

Thursday	Plaza A	Plaza B	Plaza C, D&E	Suite 8-9-10		
6:00-6:55	Brian Cashdollar Distance Heart Rate Training 1	Sue Humphrey High Jump Basics	Registration, networking and vendors	Jerry Clayton Rotational Shot and Discus 1	Registration in Plaza C, D & E	
7:00-7:55	Small School Distance Panel	Steve Silvey 400 Meter Training	Registration, networking and vendors	Travis Herb Pole Vault	Thursday, Feb 6 Friday, Feb 7	5:15 - 8:30 PM 7:15 - 11:50 AM 1:30 - 3:15 PM 8:00 - 10:30 AM
8:00-8:55	Brian Cashdollar Heart Rate Training 2	Sue Humphrey Long Jump	Registration, networking and vendors	Jerry Clayton Rotational Shot and Discus 2		
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
8:20 - 9:20	Dr. Jason Karp Interval Training	Steve Silvey 100 / 200 Meters	Registration, networking and vendors	Sue Humphrey More on the High Jump	Brian Cashdollar Culture, Goals, Race Plan, Confidence	
9:30 - 10:30	John Latta Distance Off Season Conditioning	Cates & Mott Incorporating Speed in the	Registration, networking and vendors	Morgan Cooper Pole Vault	Jeremy Baney Tips for New Coaches	Dr. Jermaine Ware - The Power of Nutrition
10:45 - 11:45	Amy Begley, Phil Yoder Distance	Cates & Mott Penn Sprint Culture & 4x100	Registration, networking and vendors	Jerry Clayton Glide Shot Put	Chelsea Patterson Coaching with Tech	
Lunch 11:50-1:00	Plaza A	Plaza B	Plaza C, D&E	Suite 8-9-10	Suite 6-7	Suite 4 & 5
1:05 - 2:05	John Latta Distance Building Successful Programs	Steve Silvey 100 & 110 Hurdles	Registration, networking and vendors	Jerry Clayton Throws an Open Discussion	Small School Track Panel	Ware & McBean - Innovative ways to promote Track & Field
2:15 - 3:15	Dr. Jason Karp Running Periodization	Steve Silvey 300 Hurdles	Registration, networking and vendors	Dr. Keith Hopkins Long Jump	Sue Humphrey Winning the Mind Game	
3:20 - 4:00	Keynote - Amy Begley					
4:00-4:40	IATCCC general meeting - information and awards					
4:40-5:20	IHSAA rules meeting with Brian Lewis and Jane Schott					
Saturday	Plaza A	Plaza B	Plaza C, D&E			
8:30 - 9:30	Dr. Jason Karp - Lessons from the Kenyan Runners	Sue Humphrey - Injury Prevention Strategies	Registration, networking and vendors			
9:45 - 10:45	Steve Silvey The Long Sprint Event 800	Brian Murer Indiana Hammer Assoc	Registration, networking and vendors		Save the Date for IATCCC 2026 February 5-7, 2026	
11:00 - 12:00	Dr. Jason Karp - Run Like a Woman	Sprints/Relays Panel Mike McCarthy	Registration, networking and vendors			