

2017 NC Track & Cross Country Coaches Clinic Speakers

Speaker, Topics and Number of Sessions

Created Tuesday, October 24, 2017

	Speaker's Name	School/Organization	Sessions	Topic/Name of the Session
1	Cromwell, Patrick	Mt. Tabor High	2	Annual Plan: Cross Country and Distance Running
			2	800/Middle Distance Training Including the Steeple
2	Vance, Tempest	NC A&T	2	Triple Jump - Training, Technique & Drills
			2	Long Jump - Training, Technique & Drills
3	Daniels, James	WSSU	2	400m Training
			1	Warm-up and Stretching
			1	Stretching
4	Mittman, DePaul	USATF	2	Meet Management -- What not to do and What if
5	Davis, Donald	HH Cummings High	3	Beginning and Intermediate Hurdles
6	Monroe, Amber	NC A&T	1	Discus Throw- Training, Technique & Drills
			1	Shot Put - Glide & Rotational Technique & Drills
			1	Weight & Hammer Throw -- Training, Technique & Drills
7	Tyre, Alton	Southeast Guilford	3	NCHSAA Officials Certification
8	Peoples, Alan	Polk County	1	NFHS and NCHSAA Track Rules Interpretation
9	Samuels, James	USATF	2	100 & 200 Meter Training
			1	Sprint Relays
10	Hudson, Nicole	UNC	2	High Jump - Training, Technique & Drills
11	Houston, Scott	HPU	2	Pole Vault -- Training, Technique and Drills