

CLINIC SCHEDULE

Friday, March 21, 2014

- 3:30-8:30 Registration & Merchants
- 4:00-5:45 Pole Vault Certification
- 4:30-5:30 Mirabelli: Basic Javelin
- 4:30-5:30 Thomas: Basic High Jump
- 4:30-5:30 Paralympics: Inclusion of Paralympic Eligible Athletes On Your Team & in Competition
- 6:00-7:15 Wilkins: Shot Put-1st Days Success
- 6:00-7:15 Glance: Starts
- 6:00-7:15 McDermott: Triple Jump
- 7:30-8:45 Wilkins: Strength Training For H.S. Throwers
- 7:30-8:45 Daniels: Ingredients of Success
- 7:30-8:45 Nehemiah: Hurdling Technique
- 9:00-12:00 Coaches & Clinicians Social
- Saturday, March 22, 2014**
- 7:00-10:00 Registration (Merchants till 3:45)
- 7:00-8:30 Clinic Breakfast (served till 8:30am)
- 8:00-9:15 Mirabelli: Javelin Drills
- 8:00-9:15 Daniels: Principles of Training
- 8:00-9:15 Thomas: High Jump Drill
- 9:30-10:45 Wilkins: The Discus Throw 70ft to 70m
- 9:30-10:45 Coogan: 800m training
- 9:30-10:45 Glance: Strength & Conditioning for Sprinters
- 11:00-12:15 Nehemiah: Hurdle Drills for Beginners
- 11:00-12:15 Paralympics: Coaching Wheelchair Racers & Seated Throwers
- 11:00-12:15 Daniels: Seasons of Training
- 60 Minute Lunch Break**
- 12:20-12:50 (MSTCA Members Meeting & Luncheon)
- 1:15-2:30 Meet Management: Lesson the Stress
- 1:15-2:30 Wilkins: 10 mistakes for H.S. Throwers
- 1:15-2:30 Coogan: Training the 1 & 2 Miler
- 1:15-2:30 McDermott: Long Jump
- 2:45-4:00 Daniels: H.S. Cross Country
- 2:45-4:00 Nehemiah: Surprise Topic (TBA)
- 2:45-4:00 Glance: Relays

Directions to the Royal Plaza Best Western Hotel

- From CT & Points South:** Connect to I-95 North, Take Exit 24B. Go about 1 mile hotel is on your right.
- From NY & Points South:** Connect to I-90(Mass Pike) East to I-495 North, Take Exit 24B. Go about 1 mile hotel is on your right.
- From Maine & Points North:** South to I-495 South, Take Exit 24B. Go about 1 mile hotel is on your right.

For Clinic Updates Go To: www.mstca.org

CLINICIANS

Renaldo (Skeets) Nehemiah: One of the greatest hurdlers ever on the planet. He held world records in 55m, 60m and was the first man ever to run the 110m hurdles under 13 seconds (12.93). His accomplishments earned him 3 NCAA, 4 TAC 1 Pan American and 1 World Titles. He also earned a Super Bowl ring as a wide receiver with the San Francisco 49ers of the NFL. Learn some of the secrets that made him one of the all time greats.

Jack Daniels: Called by many as the "World's Greatest Distance Coach". His book **Daniels Running Formula** helped revolutionized distance running. He is one of the most influential distance gurus of all time. Many coaches today utilize his training methods. Jack last spoke at our 35th clinic in 2009 and rejoins us to celebrate our milestone 40th. Daniels sessions are not to be missed and will make an impression on you. Help us welcome back one of the best of all time.

Mac Wilkins: Called by many as one of the best all around throwers ever. Big Mac made 4 Olympic teams, set the world discus record 4 times and owns 1 Gold & 1 Silver Olympic medal. Wilkins now works for the USATF as a specialize throws coach who works with many of the USA's throwers in discus and shot put. If your into the throws here is your chance to see, meet and hear one of the legends of track & field.

Harvey Glance: Former USA Beijing Olympic Team Sprints Coach, Head Coach at Alabama and Auburn, As an athlete he was a three time Olympian, Gold Medalist in the 4 X 100. 16 time All-American and former World Record Holder at 100m & 100 Yards. Coach Glance's presentations are ones you will always remember and use .

Mark Mirabelli: He's Back! The former All-American in the javelin from Trenton State is one of the most energetic speakers you will ever experience. Mark has developed several national athletes and has recently produced new DVD's on the throws which will be available at the clinic. Catch one of Mark's sessions and you'll get hyped up for your season.

***The MSTCA is not responsible for the withdrawal of any Clinician, but will make every attempt to find a suitable replacement. (MSTCA) Massachusetts State Track Coaches Association.**

All Massachusetts State Track Coaches Paid Members attending the Saturday MSTCA General Meeting at the clinic will receive a FREE boxed lunch. Please check off on the registration form if you will be attending. Membership card needed!!

Keith McDermott: Keith has coached the jumps at Syracuse, Northeastern University and Boston University. He has coached several Big East jump champions in the long jump & triple jump. McDermott himself was a two time New England collegiate long jump champion. He is also the Director of the Reggie Lewis Center and A.D. at Roxbury Community College.

Mark Coogan: New Balance presents the head coach at Dartmouth College who primarily coaches the distance runner. His distance runners have reset school records in the 800, 1000, 1500, mile and 3000. Mark was a 1996 Olympian and former standout at Maryland University and Bishop Feehan H.S. in Massachusetts.

Latif Thomas: Latif is one of the up and coming speakers on many Track and Field events. If you have ever read some of his articles from the Complete Track & Field web site you will know why he is in big demand to speak at many of the countries T & F Clinics.

Meet Management: The MSTCA will present a special session for new and veteran coaches on how to put together track meets and what to do at big meets. A great session for new coaches that will save you time and stress in preparing for and at meets.

Paralympic Athletics: The NE Track Clinic is proud to have 2 sessions for coaches to learn more about coaching paralympic athletes. Leading these sessions will be an outstanding staff lead by Joe Lemar 2 time Paralympic World Record Holder at 800m. Joe Walsh former managing Director for the US Paralympics and Eric Wheeler a 1996 Olympian in the javelin who served as the London Paralympic throws coach. This is a session every coach should attend!!!!!!!

If Attending Pole Vault Certification
Full Clinic Fee Applies