

2017 North Carolina Track & Cross Country Coaches Association 16th Annual Track and Field Clinic

Friday, November 10, 2017

REGISTRATION: Section "A"	7:30-11:30	8:30 -- 9:20	9:30 -- 10-20	10:30 -- 11:20
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Welcome: Section "C" 8:00 - 8:20 Page 1

<u>Section "B" Behind Bleachers</u>	NFHS Officials Cert. Session 1 Alton Tyre, Southeast Guilford	NFHS Officials Cert. (Cont.) Alton Tyre, Southeast Guilford	NFHS Officials Cert. Test Alton Tyre, Southeast Guilford
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<u>Section "D" Backstretch</u>	Warm-Up and Stretching James Daniels, WSSU	Nutrition, Diet and Athletics James Daniels, WSSU	Student-Athletes Dos and Don'ts Daniels, Samuels, Hudson
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<u>Section "E" High Jump Apron</u>		High Jump Techniques and Drills Nicole Hudson, UNC-CH	High Jump Cont. Nicole Hudson, UNC-CH
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<u>Section "F" Pole Vault South</u>		Pole Vault Training and Drills Scott Houston, HPU	Pole Vault Training/Drills Cont. Scott Houston, HPU
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<u>Section "G" Shot Put Cage</u>	Shot Techniques & Training Amber Monroe, NC A&T	Discus Drills & Techniques Amber Monroe, NC A&T	Weight/Hammer Drill & Techniques Amber Monroe, NC A&T
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<u>Section "H" Long Jump Pit North</u>	Horizontals Preseason Tempest Vance, NC A&T	Long Jump - Technique & Drills Tempest Vance, NC A&T	Triple Jump - Training & Drills Tempest Vance, NC A&T
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<u>Section "J" Warm-Up Track North</u>		100-200 Meter Training J-Mee Samuels, USATF	100/200/Sprint Relay Training J-Mee Samuels, USATF
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<u>Section "K" Warm-Up Track South</u>	Hurdle Athlete Development Donald Davis, Cummings	Short Hurdle Training Donald Davis, Cummings	Long Hurdle Training Donald Davis, Cummings
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<u>Section "C" Homestretch</u>			NCHSAA Rules Session Alan Peoples, Polk County
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	11:30 -- 12:20	12:30 -- 1:20	1:30 -- 2:20
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<u>Section "B" Behind Bleachers</u>	Lunch	NFHS Officials Cert. Session 2 Alton Tyre, Southeast Guilford	NFHS Officials Cert. (Cont.) Alton Tyre, Southeast Guilford
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<u>Section "D" Backstretch</u>		400m Training James Daniels, WSSU	400m Training cont'd James Daniels, WSSU
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<u>Section "E" High Jump Apron</u>		Meet Management DePaul Mittman, USATF	Meet Management DePaul Mittman, USATF
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<u>Section "F" Pole Vault South</u>		X-Country Training Patrick Cromwell, Mt. Tabor	1600m/3200m Training Patrick Cromwell, Mt. Tabor
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<u>Section "G" Shot Put Cage</u>			
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