

LA84 Foundation / Valley Youth Conf. 5th Annual Track & Field Clinic Agenda

Birmingham High School – February 21, 2010

The clinic is free and open to all interested coaches.

The clinic is formatted this year so new coaches are able to attend a beginning session in two areas and then either obtain more experience in one of those two areas or attend a different event in the third session.

Experienced coaches are able to attend two different beginning sessions in areas in which they may not have a lot of experience and then attend the intermediate session in their strong area at the end of the day.

8:00 - 9:00 Registration, complimentary coffee, juice and refreshments Cafeteria
[Cafeteria is on left as enter actual parking lot] [Purchase your lunch (Subway, approx \$6) to have it delivered for lunch break!]

9:00 - 9:20 Welcome, Introductions & Clinic Directions Cafeteria

9:30 - 10:30 **General Sessions: Choose from one of the three following lecture sessions** (If this is your first time attending an LA84 Foundation clinic, we suggest you attend the “Art of Coaching” lecture. If you have previously attended a clinic, then please select one of the other two lectures.)

Art of Coaching..... Tim O’Rourke Classroom TBA
Active Warm-up For Track & Field Athlete Mike Stewart Classroom TBA
Intro to Plyometrics For Track Athletes Ed Luna Track

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

Sprints-Beginning Level..... Brian FitzGerald Track – North Side
Hurdles-Beginning Level Robert Wright Track-South Side
Shot Put-Beginning Level Fred Morgan Track— Shot Ring
Long Jump-Beginning Level..... Ed Luna..... Track – Long Jump Pit
Distances-Beginning Level Ken Reeves Classroom TBA

11:45 - 12:45 **Lunch**

12:45 - 1:45 **Specific Event Area Sessions—Choose one of the following sessions**

Sprints-Beginning Level (Repeat of 10:45 Session)..... Brian FitzGerald Track – North Side
Hurdles-Beginning Level (Repeat of 10:45 Session) Robert Wright Track-South Side
Shot Put-Beginning Level (Repeat of 10:45 Session) Fred Morgan Track— Shot Ring
Distances-Beginning Level (Repeat of 10:45 Session) Ken Reeves Classroom TBA
High Jump-Beginning Level Mike Stewart..... Track – High Jump Apron

2:00 - 3:00 **Specific Event Area Sessions--Choose one of the following sessions**

Sprints-Intermediate Level..... Brian FitzGerald Track – North Side
Hurdles-Intermediate Level..... Robert Wright Track-South Side
Shot Put-Intermediate Level..... Fred Morgan Track— Shot Ring
Long Jump-Intermediate Level Ed Luna..... Track – Long Jump Pit
High Jump-Intermediate Level..... Mike Stewart..... Track – High Jump Apron
Distances-Intermediate Level..... Ken Reeves Classroom TBA

3:00 - - **Reconvene in Cafeteria; Return Evaluations; Pick up your free copy of the LA84 Foundation Track & Field Coaches Manual (on CD) and your personalized Certificate of Clinic Completion**

Expected Speakers:

Brian Fitzgerald: Sprints - Coach Rio Mesa High School
Ed Luna: Jumps - Athletic Director Rubidoux High School
Fred Morgan: Shot put - Coach, Ventura High School
Tim O’Rourke: LA84 Foundation T&F Clinic Coordinator
Mike Stewart: High Jump - Coach, Newbury Park High School
Ken Reeves: Assistant Cross Country - Coach, Ventura High School
Robert Wright: Hurdles - Coach, Ventura High School

LOCATION:

BIRMINGHAM HIGH SCHOOL
Corner of Balboa & Victory Boulevards
Lake Balboa, CA 91406
{ 101 freeway: Balboa Exit North to Victory }
[park in parking lot off of Victory (half block west of Balboa)]