

25th Annual WISTCA Clinic
Madison Concourse Hotel and Governor's Club

This is a TENTATIVE Schedule - Updated Agenda in Clinic Packet

Friday, February 7, 2014

7:30 am-3:00 PM	Registration		Madison Ballroom
8:00 am-8:55 am	Announcements		Madison/Wisconsin Ballroom

9:00 - 10:00 am	Session 1		
1	Total Sprint Plan - The WI High School Season	Chad Gunnelson-Univ. of Dubuque	Capitol Ballroom A
2	The Pioneer Method, An Overview: "What's your Max?"	Tom Antczak-UW Platteville	Capitol Ballroom B
3	High Jump Technique and Training	Andy Preuss-Glenbard South HS, IL	Assembly Room
4	Beginner to Advanced Glide Shot Drill Progressions	Matt Ellis-Primal ATC (<i>Sponsored by M-F Athletics</i>)	Ovations Room
5	Hurdle Basics-Teaching for a Technical Eye	Tonie Campbell-US Olympian/Coach	Senate Room A and B
6	Preparing for and Coaching at the WIAA State Meet	Mark Hoffman-South Milwaukee/Bill Devoe-Mauston/Marcy Thurwachter-WIAA	University Room A and B
7	Foundation for Success: PV Approach and Takeoff	Jim Bemiller-Univ. of Tennessee	University Room C and D

9:00 - 10:00 am	<u>Beginners Coach Series</u>		
1	The Warm Up Before the Workout	Dan Schettler-Belleville-Sugar River HS	Conference Room 1
2	Discus: Basics and Beyond	Brian Storms/Joe Frontier-Madison Throws Club	Conference Room 2
3	Positive Coaching: Winning Kids With Track and Field!	Brian Zuleger-Univ. of Missouri	Conference Room 3
4	TJ Progressions/Corrections	Reid Oldenburg-East Troy HS	Conference Room 4

10:00-10:30 am	VENDORS' EXHIBITS AND DOOR PRIZES IN THE MADISON/WISCONSIN BALLROOMS	
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10:30 - 11:30 am	Session 2		
1	Practical Guide to Short Sprints	Charles Clinton-USATF	Capitol Ballroom A
2	Developing a Distance Running Culture	Thain Jones-Freedom HS	Capitol Ballroom B
3	The Art of Coaching	Dr. Greg Dale-Duke University	Assembly Room
4	Beginner to Advanced Discus Drill Progressions	Matt Ellis-Primal ATC (<i>Sponsored by M-F Athletics</i>)	Ovations Room
5	Training for the Long Hurdles-Strategies, Techniques & Tips	Tonie Campbell-US Olympian/Coach	Senate Room A and B
6	Easy Strength, Part 1	Larry Herm-Foley HS, MN	University Room A and B
7	PV Training Programs: Integrating the Pole Vault into the H.S. Team	Jim Bemiller-Univ. of Tennessee	University Room C and D

10:30 - 11:30 am	<u>Beginners Coach Series</u>		
1	400/800 M Training and Tactics	Josh Herell-East Troy HS	Conference Room 1
2	High Hurdles: Helping Your Athletes Do Their Best	Paul Raley-Benton-Scales Mound-Shullsburg HS	Conference Room 2
3	High Jump Technique and Tactics	Jason Logterman-Sauk Prairie HS	Conference Room 3
4	Winning is a Lifestyle	Mark Maas-Whitewater,OneTeam/OneFamily	Conference Room 4
5	Officials Session: Clerking	Marcy Thurwachter-WIAA	Caucus Room

11:30 am - 12:30	VENDORS' EXHIBITS AND DOOR PRIZES IN THE MADISON/WISCONSIN BALLROOMS	
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12:30 - 1:30 pm	Session 3		
1	Practical Guide to Long Sprints	Charles Clinton-USATF	Capitol Ballroom A
2	Running from the Neck Down: Basic Exercise Physiology for Training and Racing	Tom Antczak-UW Platteville	Capitol Ballroom B
3	Coaching Mental Toughness	Dr. Greg Dale-Duke University	Assembly Room
4	Outside of the Ring- Becoming a Better Thrower	David Dahlstrom, Foley HS/Minnesota	Ovations Room
5	Developing the Emerging Elite Hurdler-Drills and Training	Tonie Campbell-US Olympian/Coach	Senate Room A and B
6	Easy Strength, Part 2	Larry Herm-Foley HS, MN	University Room A and B
7	Sound Practices for Developing HS Pole Vault Coaches	Joel Block River Valley HS	University Room C and D

12:30 - 1:30 pm **Beginners Coach Series**

1	4x100M Relay - Get More From Your Four	Chad Gunnelson-Univ. of Dubuque	Conference Room 1
2	100/110 High Hurdle Progressions for Success	Michael Johnson-UW Whitewater	Conference Room 2
3	Coaches Round Table: Top 10 Tips for Success	Mark Maas-Whitewater (Moderator) Joe Hackbarth-LaCrosse Logan Dan Schettler-Belleville Sugar River Brian Zuleger-Univ. of Missouri	Conference Room 3
4	LJ Progressions/Corrections	Reid Oldenburg-East Troy HS	Conference Room 4
5	Officials Session: Officiating the Pole Vault	Dan Fregien-State Officials Association	Caucus Room

