



**2017 WSTFCA/WSCCCA Convention
Clinic Schedule, Friday January 13, 2017**

10:00 am – 12:00 pm	VOLUNTEER WORKERS MEETING
12:00 pm – 7:00 pm	REGISTRATION – CONVENTION VENDORS 1. Check in at Registration Table 2. Visit Displays, place orders, etc....
1:00 pm – 5:00 pm Room: PAVILION AGD	Pole Vault Certification, Rob Kammenga, Squalicum Extra \$35 collected during class

**CLINIC SESSION #1
1:00 pm – 2:00 pm**

ROOM	SESSION	PRESENTER	ORGANIZATION/ SCHOOL	TOPIC
PAVILION ROOM B	General (1:00 – 1:45)	Steve Slavens	Large School Meet Coaches Liason and WIAA T & F Advisory Committee	Ways to Expedite a Track Meet
PAVILION ROOM E	Sprints	Aaron Blake	Tahoma HS	4 x 100m/4 x 200m Relays
PAVILION ROOM F	Throws	Jason Silbaugh	Bonney Lake HS	Coaching the HS Shot/Discus
PAVILION AGD	Pole Vault Certification	Rob Kammenga		
PAVILION ROOM C	Distance	Brian Smith	WIAA	Allocations, amendments, & State

**CLINIC SESSION #2
2:15 pm – 3:15 pm**


ROOM	SESSION	PRESENTER	ORGANIZATION/ SCHOOL	TOPIC
PAVILION ROOM B	General	Bob Springer/Ivars Ikstrums	Pacific NW Track and Field Officials	“But It Passed Last Week...”
PAVILION ROOM E	Sprints	Aaron Blake	Tahoma HS	Training Sprinters
PAVILION ROOM F	Throws	Jason Silbaugh	Bonney Lake HS	Organizing a Throws program with over 50 Throwers.
PAVILION AGD	Pole Vault Certification	Rob Kammenga		
PAVILION ROOM C	Distance	Matt Ellis	Bellarmino	Research based training theory for HS

**CLINIC SESSION #3
3:30 pm – 4:30 pm**

ROOM	SESSION	PRESENTER	ORGANIZATION/ SCHOOL	TOPIC
PAVILION ROOM B	General	Susie Fagerholm	Inglemoor HS	Injury Prevention and Core Exercises
PAVILION ROOM E	Hurdles	Linda Lanker	Head Coach for the 2017 Jr. US Pan American Team	Hurdle Basics, best drills for best technique
PAVILION ROOM F	Throws	Duncan Atwood	Pocket Videos	Javelin – Easy to Implement Workouts
PAVILION AGD	Pole Vault Certification	Rob Kammenga		
PAVILION ROOM C	Distance	Brad Barquist	Interlake HS	Experience and conclusions regarding the mileage of my current XC program.

**CLINIC SESSION #4
4:45 pm – 5:45 pm**

ROOM	SESSION	PRESENTER	ORGANIZATION/ SCHOOL	TOPIC
PAVILION ROOM B	General	Lance Neubauer	Get Strong First	Exercise-vs-Training
PAVILION ROOM E	Hurdles	Eric Hisaw	Walla Walla HS	300m Hurdle Training
PAVILION ROOM F	Throws	Krissy Richerson	Wenatchee HS	High School Strength and Conditioning for the Throws – Part 1
PAVILION AGD	Pole Vault Certification	Rob Kammenga		
PAVILION ROOM C	OPEN			Open for coaches to meet with their staff

5:45 pm – 7:15 pm	DINNER BREAK (on your own) – Visit vendor displays
5:30 pm – 7:00 pm PAVILION C	WSCCCA Coach of the Year and Hall of Fame: Joe Clark, WSCCA Board
7:15 pm – 9:00 pm PAVILION AGD BUSINESS MEETING AND COACH OF THE YEAR AWARDS	 <i>Coaches Association Business Meeting. This is an opportunity to <u>share and discuss</u> ideas and concerns around our sport!</i> WSTFCA Executive Board Members and State Meet Advisory Committee Members will be available! We will be taking member input on these and more:
9:00 pm – 11:00 pm PAVILION AGD	COACHES SOCIAL – Sponsored by Brooks Running Company Food and drink compliments of Brooks Running Company. Meet other high school coaches throughout the state. This venue is designed to continue discussions started in workshops and to connect coaches across event focus and classifications.



