

TENTATIVE LA84 Foundation Track & Field Clinic Agenda

Moorpark High School – February 23 , 2014

Beginning Level Sessions: These sessions are aimed at the very basic level of instruction. The presenters will discuss the rules and regulations of each event and will present the basic first steps a coach will want to follow in teaching the event to beginning athletes.

8:00 - 8:40	<i>Registration, complimentary coffee, juice and refreshments</i>	Small Gym
8:40 - 8:55	<i>Welcome, Introductions & Clinic Directions</i>	Small Gym
9:00 - 10:00	<i>The Art of Coaching</i> John Amneus	Classroom
	<i>Or</i>	
	<i>How to Plan, Organize and Run A Practice for Multiple Age Groups</i>	Matt Hammel..... Classroom
	<i>Or</i>	
	<i>Understanding the Basic Physiological Principles of Training Track & Field Athletes</i>	Ken Reeves..... Classroom
	<i>Or</i>	
	<i>Basic Injury Prevention and Treatment For the Beginning Age-Group Track Athlete</i>	Bill Ito..... Classroom
	<i>Or</i>	
	<i>Active Warm-up Including An Introduction to Plyometrics For All Track Athletes</i>	Ed Luna Track
10:15 - 11:05	Specific Event Area Sessions—Choose one of the following sessions	
Beg	<i>Sprints – Identifying Sprinters and Introducing Sprints to the New Athlete</i>	Kevin Smith..... Track
Beg	<i>Hurdles – Identifying Hurdlers and Introducing the Hurdles to the New Athlete & Creating a Daily Practice Routine-Including Specific Drills & Workouts for Hurdlers</i>	Michael Wellington Track
Beg	<i>Long Jump – Identifying Long Jumpers and Introducing the Long Jump to the New Athlete</i>	Cameron Gary Track
Beg	<i>High Jump – Identifying High Jumpers and Introducing the High Jump to the New Athlete</i>	Ed Luna Track
Beg	<i>Throws – Identifying Throwers and Introducing The Shot Put to the New Athlete</i>	Van Latham Track
Beg	<i>Distances - “Basic Principles of Training the Youth Distance Runner”</i>	Ken Reeves..... Classroom
Adv	<i>Sprints - “Constructing A Comprehensive Periodized Training Plan For Sprinters”</i>	Brian FitzGerald Classroom
11:20 - 12:10	Specific Event Area Sessions—Choose one of the following sessions	
Beg	<i>Sprints/Hurdles – “Blocks 101”</i>	Brian FitzGerald Track
Beg	<i>Hurdles – Identifying Hurdlers and Introducing the Hurdles to the New Athlete & Creating a Daily Practice Routine-Including Specific Drills & Workouts for Hurdlers</i>	Michael Wellington Track
Beg	<i>Basic Injury Prevention and Treatment For the Beginning Age-Group Track Athlete</i>	Bill Ito..... Classroom
Int	<i>Sprints – Creating a Daily Practice Routine-Including Specific Drills for Sprinters</i>	Kevin Smith..... Track
Int	<i>High Jump – Creating a Daily Practice Routine-Including Specific Drills for High Jumpers</i>	Ed Luna Track
Adv	<i>Distances - “Constructing A Periodized Training Plan For Distance Runners”</i>	Ken Reeves..... Classroom
12:10 - 1:00	LUNCH	

Afternoon Agenda on Back

Afternoon Agenda

Afternoon sessions will begin promptly at 1:00 PM. If you are attending a 1:00 PM session that is being conducted on the track, please go directly to the track for that 1:00 PM session. You should not report to the auxiliary gym first.

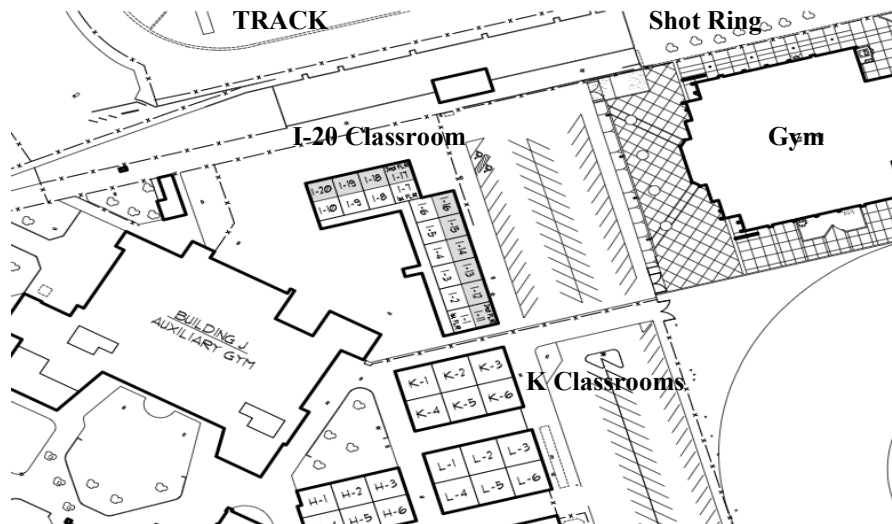
1:00 - 1:50 Specific Event Area Sessions—Choose one of the following sessions

Beg	<i>Sprints – Identifying Sprinters and Introducing Sprints to the New Athlete</i>	Kevin Smith.....	Track
Beg/Int	<i>Distances - “Practical Application: How To Conduct A Distance Practice Session”</i>	Ken Reeves.....	Track
Beg/Int	<i>Sprints – “Sprint Relay Success”</i>	Brian FitzGerald.....	Track
Int	<i>Dynamic Flexibility to Improve Performance and Reduce Injuries</i>	Bill Ito.....	Classroom
Int	<i>Hurdles – Creating a Daily Practice Routine-Including Specific Drills, Workout Planning & Periodization</i>	Michael Wellington.....	Track
Int	<i>Long Jump – Creating a Daily Practice Routine-Including Specific Drills for Long Jumpers</i>	Cameron Gary.....	Track
Int	<i>Throws – Creating a Daily Practice Routine-Including Specific Drills for Shot Put</i>	Van Latham.....	Track
Adv	<i>High Jump – Periodization For High Jumpers & High Jump Technique Analysis</i>	Ed Luna.....	Classroom

2:10 - 3:00 Specific Event Area Sessions—Choose one of the following sessions

General	<i>How to Plan, Organize and Run A Practice for Multiple Age Groups</i>	Matt Hammel.....	Classroom
Int	<i>Dynamic Flexibility to Improve Performance and Reduce Injuries</i>	Bill Ito.....	Classroom
Int	<i>Sprints – Creating a Daily Practice Routine-Including Specific Drills for Sprints</i>	Kevin Smith.....	Track
Int	<i>Distances - “Specific Workouts and When To Incorporate Them in the Training of The Distance Runner”</i>	Ken Reeves.....	Classroom
Adv	<i>Hurdles –Hurdle Technique Training & Troubleshooting</i>	Michael Wellington.....	Classroom
Adv	<i>Throws – Periodization For Throwers & Technique Analysis</i>	Van Latham.....	Classroom
Adv	<i>Long Jump – “Periodization For Long Jumpers & Long Jump Technique Analysis”</i>	Cameron Gary.....	Classroom
Adv	<i>Sprints - “Constructing A Comprehensive Periodized Training Plan For Sprinters”</i>	Brian FitzGerald.....	Classroom

3:00 PM Return Evaluations; Pick up your free copy of the LA84Foundation Track & Field Coaches Manual and your personalized Certificate of Clinic Completion



Ed Center