



2012 VS Athletics SuperClinic Schedule

Saturday, 21 January – Sacramento City College

8:00-9:00am: registration and visit vendors displays and pick-up gifts 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)

9:00-9:20am: Brief welcome and orientation in outdoor foyer of Lillard Hall
 - Coaches are encouraged to attend different event groups based on interest
 - Presentation notes available at each session

Session	Rm	Event Group	Speaker	Topic
Session 1 9:20-10:45	101	Endurance	Dan Gruber	Coaching to your Strengths at the High School Level
	103	Sprints-Hurdles	Chris Drescher	Favorite workouts by month for Sprinters & Hurdlers
	201	Throws	John Godina	Power From Stability in the Throws
	203	Jumps	Dr. Ernie Gregoire	Fundamentals of the long and triple jump
	205	Special Topics	Dr. Kevin Kirby	Barefoot running vs. running with regular training shoes
Session 2 11:00-12:30	101	Endurance	Drew Wartenburg	Pillars of Excellence: Shaping Program Culture and Identity
	103	Sprints-Hurdles	Jeff McAuley	Identifying, Improving, and Testing factors involved in the Sprints
	201	Throws	Matt Eckman	Rotary Shot Put
	203	Jumps	Bob Lanza	High Jumping: An Approach to Success
	205	Special Topics	David Spitz	The Function of a Strength Development Program in the Training Paradigm
Lunch 12:30-1:30	Vendors display in outdoor foyer raffle beginning at 1:10pm			
Session 3 1:30-3:00	101	Endurance	Dr. Joe Vigil	Specific Phases in Training Programs
	103	Sprints-Hurdles	LaTanya Sheffield	Hurdle Talk
	201	Throws	Panel Discussion	John Godina-Matt Eckman-Suzy Powell
	203	Jumps	JJ Noble	Identifying and developing fundamental mechanics using basic technique drills
	205	Special Topics	Todd Nunan	Running Metadynamics
Session 4 3:15-4:45	101	Endurance	Peter Thompson	Design more effective sessions with New Interval Training
	103	Sprints-Hurdles	Joy Upshaw	Fundamental Hurdle Mechanics for Beginners
	201	Throws	Suzy Powell	A Systematic Approach to Throwing the Discus
	203	Jumps	Panel Discussion	Dr. Ernie Gregoire-Bob Lanza-JJ Noble
	205	Special Topics	Darrell Hampton	The Importance of Community Track and Field Programs