

# 2016 KCCTFCA Winter Coaching Clinic Speaker Schedule and Session Topics

		Room C	Room D	Room E/F	Prairie Room
Friday Jan. 8th	7:00	<b>Ross Schwisow</b> <i>Strength Training at Practice</i>		<b>Distance Panel Discussion</b> <i>Aaron Davidson, Holly Lindquist, Wade Caselman</i>	
	8:15	<b>Ross Schwisow</b> <i>Mechanics, Drills for a Runners Health</i>	<b>Rob Lasorsa</b> <i>Discus Teaching Progressions</i>	<b>Matt Kane</b> <i>800m Training Theory</i>	<b>Aaron Webb</b> <i>Developing an Explosive Triple Jumper</i>
	9:15	<b>KCCTFCA Coach's Social</b> (Room A)			
Saturday Jan. 9th	8:30	<b>David Pennington</b> <i>High Hurdle Training</i>	<b>Brent Bailey</b> <i>3200m Training</i>	<b>Mike Galvin</b> <i>Javelin for Beginners</i>	<b>Al Troyer</b> <i>High Jump</i>
	9:30	<b>Nate Wiens</b> <i>Practical Program &amp; Training Design for the 300m Hurdles</i>	<b>Tony Bozarth</b> <i>Olathe East XC Training &amp; Team</i>	<b>Rob Lasorsa</b> <i>Rotational Shot Put Teaching Progressions</i>	<b>Marcus Summers</b> <i>Pole Vaulting the Buffalo Way</i>
	10:30	<b>Matt Kane</b> <i>Small Muscle Training for Track &amp; Field</i>			
	11:45	<b>KCCTFCA Awards &amp; Recognition Lunch</b> Lunch, Award, Prizes Rooms A/B			
	1:15	<b>Matt Kane</b> <i>Drills for Hurdles</i>	<b>Eric Driskell</b> <i>Building a Successful Culture Through Team Building &amp; Sports Psychology</i>	<b>Mike Galvin</b> <i>Advanced Javelin</i>	<b>Phil Mitchell</b> <i>Building the Intrepid Vaulter</i>
	2:15	<b>Matt Kane</b> <i>The Art of the Block Start</i>	<b>Aaron Yoder</b> <i>The Magic of the Mile</i>	<b>Rob Lasorsa</b> <i>Glide Shot Put Teaching Progressions</i>	<b>Nate Wiens</b> <i>Perfecting the Horizontal Jump Approach</i>