

N. C. TRACK & CROSS COUNTRY COACHES ASSOCIATION

Founded 2002

DePaul Mittman, Executive Director
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Greensboro, NC 27410

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14th Annual NC Track & Field-Cross Country Coaches Association Clinic January 2 & 3, 2015

*JDL Indoor Fast Track, 2505 Empire Drive,
Winston-Salem, NC 27103*

Feature Speakers:

***George Williams, St. Augustine University, 2004 Olympic Head Coach**
Curtis Frye, South Carolina, 2004 Olympic Sprint Coach
Kenta' Bell, 2004 & 2008 Olympic Triple Jumper*

Clinic Dates: Friday, January 2, 2015, Registration: 4:30 – 9:00; Clinic Sessions: 5:45-9:00;
Coaches Social: 9:00 - 11:00 at JDL Indoor Fast Track
Saturday, January 3, 2015 Registration: 7:30 – 1:00; Clinic Sessions: 8:30-6:00
Lunch will be provided.

Clinic Fee: \$150.00 (\$125.00 if pre-registered by December 15, 2014) Make checks payable to
N.C. Track Coaches Association. (Registration includes lunch)

CEU: *We are no longer offering CEUs.*

Clinic Objective: The objective of the clinic is to improve the knowledge of cross-country, track and field with emphasis on training, conditioning, academics, nutrition and sportsmanship for ALL college, high school, middle school, USATF and AAU track coaches.

New Sessions for 2014:

Steeplechase: Training and Fundamentals

New Coaches: How to Build Something When You Know Nothing

Session Descriptions:

1. **Strength Training for Track Athletes:** A practical session of exercises that can be integrated into track training at all levels and events. Off-season, pre-season and in-season workouts will be discussed.
2. **Relay Drills and Techniques:** Drills emphasize proper relay techniques and promote teamwork. Drills for blind (speed) exchanges for the 4 x 100 and 4 x 200 relay and visual (open) exchanges for the 4 x 400 and 4 x 800 relays. The duties of the incoming and outgoing runner will be explained.
3. **Sprint Training:** Key ingredients for a sound program include correct running mechanics, proper starts, race strategy, workouts and training patterns.
4. **Hurdles Training:** Drills designed for beginning and advanced hurdlers. Discussion of drills such as sitting hurdle stretches, stationary hurdle drills, 8 step approach, speed improvement and upper and lower body strength training.

5. **High Jump:** Discussion will focus on physical preparation, correct form and technique drills for the approach, take-off, bar clearance and landing. Also discussed will be explosiveness, weight training, bounding and plyometric drills, jump drills, measuring approach runs, momentum using arms and the role of the center of gravity
6. **Pole Vault:** Discussion will focus on the phases of the pole vault. Coaching points, common problems and corrections are invaluable for the athletes and coaches. Emphasis on pole grip and carry, approach, plant, take-offs, follow through, swing-up, invert through the release, clearance and landing.
7. **Long Jump:** Proper training methods, finding long jumpers on your team, the proper steps in the approach, "running off" the board, proper flight and extension, and landing efficiency.
8. **Triple Jump:** Proper training methods for each of the three phases and bounding drills using boxes and for use on flat surface. Additional emphasis on physical preparation for the event and the importance of power in triple jumping.
9. **Discus Throw:** Several step-by-step drills for beginning, intermediate and advanced throwers. Proper grip and release, correct stance, the standing throw, proper blocking action torques drills and the pirouette drill.
10. **Shot Put:** Proper technique, training and drills for both the rotational and glide shot put styles. Topics include: correct grip and shot placement, the power position, weight training lifts for the shot put, conditioning and plyometrics and key coaching points to observe in the shot put.
11. **800 Meter and Middle Distance Training:** Techniques, training philosophy and race strategy of the 800 Meter Run. Topics also include developing a great finishing kick, energy conservation and sample workouts.
12. **Coaching 1600 and 3200 Meter Runners:** Discussion on the groundwork of building successful Distance runners. Necessities of the base phase, Interval Phase, weight training and the warm-up/cool down/stretching part of the training program.
13. **Cross Country Running:** Training techniques for the advanced, middle of the pack and novice runners, with emphasis on strength training, plyometrics, hill workouts and farklets.
14. **Meet Management and Organization:** A guide to preparing and hosting efficient dual team, invitational and championship meets.
15. **NCHSAA Track & Field Rules Interpretation:** Review and discussion of new and revised National Federation rules for the upcoming season.
16. **USATF Officials Certification:** Training and certification of officials is essential to the NCHSAA, USATF and NCTCCCA's goal of ensuring fair and safe competitive opportunities for athletes. The training and certification processes promote a serious and professional approach to officiating and demonstrates an official's commitment to excellence.
17. **National Federation Official's Certification** Fee is covered with clinic registration. The session will discuss all National Federation Rules as they apply to N.C. **Coaches will need to bring their National Federation Rules book with them for this session.** Certification is a score of 80 on an open-book test.
18. **NCAA Recruiting -** Rules and Procedures, GPA, SAT and ACT requirements, Clearinghouse registration.
19. **North Carolina Track/Cross Country Coaches Association Forum:** A discussion of current issues facing North Carolina Track and Field/Cross Country coaches.
20. **Contemporary Track and Field Issues:** A round-table discussion with clinic speakers serving as panelists concerning major concerns of track and field. Issues such as college recruiting, summer camps, AAU/USATF championships, nutrition, sportsmanship and costs of equipment.

