

**ILLINOIS TRACK & CROSS COUNTRY COACHES ASSOCIATION**

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|----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> John Powell's Discus II         | <input type="checkbox"/> Tom Tellez- The Jumps            | <input type="checkbox"/> Jan Johnson on Pole Vault        |
| <input type="checkbox"/> Al Feuerbach's Basic 70' Shot   | <input type="checkbox"/> Lynn Davies- Long Jump           | <input type="checkbox"/> Abilene Christian Pole Vault     |
| <input type="checkbox"/> Parry O'Brien -Shot Put         | <input type="checkbox"/> Willie Banks on Triple Jump      | <input type="checkbox"/> Drills for Teaching HJ & PV      |
| <input type="checkbox"/> Shot and Disc Drills for Women  | <input type="checkbox"/> LJ & TJ Drills                   | <input type="checkbox"/> HJ & PV Drills for Women         |
| <input type="checkbox"/> Drills for Teaching Shot & Disc | <input type="checkbox"/> Speed, Agility, & Quickness      | <input type="checkbox"/> Dwight Stones on High Jump       |
| <input type="checkbox"/> David Hemery-Hurdles            | <input type="checkbox"/> Drills Teaching Sprints & Relays | <input type="checkbox"/> Daley Thompson-Conditioning      |
| <input type="checkbox"/> Hurdle Drills for Women         | <input type="checkbox"/> Tommie Smith-Sprinting           | <input type="checkbox"/> Deep Water & Plexi-Glass running |
| <input type="checkbox"/> Dvaid Hemery-Relay Running      | <input type="checkbox"/> Carl Lewis -Sprinting            | <input type="checkbox"/> Sebastian Coe- Mid Dist. Running |

**Bruno Pauletto Video Series**

- |                                                       |                                                    |
|-------------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Plyometric Training          | <input type="checkbox"/> Training for Speed        |
| <input type="checkbox"/> Strength Training Techniques | <input type="checkbox"/> Circuit Strength Training |

**Coaching Women's Track and Field by Bob Myers & Meg Ritchie**

- |                                              |                                                               |                                      |
|----------------------------------------------|---------------------------------------------------------------|--------------------------------------|
| <input type="checkbox"/> Shot Put and Discus | <input type="checkbox"/> High Jump & Long Jump                | <input type="checkbox"/> Plyometrics |
| <input type="checkbox"/> Hurdles             | <input type="checkbox"/> Strength Training for Women Athletes |                                      |

**Bill Dellinger's Video Series**

- Sprint Conditioning- Sprint Technique- Relay Technique
- Weight Conditioning-Shot Technique-Discus Technique
- Jump Conditioning- Long Jump & Triple Jump Technique- High Jump Technique
- Pole Vault Conditioning- Pole Vault Technique
- 400 m Dash/ Int. Hurdle Conditioning- Hurdle Technique

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Mail to: Pat Marshall  
Benet Academy  
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Lisle, IL 60532

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