

49th Annual ITCCCA Clinic

Illinois Track & Cross Country Coaches Association

Saturday January 14th, 2012
Oak Park-River Forest High School
201 N. Scoville Ave, Oak Park, Il 60302-2296

Clinic Speaker List

Keynote:

- Dr. Gloria Belague (USATF & UIC)

Beginning Coaching Series

- Outstanding program for new & veteran coaches

Distance:

- Doug Brown (Tennessee, Florida, Olympic Staff)
- Monique Ryan (Nutrition for Endurance Athletes)
- Dan Iverson (Naperville North) & Rob Harvey (Wheaton-Warrenville South)

Sprints:

- Steve Silvey, Oregon, Arkansas & Texas Tech (Short Sprints & Long Hurdles),
- Wayne Clark, MF Athletic (Short Hurdles), Ken Helberg, WWS (Long Sprints)

Pole Vault & Jumps:

- Tim Johnson, Pole Vault
- Mike Garcia, Springfield Lanphier (High Jump)

Weight Events:

- Jeff Ohlson, Bureau Valley HS (Glide Shot & Coaching the Male/Female Combo)
- Glenn Thompson, Harrisburg, Pa (Rotational Shot)
- Ben Bishop, Edwardsville HS (Discus)

Other Great Speakers & Topics:

- Dr. Allen & Chris Korfist (Building Efficient Injury Free Athletes)
- Dale Heidloff & Andy Lutzenkirchen (Hy-Tek & FAT Systems)
- Officials Certification
- Mark Tacchi & Bob Geiger (Social Media & Coaching)
- Mitchell Johnston (Winged Foot), Track and Community Causes
- And more.....

Two ways to register for the clinic

- Download the Registration form at www.itccca.com
 - Register online @ <http://www.itccca.com>
- There will be \$2.00 charge for online registrations