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8:15 am – 10:00 am	REGISTRATION (<i>All coaches who have not checked in must register</i>)
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**CLINIC SESSION #5
9:00 am – 10:00 am**

ROOM	SESSION	PRESENTER	ORGANIZATION/ SCHOOL	TOPIC
PAVILION ROOM B	General	David Greig	ParaSport of Spokane	The Para-Athlete in your program
PAVILION ROOM E	Sprints	Marc Keefer	Eastmont HS	Training the Multi-Event Athlete
PAVILION ROOM F	Throws	Pat Kostecka/Tim Carlson	Mt. Spokane HS/Sehome HS	Coaching the Shot Put
PAVILION AGD	Jumps	Beckett Cordes	Federal Way HS	Long Jump
PAVILION ROOM C	Distance	Mark Harrast	UW Sports Medicine	Bone Health in youth runners. Stress fracture prevention, treatment and return to running.

**CLINIC SESSION #6
10:15 am – 11:15 am**

ROOM	SESSION	PRESENTER	ORGANIZATION/ SCHOOL	TOPIC
PAVILION ROOM B	General	Mason Hay	ATI Physical Therapy	Prevention & Care of Acute/Chronic T&F Injuries
PAVILION ROOM E	Sprints	Marc Keefer	Eastmont HS	Training the 400m
PAVILION ROOM F	Throws	Duncan Atwood	Pocket Videos	Javelin – Easy to Implement Workouts
PAVILION AGD	Jumps	Warren Eickhoff	Woodinville HS	Coaching the HJ
PAVILION ROOM C	Distance	Mark Harrast	UW Sports Medicine	Advances in cross –training to prevent and treat running injuries: The role of deep water running and anti-gravity treadmill running.

**CLINIC SESSION #7
11:30 pm – 12:30 pm**

ROOM	SESSION	PRESENTER	ORGANIZATION/ SCHOOL	TOPIC
PAVILION ROOM B	General	Emily Edison	Momentum Nutrition	Sports Performance Nutrition for Track and Field
PAVILION ROOM E	Hurdles	Eric Hisaw	Walla Walla HS	100/110 Hurdle Training
PAVILION ROOM F	Throws	Krissy Richerson	Wenatchee HS	High School Strength and Conditioning for the Throws - Part 2
PAVILION AGD	Jumps	Beckett Cordes	Federal Way HS	Triple Jump
PAVILION ROOM C	Distance	Mike Smith	Liberty HS (Issaquah)	Running research from the 70's to today



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**CLINIC SESSION #8
12:45 pm – 1:45 pm**

ROOM	SESSION	PRESENTER	ORGANIZATION/ SCHOOL	TOPIC
PAVILION ROOM B	General	Emily Edison	Momentum Nutrition	Sports Performance Nutrition for Track and Field
PAVILION ROOM E	Sprints	Mark Ward	Central Kitsap HS	Planning a Season
PAVILION ROOM F	Throws	Pat Kostecka/Tim Carlson	Mt. Spokane HS/Sehome HS	Coaching the HS Discus
PAVILION AGD				SET-UP FOR THE AWARDS LUNCHEON
PAVILION ROOM C	Distance	Mike Smith	Liberty HS (Issaquah)	Applying the Passion of the 70's Running Boom to today's high school athlete

2:00 pm – 4:00 pm PAVILION AGD	WSTFCA AWARDS LUNCHEON –Buffet open to WSTFCA Convention registrants and clinicians. Luncheon to honor Hall of Fame Inductees, Officials, and Contributors of the Year.
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