

# 2017 KCCTFCA Winter Coaching Clinic

## Speaker Schedule and Session Topics

		Room C	Room D	Room E/F	Prairie Room	
Friday Jan. 6th	7:00	<b>Dave Anderson</b> <i>Javelin</i>	<b>Summers/Garber</b> <i>Pole Vault Drills to Achieve Consistency</i>	<b>Distance Panel Discussion</b> <i>Mark Chipman, Jason Parr, Nick Rodriguez</i>		
	8:15	<b>J.J. Wannamaker</b> <i>Team Warm-up &amp; Strength Activities</i>	<b>John Yockey</b> <i>Creating a Throwing Culture</i>	<b>Nick Rodriguez</b> <i>XC Training</i>	<b>Round Table</b> <i>Pole Vault Coaches</i>	
	9:15	<b>KCCTFCA Coach's Social</b> (Room A)				
Saturday Jan. 7th	8:30	<b>Tony Davis</b> <i>400m Training</i>	<b>Jeff Zimmerman</b> <i>Developing Power for Jumpers</i>	<b>Nick Rodriguez</b> <i>TF Distance Training</i>	<b>Round Table</b> <i>Throwing Coaches</i>	
	9:30	<b>A. Pope &amp; B. Dye</b> <i>Coordinating/Sharing Sprinters and Jumpers</i>	<b>John Yockey</b> <i>Shot Put</i>	<b>Jason Parr</b> <i>Transitioning from XC to TF</i>	<b>Jeff Hoskisson</b> <i>Training the Jumper in Multiple Jump Events...How much is too much jumping?</i>	
	10:30	<b>Cole Davis</b> <i>Hurdle Training (100/110 &amp; 300 Training)</i>	<b>Mason Finley</b> <i>Discus</i>	<b>Dave Anderson</b> <i>Developing Athleticism in a Distance Program</i>	<b>Jeff Zimmerman</b> <i>Differentiating Workouts in the Jumps</i>	
	11:45	<b>KCCTFCA Awards &amp; Recognition Lunch</b>			Lunch, Award, Prizes	Rooms A/B
	1:15	<b>Cole Davis</b> <i>Sprint Relays</i>	<b>Mason Finley</b> <i>General Throws Training &amp; Drills</i>	<b>Alstin Benton</b> <i>1600-3200 Training</i>	<b>Cameron Babb</b> <i>High Jump: Essentials Simplified</i>	
	2:15	<b>Kim Rollins</b> <i>Developing Mental Toughness in Sprinters</i>	<b>Cameron Babb</b> <i>Horizontal Jumps</i>	<b>Alstin Benton</b> <i>Functional Training for Distance</i>	<b>Discussion Room</b> <i>Head Coaches Forum</i>	