



2026 AthleticNet SuperClinic Schedule



Saturday, January 24th – Jessup University

8:00-9:00 am: Registration and visit vendor displays in outdoor foyer of Event Center

9:00-9:20 am: 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 and/or virtually via Google Drive

Session	Room	Event Group	Speaker	Topic
Session 1 9:30-10:45	Acad204	Sprints-Hurdles	Dan Friese	Short Sprints and Strong Bonds: Managing and Developing Short Sprinters, Relays and Culture
	Lecture Hall	Endurance	Scott Abbott	Development-Focused Coaching for (Middle) Distance Runners
	Acad 104	Throws	John Dagata	Shot Put: Hit the Ball Rolling
	Acad103	Jumps	Laura Gustafson	Building the Jump from the Ground Up
	Acad105	Special Topics	Alec Richmond	Strength & Conditioning for the T&F Athlete
Session 2 11:00-12:15	Acad204	Sprints-Hurdles	Brian Weaver	300m Hurdles: Whats Important???
	Lecture Hall	Endurance	David Monk	Championship Culture: A Roadmap to Success
	Acad104	Throws	Kyle Peterson	Rotational Shot- Graduating from Glide to Greatness"
	Acad103	Jumps	Brandon Hierholzer & Kent Rhodes	Developing Effective Movement of the Pole Vault Pole
	Acad105	Special Topics	Lauren Ferrara	Nutrition for All Athletes
Lunch 12:15-1:15	Make sure and stop by our Vendors!			
Session 3 1:30-2:45	Acad204	Sprints-Hurdles	Shantel Twiggs	Short Hurdles: Training Considerations for Short Hurdles
	Lecture Hall	Endurance	Maria Anderson	Preparing for the Unpredictable: Developing Your Athlete's Race Day Toolbox
	Acad104	Throws	John Dagata	Rotation Re-Defined
	Acad103	Jumps	Dave Unterholzner	Bella Vista High Jump Training
Session 4 3:00-4:15	Acad204	Sprints-Hurdles	Shantel Twiggs	Long Sprints: Training Considerations for the 400m
	Lecture Hall	Endurance	David, Maria, and Scott	Panel Discussion: Q&A
	Acad104	Throws	Kyle Peterson	Dynamic Discus Development
	Acad103	Jumps	Leo Sacramento	How to coach the Triple jump to a large group