

MITCA Track Clinic 2023

January 26th, 27th and 28th

Overcoming Obstacles

Thursday 26 th	6:00- 7:30pm	Registration		
1 st Session	7:00pm 7:50	Adriel Morgan	Long Jump/schedule for practice/drills/technique	A/B (250)
		Bryan Hoddle	Part 1 Injury Prevention using warm up and cool down	C/D (250)
		Paul and Cole Walderzak	Learning the Rotational Shot	Aurora (150)
2 nd Session	8 :00- 8 :50	Jacob Pettinga	13 week training schedule for 1600/3200m for high school	A/B (250)
		Bryan Hoddle	Part 2 Injury Prevention using warm up and cool down	C/D (250)
		Pat Manson	Q and A Video Analysis of the Vault	Aurora (150)
3 rd Session	9:00 – 10:00	Bryan Hoddle	MOTIVATION – Never Give Up You have to hear this presentation, it is amazing!!	ABCD
	10:00- 12:00	Hospitality	No carnival this year	?

Friday January 27th

7:00 AM

Registration Begins

Time	Room	Room	Room	Room
8:00 – 8:50	A/B (200)	C-D (200)	E/F (125)	Aurora (150)
Speaker	Bryan Hoddle	Brandon Jiles	Jacob Pettinga	Paul and Cole
Topic	<i>Sprints Workouts for a 13 week season</i>	800m Training	Training wheelchair, amputee, and cerebral palsy track & field athletes.	Walderzak Glide Shot Put Drills and Training
9:05 – 9:55	Amy Manson	Brandon Jiles	Mary Miller	Paul and Cole
	Goal Setting and Brain Training	100m Hurdles	Strength Training for Track Runners	Walderzak Discus Drills and Training
10:10-11:00	Bryan Hoddle	Jacob Pettinga	Mary Miller	Paul and Cole
	Hurdles Workouts for a 13-week season	13 wk training schedule for 1600/3200m for high school	Technique Based Injury Prevention	Walderzak Weight Training for the Throws
11:00 / 12:30	Lunch – on your own – many restaurants, fast food within a couple of miles			
12:40 – 2:10	Amy Manson will present : THE POSITIVE COACHING ALLIANCE course entitled: <u><i>Developing Triple Impact Competitors</i></u> This workshop empowers coaches to help each of their athletes become committed to impacting sport on three levels by improving oneself, one's teammates, and the game as a whole. Certification for completing this workshop will be available at no cost.			
	There will not be a break, we will move right into the next speaker			
2:10 – 2:40	Building on our theme of Overcoming Obstacles, Dave Kirk from Ohio will present how the Ohio Track Coaches Association led the way to include wheelchair athletes into the sport of Track and Field. This is a movement throughout the country and one that we should look at implementing working with the MHSAA.			
2:50 – 3:50	Billy Mills – the winner of the greatest 10,000 races in history. He will speak on what it takes to overcome obstacles as he had to overcome many to reach his goals. You cannot miss this.			
3:50 – 4:50	MITCA Business Meeting – There will not be a rules meeting. Rules Meetings must be completed online.			
6:30 – 9:00	Banquet and Awards and then Hospitality			

Saturday Jan 28th

8:00 am Registration

8:30 - 9:30	A/B (150)	C-D (150)	E/F (80)	Aurora (150)
	Bryan Hoddle Relays – The ins and outs!!	Greg Miller Past President's Meeting	Erika Vogel High Jump Approach and Takeoff	Pat Manson The Brand New Vault What to do?
9:45 – 10:45				
	Billy Mills A Q&A Session covering all the aspects of what it takes to be a Champion	Jacob Pettinga Strength Training for Distance Runners	Erika Vogel High Jump Bar Clearance and Landing	Pat Manson Meet Mgt for the Vault /Pole Selection, Standards etc
11:00 -12:00				
	Bryan Hoddle Explosive Starts for the sprints and hurdles	Asa Kelly and Rick Bauer Training the 800 to 3200m High School Runner or training the 400 /800 runner	Erika Vogel High Jump Planning and Programming	Pat Manson Cues/ Positions and Drills