

IATCCC Track and Field Clinic
February 1-3, 2024
Sheraton Hotel Keystone at the Crossing

Thursday	Plaza A	Plaza B	Plaza C, D&E	Suite 8-9-10	Suite 6-7	Suite 4 & 5		
6:00-6:55	Will Freeman How to Write Successful Workouts	Matt Sweetman Feeder System Distance	Registration, networking and vendors	Mike Caton Hurdle Technique	Devyn Mikell Level Up Your Long Jumpers	Katie Wise Coaching Roles	Registration times in Plaza CDE Thursday 5:15p to 8:30p Friday 7:15a to Noon then 1:30p to 3:15p Saturday 8:00a to 10:30a	
7:00-7:55	Chris Parno Training Theory "The Why"	Eric Heins Championship XC Season	Registration, networking and vendors	Megan Tomei Throws	Mike Holman coach best athletes in multiple events			
8:00-8:55	Freemans Approach in Jumps	Andy Cowen Raise the Floor - Distance	Registration, networking and vendors	Megan Tomei Throws and Strength Training	Katie Wise Sprinting and Recruiting 101	Q & A with IU Coaching Staff		
Coaches Social	Sponsored by M-F Athletics! Plaza CD & E							
Friday	Plaza A	Plaza B	Plaza C, D&E	Suite 8-9-10	Suite 6-7	Suite 4 & 5	Plaza CDE	
8:20 - 9:20	Chris Parno Sprint Drills	Colin Altevogt Progression & Improvement	Registration, networking and vendors	Brad Wymer Strength for Throws	Mike Caton Hurdling 101	Devyn Mikell Taking High Jumpers to New Heights		Back this year - All vendors will be in Plaza CDE This is also where registration will be - in the back Snacks and Caffeine will also be found in the back of Plaza CDE
9:30 - 10:30	Derek Leininger Science of the 400	Matt Sweetman Lactate Threshold Training	Registration, networking and vendors	Freemans Training the Core	Shelbi Goble Mental Prep in Field Events	Direct Athletics 101 Bring Device	New Coach networking	
10:45 - 11:45	Chris Parno Common Errors in Short Hurdling	Colin Altevogt Distance Training for a Long Season	Registration, networking and vendors	Morgan Cooper Pole Vault	Rachael Steil mental health / eating disorders	Kiel Holman Strength and Conditioning	Jumps coach networking	
Lunch 11:50-1:00	Plaza A	Plaza B	Plaza C, D&E	Suite 8-9-10	Suite 6-7	Suite 4 & 5	Plaza CDE	
1:05 - 2:05	Chris Parno Training Theory "The How"	IHSAA Cross Country Discussion with Brian Lewis	Registration, networking and vendors	Brad Wymer Glide Shot Put	Mike Caton Hurdling 201	Direct Athletics 101 Bring Device	Female coach networking	Round tables will be available there as well and special networking sessions have been planned to the left
2:15 - 3:15	Chris Parno Coaching Large Groups	Derek Leininger Training for the 400	Registration, networking and vendors	Dillon Frederickson Pole Vault - The Perfect Plant	Rachael Steil mental health / eating disorders	Kiel Holman Strength and Conditioning	Throws coach networking	
3:20 - 4:00	Keynote - Dennis McNulty - The Elements of a Successful Program							
4:00-4:40	IATCCC General Meeting - Information and Awards				Check your email for Coach of the Year Ballots sent on Thursday, voting ends at 1:00 on Friday			
4:40-5:20	IHSAA Rules Meeting with Brian Lewis and Janie Ulmer				Head Track Coaches be sure to register on myihsaa.net for the rules meeting			
5:30 - 6:30	Shioma Obemeata Sprints Imposter Syndrome	Brady Devine Small School Culture/Training	Registration, networking and vendors	Brady Wymer Rotational Progressions	Freemans Developing confidence in athletes		Retired coach networking	
6:30 - 7:30			Friday Social					
Saturday	Plaza A	Plaza B	Plaza C, D&E	Suite 8-9-10	SAVE THE DATE IATCCC 2025 at the SHERATON FEBRUARY 6-8, 2025			
8:30 - 9:30	Freemans Healthy Team Environment	Sprints Panel - Davidson	Registration, networking and vendors					
9:45 - 10:45	Relays Panel - Davidson	Distance Panel - Sluder	Registration, networking and vendors	Morgan Cooper Pole Vault				
11:00 - 12:00	Freemans Excel with Distance	Jumps Panel - Litz	Registration, networking and vendors					