

# LA84 Foundation Level 1

## TENTATIVE Track & Field Clinic Agenda

### San Dimas High School – Sunday, January 12, 2019

**7:30 - 8:30**    *Registration, complimentary coffee, juice and refreshments*  
**PURCHASE YOUR LUNCH BY 9:00 AM TO HAVE IT DELIVERED DURING LUNCH BREAK!**

**8:40 - 9:00**    *Welcome, Introductions & Clinic Directions* .....Gym

**9:05 - 10:00**    Choose from one of the seven following lecture sessions

*Introduction to the Basic*

*Biomechanics of All Track & Field Events* .....Cameron Gary .....Student Center

Or

*Drills & Core Work For All Track Athletes* .....Ken Reeves .....Classroom # 2

Or

*How To Build A Successful Track Program* .....Tim O'Rourke .....Classroom #3

**10:15 - 11:45**    **Beginning Level - Event Area Sessions—Choose one of the following sessions**

Sprints-Beginning Level .....FitzGerald/Blacket .....Track-North Side

Hurdles-Beginning Level .....Wellington .....Track-South side

Long Jump/Triple Jump-Beginning Level .....Gary .....Student Center

Throws-Discus-Beginning Level .....Garcia/Pagel .....Track – Discus Ring

High Jump-Beginning Level .....Nordquist/Richardson .....Classroom # 1

Distances-Beginning Level .....Reeves/Smith .....Classroom # 2

Pole Vault-Beginning Level .....Naito .....Classroom # 3

**11:45 - 12:45**    **Lunch**

**12:45 - 2:15**    **Intermediate Level - Event Area Sessions—Choose one of the following sessions**

Sprints-Intermediate Level .....FitzGerald/Blacket .....Student Center

Hurdles- Intermediate Level .....Wellington .....Track-South Side

Long Jump/Triple Jump- Intermediate Level .....Gary .....Track-LJ/TJ Runways

Throws-Shot Put/Beginning Level .....Garcia/Pagel .....Track – Discus Ring

High Jump- Intermediate Level .....Nordquist/Richardson .....Track-HJ Apron

Distances- Intermediate Level .....Reeves/Smith .....Classroom # 2

Pole Vault-Beginning Level .....Naito .....Track – Pole Vault Pit

***Please turn to the back of this page for the remainder of the agenda and the inclement weather plan.***

**2:30 - 3:25 Choose from one of the five following lecture sessions**

*Locals Only-How to Recruit and Develop*

*Talent From Within Your School*.....Ken Reeves.....Classroom # 1

Or

*Blocks 101* .....Andrea Blackett.....Track

Or

*Coaching the 4 x 100 and 4 x 400 Relays* .....Brian FitzGerald .....Student Center

Or

*Basic Olympic Lifting Techniques For*

*All Track & Field Events* .....Garcia/Pagel .....Weight Room

**3:25 PM**

Return Evaluations: ***Pick up your personalized Certificate of Clinic Completion.*** All LA84 Coaching Education Manuals are free to download at <http://la84.org/coaching-manuals/> .

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## ***Inclement Weather Plan***

**If at any point in the clinic, the weather prevents us for moving outdoors, we will move to these indoor locations....**

Sprints.....Gym

Hurdles .....Classroom 1

Distances .....Classroom 2

Throws.....Weight Room

Long/Triple Jump .....Classroom 3

High Jump .....Classroom 4

Pole Vault .....Classroom 5