



# 2019 Athletic.net SuperClinic Schedule

Saturday, 2 February – Sacramento City College

*Sponsored by Barton Performance Center by ALTIS,*

*Coaches Choice Books -DVDs and AccuSplit*

**8:00-9:00am:** registration and visit vendors' displays in outdoor foyer of Lillard Hall

*(Lillard Hall is located in the SW corner of Sacramento City College near the intersection of Freeport and Sutterville Roads)*

**9:00-9:15am:** Welcome orientation in the foyer of Lillard Hall

- Coaches are encouraged to attend different event groups based on interest

- Clinician notes will be available in each session

Session	Rm	Event Group	Speaker	Topic
Session 1 9:20-10:45	101	Sprints-Hurdles	Linda Lanker	Hurdle Technique and Philosophy. Keeping it Simple
	103	Endurance	Warren Mills	From 48 Years on the Course: If It Were This Simple Everyone Would Be Doing It
	201	Throws	Matt Eckman	Phases in the Rotary Shot Put
	203	Jumps	Jeremy Fischer	Long Jump Training for the Maturing Jumper
	205	Special Topics	Ryan Carr	Mental Performance Training
Session 2 11:00-12:30	101	Sprints-Hurdles	Dr. Jamal Cooks	Coaching the Sprints: Putting the Puzzle Pieces Together for Successful Training
	103	Endurance	Peter Thompson	Developing the Fourth Energy System - What to Do
	201	Throws	Adam Nelson	Finding your Rotational Shot Put Feet
	203	Jumps	Amy Acuff	Keys to Incremental Improvements in the High Jump
Lunch 12:30-1:30	<p align="center"><b>Remember to visit our vendors' displays in the foyer!</b>  <b>12:45-1:15pm - Annual USATF Pacific Association Coaches Meeting in Rm 101</b>  <b>1:15pm - vendor raffle in foyer</b></p>			
Session 3 1:45-3:15	101	Sprints-Hurdles	Linda Lanker	Successfully Training Long Hurdlers Throughout a Short High School Season
	103	Endurance	Laura & Jake Schmitt	The 4 Year Progression: Training Race Selection Goal Setting Psychology
	201	Throws	Andre Berg	Building a Fun Exciting and Successful Throws Program: From the Weight Room Grind to Lawn Chair Feasts
	203	Jumps	Jeremy Fischer	Triple Jump Training for the Maturing Jumper
Session 4 3:30-5:00	101	Sprints-Hurdles	Dr. Al Biancani	The ABC's of Sprint Technique and Concerns Regarding Youth Sports Overtraining and Injuries
	103	Endurance	Peter Thompson	Priming for Performance and Recovery – What to do and when to do it
	201	Throws	Adam Nelson	Strength and Conditioning for the Throwing Events
	203	Jumps	Derrick Bell	Effective Jump Training for High School Jumpers
	205	Special Topics	Dr. Dave Shrock	SafeSport Training <i>(Mandatory for all Youth Coaches, Volunteers, &amp; Officials)</i>

*Don't forget to visit our vendors in-between sessions!*