4 & 5
1:05 - 2:05	Sol Stephens - Anderson University - Long Jump	Dave Pavlansky - Indoor training structure & training considerations for short sprints	Geoff Wayton - Rose-Hulman - Distance	Tyler Miller - Strength training for the throws	Brandon Bangel - Track and the multi-sport athlete
2:15 - 3:15	Steve Smith - High Jump	Dave Pavlansky 4x1 and 4x4	Hicks - non-weightroom strength training for track	Tyler Miller - Discus	Steve Cotherman/Terry Lakes - Insight for Young or Beginning Coaches
3:30 - 4:00	General Session - All: Vera Schmitz, Kelsie Ahbe - The Champion's Road				
4:00 - 4:40	IATCCC General Meeting - Information and Awards				
4:40 - 5:20	IHSAA Rules Meeting - IHSAA Asst Commissioner Paul Neidig				
6:30 - 10:00	Hall of Fame Banquet in Clearwater (downstairs)				
Saturday	Plaza A	Plaza B	Plaza C	Plaza DE	Suite 4 & 5
8:30 - 9:30	Mid Distance / 4x800 Round Table - Josh Fletcher	Dave Pavlansky learn by doing: acceleration drills, sprint drills, and blocks	Rob Lasorsa - Discus	Find ALL speaker notes and electronic Hoosier Harrier on Sched.com. Be sure you are logged in to access the notes and not in the mobile version.	
9:45 - 10:45	High Jump for the beginner coach - Rick Sluder	Nick Polk Distance Training	Tyler Miller - shot put glide		
11:00 - 12:00	Brandon Bangel - Pole Vault	Kevin Banich - Roncalli - Long Jump	Issues in Track & Field Discussion - Mike Davidson		
1:00 - 3:00	POLE VAULT learn by doing at Hamilton Southeastern High School 13910 E 126th St Door 9 includes safety & pit setup for those with little pole vault experience				