



2020 Athletic.net SuperClinic Schedule

Saturday, 1 February – Sacramento City College

*Sponsored by Barton Performance 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	Michael Granville	Foundational Training for The Preparation Period of High School Track
	103	Endurance	Scott Christensen	Cooking to Perfection – Follow the Recipes
	201	Throws	Michael Hambrick	The Philosophy of Throwing
	203	Jumps	Dave Anderson	Building a Technical Model for Developing Triple Jumpers
	205	Special Topics	Cade Jones	Skill Acquisition and Development
Session 2 11:00-12:30	101	Sprints-Hurdles	Will Carr	Coaching the Hurdles: A Practical Approach
	103	Endurance	Dr. Parker Daniells	Periodization Made Easy By Creating a Blueprint for Your Season
	201	Throws	April Smith	Achieving Peak Performance - Gender Differences
	203	Jumps	Bryan Fetzer	Ready to High Jump?
	205	Special Topics	Dr. Amol Saxena	The Myth and Reality and Treating Runners
Lunch 12:30-1:30	<p style="text-align: center;">Remember to visit our vendors' displays in the foyer! 12:45-1:15pm - Annual USATF Pacific Association Coaches Meeting in Rm 101 1:15pm - vendor raffle in foyer</p>			
Session 3 1:45-3:15	101	Sprints-Hurdles	Mike Gipson	The Science of Hurdling
	103	Endurance	Scott Christensen	Pick Up the Pace
	201	Throws	Jeff Magley (<i>change</i>)	Technique and Throwing Progressions for the Glide Shot Put
	203	Jumps	Dave Anderson	Building Training Plans
	205	Special Topics	Matt Fitzgerald	Optimizing Training Intensity Balance
Session 4 3:30-5:00	101	Sprints-Hurdles	Bryan Fetzer	Developing the Most Effective Warm-up Plan
	103	Endurance	Michael Granville	800m Workouts and Race Strategy Training
	201	Throws	Mike Hambrick (<i>change</i>)	Rotational to Linear Throwing
	203	Jumps	Bob Olsen	Approach and Take-off for the Pole Vault
	205	Special Topics	Peanut Harms	The Selling, Promoting, and Marketing of T&F and Cross Country

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