

# 2012 KCCTFCA Winter Coaching Clinic Speaker Schedule and Session Topics

		Room C	Room D	Room E/F	Prairie Room
Friday Jan. 6th	7:00	<b>Brad Nicks</b> <i>400m Training</i>	<b>Mike Gunderson</b> <i>The Beginning Jav Thrower</i>	<b>Distance Panel Discussion</b>	<b>Bruce Graber</b> <i>Horizontal Jumps (LJ/TJ)</i>
	8:15	<b>Tim McClellan</b> <i>Nutrition</i>	<b>Marvin Estes</b> <i>Discus</i>	<b>Various Coaches</b> <i>Pole Vault Film Session</i>	
	9:15	<b>KCCTFCA Coach's Social</b>			Room A
Saturday Jan. 7th	8:30	<b>Jason Broaddus</b> <i>Organizing with Limited Staff</i>	<b>Various Coaches</b> <i>Throw Events Panel Discuss</i>	<b>Donnie Palmer</b> <i>800m/1600m Training</i>	<b>Matt Voelker</b> <i>Training the Varsity Jumper</i>
	9:30	<b>Tim McClellan</b> <i>Strength Training</i>	<b>Mike Gunderson</b> <i>Advanced Javelin Training</i>	<b>Cory Swords</b> <i>Year Round Distance Training</i>	<b>TBA</b> <i>Jumps Topic</i>
	10:30	<b>Tim McClellan</b> <i>Training Athletes for Success</i>			
	11:45	<b>KCCTFCA Awards &amp; Recognition Lunch</b>		Lunch, Award, Prizes	Rooms A/B
	1:15	<b>Steve Crosley</b> <i>Sprint Relays</i>	<b>TBA</b> <i>Shot Put</i>	<b>Rick Patton</b> <i>XC Training &amp; Organization</i>	<b>Rick Brading</b> <i>High Jump</i>
	2:15	<b>Rod Robison</b> <i>300 Hurdles</i>	<b>Randy Stanley</b> <i>Pole Vault</i>	<b>Brice Wiltgen</b> <i>Biomechanics</i>	<b>TF/XC Issues</b>
3:15					

