

MITCA 2022 Virtual Track and Field Clinic

Date	Day	Time	Session 1 – A	Session 1-B	Session 1 -C
Jan 25	Tues	6:00 – 6:10	Doug Jager -Opening Statements		
		6:10 – 6:30	Steve Porter – Awards		
		6:35 – 7:35	Dr Ed Kornoelje Track and Field Injuries	Mark Mirabelli Shot Put – Part 1	Kebba Tolbert Sprints – Starts and Accelerations
		7:45 – 8:45	Adam Homolka Strength and Stretching Routines	Mark Mirabelli Shot Put – Part 2	Kebba Tolbert Sprint Relays
		8:55 – 9:55	Dr Kornoelje and Adam Homolka – Question and Answer	Kris Koster Long Jump	Kebba Tolbert Training for Speed
Date	Day	Time	Session 2 - A	Session 2-B	Session 2-C
Jan 26	Wed	6:00 – 6:10	Doug Jager - Opening Statements		
		6:10 – 6:30	Steve Porter - Awards		
		6:35 – 7:35	Doug Jager Training the 1600m/3200m Runner	Mark Mirabelli Discus – Part 1	Kevin Broene Developing GRIT Athletes
		7:45 – 8:45	John O'Malley Training the 800m Runner	Mark Mirabelli Discus – Part 2	Kevin Broene Focusing on the Process
		8:55 – 9:55	Carey Hammel Training to Race 400m to 1600m	David Stone – Long Jump	Jacci Storey The Psychology of Sport
Date	Day	Time	Session 3 - A	Session 3-B	Session 3-C
Jan 27	Thur	6:00 – 6:10	Doug Jager - Opening Statements		
		6:10 – 6:30	Steve Porter - Awards		
		6:35 – 7:35	Phil Hoover Success at Zeeland West	Stephanie Stepheson Beginning Hurdles	David Stone High Jump Part 1
		7:45 – 8:45	John O'Malley - Training Zones, Mileage, and Mentality for Runners	Tony Veney Hurdles – Part 1	David Stone High Jump Part 2
		8:55 – 9:55	John O'Malley Powerful Runners: Individualization and Purpose	Tony Veney Hurdles – Part 2	NOT BEING USED
		9:55 - 10:00	Doug Jaeger	Closing Statements	