



2023 Athletic.net Super Clinic Schedule

Saturday, 4 February – Jessup University

Sponsored by Athletic.net

8:00-9:00am: Registration and visit vendors' displays in outdoor foyer of Academic Courtyard

9:00-9:15am: Welcome orientation in the Event Center

- 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	ACAD102	Sprints-Hurdles	Troy Johnson	Theory of Training for 300 Hurdles
	Lecture Hall	Endurance	Tim Butler	Mind-Body-Spirit: The complete and intentional approach to coaching and life
	ACAD105	Throws	Suzy Powell	Throw Like a Girl. What Elite Women Throwers Can Teach Us About Throwing and Life
	ACAD204	Jumps	T.J. Harris	Coaching the Triple Jump
	KINE Lab	Special Topics	Becka Ussery	Strength Training for Sprints
Session 2 11:00-12:30	ACAD102	Sprints-Hurdles	Roosevelt Kent	Sprint Progression for High School and Youth Athletes
	Lecture Hall	Endurance	Dustin Fee	Coaching the 800m to Perfection
	ACAD105	Throws	Suzy, Jeff, and Matt	Q&A All Things Throwing
	Athletic Warehouse	Jumps	Kent Rhodes	Learn by Doing in the Pole Vault
	KINE Lab	Special Topics	Becka Ussery	Strength Training for Explosive Athletes
Lunch 12:30-1:30	<u>Campus Café is Open to Coaches.</u> 15% off to all Super Clinic Attendees 12:45-1:15pm - Annual USATF Pacific Association Coaches Meeting in ACAD 105 1:15pm - vendor raffle in Academic Courtyard			
Session 3 1:45-3:15	ACAD102	Sprints-Hurdles	Troy Johnson	Theory of Training for the 100H/110H
	Lecture Hall	Endurance	Joe Uhan	Stride Coaching for Distance Runners: A First Principles Approach for Fast & Healthy Running
	ACAD105	Throws	Matt Eckman	Stages of the Rotational Shot Put
	ACAD204	Jumps	Adarian Barr	Long Jump: Easy Way to Set up Approach, Easy Way to Jump Far
	KINE Lab	Special Topics	Tim Butler	Program Foundational Principles—Thesis of: The Authentic Runner-A Transformational Approach to Sports, Coaching, and Life
Session 4 3:30-5:00	ACAD102	Sprints-Hurdles	Roosevelt Kent	Coaching the Relays
	Lecture Hall	Endurance	Walt Lange	Coaching the High School Distance Events
	ACAD105	Throws	Matt Eckman	Throws Training & Drills
	ACAD204	Jumps	T.J. Harris	Coaching a Multi-Jump Athlete
	KINE Lab	Special Topics	Parker Daniells	Coaching the Generation Z Athlete