

MITCA Track Clinic 2024

January 25th, 26th and 27th

Thursday 25th		6:00- 7:30 Registration		
	Time	Speaker	Topic	Room
1st Session	7:00 7:50	Tony Veney	Long Jump – 101 Technique / Steps/ Etc.	A/B (250)
		Doug Jager	Distance	C/D (250)
		Rob Lasorsa	Learning the Rotational Shot	Aurora (150)
2nd Session	8:00-8 :50	Tony Veney	Plyo and Drills for the Long Jumper	A/B (250)
		Jason Werner	How to Develop a Strong 4x800m Program	C/D (250)
		Rob Lasorsa	Glide Shot Put Latest and Best Practices	Aurora (150)
3rd Session	9:00 – 9:50	Brandon Jiles	Sprints	A/B (250)
		Jason Werner, Scott Werner and Doug Jager	Question and Answer from two coaches with outstanding distance programs	C/D (250)
		Guemmer, Brett	Setting Expectations & Using Technology	Aurora (150)
	10:00- 12:00	Hospitality		EF

Friday January 26th

7:00 AM

Registration Begins

Time	Room	Room	Room	Room
8:00 – 8:50	A/B (250)	C-D (250)	E/F (250)	Aurora (150)
Speaker	Brandon Jiles	Derek Leininger	Distance Jesse Coy	Doug Grezeszak
Topic	The Start to the First Hurdle in the 100/110 hurdles	400m training Part 1	400-5k: Multi-Pace Training for HS Runners	Discus 101 Part 1
9:05 – 9:55	Tony Veney	Derek Leininger	Distance Jesse Coy	Doug Grezeszak
	Technique/ Drills etc. for Sprint Starts	400m training Part 2	Inside Sub 4:00	Discus 101 Part 2
10:10-11:00	Evan Gerish	Tony Veney	Distance Jesse Coy	Melanie Sulaver MS, RD, CDN, CISSN
	Coaching the Long Hurdles	Training for the 100/200 meters	The Extra 1%: Speed, Strength, Mobility & Beyond	Fueled for Growth: Preventing Low Energy Availability in Young Female Athletes
11:15 – 12:05	Evan Gerish	Shawn Francis		Rod Murrow
	3 Step Hurdle Boot Camp Fast Track to the Fast Heat	MENTAL HEALTH of Athletes		Women run faster than girls
12:05 – 1:25	Lunch – on your own – many restaurants, fast food within a couple of miles/hotel restaurant is also open			
1:30 – 2:20	April Holmes – Winning with Impactful Leadership			
2:25 – 3:30	Business Meeting			
3:45 – 4:35	April Holmes – Overcoming Coaching Challenges: Leadership Tactics for Team Success			
6:30 – 9:00	Banquet and Awards			
9:00 – 12:00	Hospitality			

Saturday Jan 27th

8:00 Registration

7:30 Prediction Run – 7:30 in registration area – Steve Porter

8:30 - 9:30	A/B (150)	C-D (150)	E/F (80)	Aurora (150)
	Past President's Meeting	Jesse Coy Personal Best: Strategies for Planning Racing & Training	Gwen Mikinski High Jump Approach and Takeoff	Shawn Francis Pole Vault Part 1
9:45 – 10:45				
	Tony Veney How to run the 200m	Rob Lasorsa Shot Putting Part 1	Gwen Mikinski High Jump Bar Clearance and Landing	Shawn Francis Pole Vault Part 2
11:00 -12:00				
	Tony Veney 100/110m Hurdles	Rob Lasorsa Shot Putting Part 2 Drills You Need to Know	Gwen Mikinski High Jump Planning and Programming	Dave Emeott How to get a vaulter to an elite vaulter – what to do