21. **“MileSplit” Meet Registration and RaceTab:** A hands-on session on operating of “MileSplit” Meet Registration and “RaceTab” Meet Manager Program for Track & Field. This session will cover the following aspects of the computer program:
 - a. Easy to use interface that is self-explanatory
 - b. Integrate with MileSplit meets, teams, athlete, and performance database
 - c. Add custom questions to your meet entry form
 - d. Download entries, contact, and payment info to Excel/CSV
 - e. Send mass email to everyone signed up for your meet or targeted to specific people (those who still owe money for example)
 - f. Meet director, an appointed team administrator, or timing company can update the meet information and download the entries
 - g. Generate stats and reports about entered teams and individuals
22. **Starter Mechanics:** Seminar topics to include an understanding and application of role of the starter; starter commands, whether a start is fair and legal, starter positioning and athlete positioning for alleys and staggered races.
23. **Finish Lynx System Operation:** A hands-on step-by-step explanation and operation of the entire range of Lynx hardware and software. The Finish Lynx System, commonly known as Fully Automatic Timing (FAT), can generate results accurately and rapidly and then post them - real time - to scoreboards and to the Internet. No more “eye-balling” the finish. It brings the finest technology available to the track and field and cross-country environment.
24. **Training and Coaching the Female Athlete:** If you have females on your team, you don’t want to miss this session.
25. **Warm-up and Stretching:** Learn to minimize injuries. How extensive should the warm-up be? Run first or stretch first?
26. **Nutrition, Diet and Athletes:** Learn how to eat like an athlete. Learn what sports drinks are beneficial to athletic performance. Hydrate, hydrate, hydrate.
27. **How to Build Something When You Know Nothing:** This class will discuss how to start a track and field and/or cross country program when you know very little about the sport or high school athletics, in general. We will discuss the forming of a philosophy, long-term planning and setting goals, recruiting, discipline, fundraising, motivation, managing injuries, the differences between recruiting/coaching males and females, dealing with parents and handling failure, as well as, success.

2015 NC Track - Cross Country Coaches Clinic Speakers

Speaker and Topics

Updated Friday, November 7, 2014

	Speaker's Name	School/Organization	Topic/Name of the Session
1	George Williams	St. Augustine	Triple Jump - Training, Technique & Drills
			High Jump - Training, Technique & Drills
2	Curtis Frye	South Carolina	100 & 200 Meter Training
			Sprint Relays
3	Charles Foster	Virginia Tech	400 Meter Training
4	Kenta Bell	2004 & 2008 Olympian	Plyometrics and Bounding
			Long Jump - Training, Technique & Drills
			Contemporary Issues of Track and Field
5	Randy Hadley	RHFitPro	Strength/Resistant Training as it relates to Track and Field
			Contemporary Issues of Track and Field
6	James Daniels	South Carolina	Nutrition, Diet and Athletics
			Warm-up and Stretching
7	Andrew Allden	South Carolina	Annual Plan: Cross Country and Distance Running
8	Lennox Graham	Johnson C. Smith	Hurdles - Training, Technique & Drills
9	Mike Esposito	High Point University	800/Middle Distance Training Including the Steeple
10	Donald Thomas	UNC-Wilmington	NCAA Recruiting Process
11	Andy Fryman	Mjolnir Throwers Club	Discus Throw- Training, Technique & Drills
			Shot Put - Glide & Rotational Technique & Drills
			Strength Training for Throwers
12	Tim Richey	Lawrence Central HS	Pole Vault: Training and Techniques
			The "ART" of coaching H.S. track and field
			Field event coaching emphasis for your team
13	Tom Deming	USATF	Starter: Procedures and Best Practices
14	Roger Burbage	USATF	USATF Officials Certification
15	Que Tucker	NCHSAA	NFHS and NCHSAA Track Rules Interpretation
16	Chiquana Dancy	NCHSAA	NFHS and NCHSAA Track Rules Interpretation
17	Jesse Autry	Southview HS	How to Build Something When You Know Nothing
18	Jeff George	NC MileSplit	Race Tab Workshop
			Advanced MileSplit: Coaches Administrative Tools
19	Charlie Payne	NC Science & Math HS	NCHSAA Officials Certification
20	Alton Tyre	Southeast Guilford HS	NCHSAA Officials Certification
21	Steve Yannotti	McMichael HS	NCHSAA Officials Certification
22	DePaul Mittman	NCTCCCA	Meet Management & Organization
			Fundraising: Make Your Program Self-Sufficient

All persons attending the MileSplit sessions will need to bring their laptops.

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2015 CLINIC PRE-REGISTRATION FORM January 2 & 3, 2015

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Registration includes lunch and membership in the NC Track & Cross Country Coaches Association.
NOTE: (\$100.00 fee if you are only attending the NCHSAA Rules Interpretation Session on Saturday.)

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Name _____ School/College/Club _____
(Please Print)

E-mail Address _____

School Address _____

Home Address _____

City, State and Zip _____

Phone (W) _____ (Home or Cell) _____



Fairfield Inn & Suites by Marriott
Winston-Salem Hanes Mall

1680 Westbrook Plaza Drive
Winston-Salem, NC 27103
Phone: (336) 714-3000

Please call **1-336-714-3000** to make your individual reservations.

Please specify the NC Track Coaches Clinic.
Double: \$65.90 + tax; King: \$65.90 + tax

Cut-off date: Reservations received after **December 3, 2014** will be provided on a space-available basis.

Fairfield Inn & Suites features complimentary hot breakfast and wireless Internet, outdoor pool, fitness center.

Directions:

1. **Take Exit US-158/Stratford Road**
2. **Turn left onto S. Stratford Road/US 158**
3. **Go 1/10 mile on S. Stratford Road and take the 1st left onto Westbrook Plaza Drive**
4. **Turn left onto Westbrook Plaza Drive**
5. **Hotel is located on the left.**