

# *48<sup>th</sup> Annual ITCCCA Clinic*

Illinois Track & Cross Country Coaches Association  
January 8<sup>th</sup>, 2011, Oak Park-River Forest High School

You want Speakers we got Speakers!!

## **Weight Events:**

Jessica Sommerfeld (EIU), Dennis Kline (U of Wisconsin-LaCrosse),  
Floyd Turner (Concordia University), Aikens & Friends Throws Panel

## **Distance:**

Jay Johnson (Boulder Running Camps), Gary Wilson (U of Minnesota)

## **Sprints:**

Tony Veney (Former UCLA), Chris Korfist (York), Phil Wollbrink,  
Dr. Peter Weyand, Mike Kopec (White Sox Speed Trainer)

## **Jumps:**

Boo Shexnayder (Former LSU & Olympic Coach), Dan Benson (Homestead  
HS, Wisconsin)

## **Pole Vault:**

Dave & Diane Raub (Prospect HS), Jim Lonergan (Maine South HS), Vault  
Panel

## **Sports Psychology:**

Dr. Gloria Belague (UIC, Olympic Sports Psychologist)

## **Other great Speakers and Topics:**

Ron McGraw (IHSA), Dr. David O'Brien (Injuries), Aaron Moser  
(Athleticism without the Weightroom), Beginning Coaching Series, Officials  
Clinic and more.....

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**Download the Registration form at [www.ITCCCA.com](http://www.ITCCCA.com)**

**You may also register online @ <http://www.itccca.com>**

There will be \$2.00 charge for online registrations