1:30-2:00 pm **VENDORS' EXHIBITS AND DOOR PRIZES IN THE MADISON/WISCONSIN BALLROOMS**

2:00 - 3:00 pm	Session 4		
1	Practical Guide to Sprint Relays	Charles Clinton-USATF	Capitol Ballroom A
2	Running from the Neck Up: Basic Sport Psychology for Training and Racing	Tom Antczak-UW Platteville	Capitol Ballroom B
3	High Jump Drills	Andy Preuss-Glenbard South HS, IL	Assembly Room
4	Beginner to Advanced Rotational Shot Drill Progressions	Matt Ellis-Primal ATC (<i>Sponsored by M-F Athletics</i>)	Ovations Room
5	Hurdle Panel: Nehemiah and Campbell	Keith Klestinski-Marquette (Moderator) Renaldo Nehemiah and Tonie Campbell	Senate Room A and B
6	Parents of Athletes: Strategies for Helping Them Maintain Perspective	Dr. Greg Dale-Duke University	University Room A and B
7	My Favorite PV Drills and Workouts	Jim Bemiller-Univ. of Tennessee	University Room C and D

2:00 - 3:00 pm **Beginners Coach Series**

1	Positive Coaching: Winning Kids With Track and Field!	Brian Zuleger-Univ. of Missouri	Conference Room 1
2	It is Dynamic: The Warm-Up and the DIII Experience	Michael Johnson-UW Whitewater	Conference Room 2
3	Misconceptions in Distance Running	Pat Lorentz-River Falls HS	Conference Room 3
4	I'm the Hurdles Coach, Now What?	Jeff Kline-Green Bay Preble	Conference Room 4
5	Officials Session: Officiating Situations	Officials Association Members	Caucus Room

3:30 - 4:30 pm **WIAA Rules Meeting/President's Address**

4:30 - 5:30 pm **District Caucuses - Announcements/Door Prizes**

4:30 - 5:30 pm **Officials Caucus Room and Reception (Refreshments by WISTCA)**

6:30 - 7:30 pm **25th Anniversary Dinner**

7:30 - 8:30 pm **KEYNOTE ADDRESS**

8:30 - 11:00 pm **WISTCA Social**

Capitol Ballroom

Conference/1st Floor Rooms

University Room D

Capitol Ballroom

Capitol Ballroom

Capitol Ballroom

Saturday, February 8, 2014

7:00 - 7:45 am	Coaches' Fun Run - Sponsored by Wisconsin Runner		Lobby
7:45 - 8:45 am	Continental Breakfast		Wisconsin Ballroom
7:30 am-Noon	Registration		Madison Ballroom
7:45 - 8:55 am	Announcements		Madison/Wisconsin Ballroom

9:00 - 10:00 am	Session 5		
1	Practical Guide to Short Sprints	Charles Clinton-USATF	Capitol Ballroom A
2	Coaching Athletes of Diverse Abilities for the 800, 1600, 3200; Males and Females	Tom Antczak-UW Platteville	Capitol Ballroom B
3	Simplifying the Long Jump	Eric Schueffner-UW Whitewater	Assembly Room
4	Plan Your Lifting Schedule to Peak When it Counts!	Matt Ellis-Primal ATC (<i>Sponsored by M-F Athletics</i>)	Ovations Room
5	Hurdle Basics-Teaching for a Technical Eye	Tonie Campbell-US Olympian/Coach	Senate Room A and B
6	High Jump Technique and Training	Andy Preuss-Glenbard South HS, IL	University Room A and B
7	Tim Mack's Olympic Journey: 13'6"- 19'8"	Jim Bemiller-Univ. of Tennessee	University Room C and D

9:00 - 10:00 am	<u>Beginners Coach Series</u>		
1	400/800 M Training and Tactics	Josh Herell-East Troy HS	Conference Room 1
2	High Jump Technique and Tactics	Jason Logterman-Sauk Prairie HS	Conference Room 2
3	I'm the Hurdles Coach, Now What?	Jeff Kline-Green Bay Preble	Conference Room 3
4	Outside of the Ring- Becoming a Better Thrower	David Dahlstrom, Foley HS/Minnesota	Conference Room 4
5	The Warm Up Before the Workout	Dan Schettler-Bellefonte-Sugar River HS	Caucus Room

10:00-10:30 am	VENDORS' EXHIBITS AND DOOR PRIZES IN THE BATON ROUGE		
10:00 -10:30 am	Wisconsin Cross Country Coaches Association Meeting	Matt Polzin-President WCCCA	Capitol Ballroom B
10:30 - 11:30 am	Session 6		
1	Practical Guide to Long Sprints	Charles Clinton-USATF	Capitol Ballroom A
2	Alternate and Supplemental forms of Training for Prehab and Rehab	Tom Antczak-UW Platteville	Capitol Ballroom B
3	Technical Aspects of the Triple Jump	Eric Schueffner, UW Whitewater	Assembly Room
4	Getting Explosive WITHOUT Olympic Lifting (Yes it is possible)	Matt Ellis-Primal ATC (<i>Sponsored by M-F Athletics</i>)	Ovations Room
5	Training for the Long Hurdles-Strategies, Techniques & Tips	Tonie Campbell-US Olympian/Coach	Senate Room A and B
6	The Art of Coaching	Dr. Greg Dale-Duke University	University Room A and B
7	Mental Training for the Pole Vault	Jim Bemiller-Univ. of Tennessee	University Room C and D

10:30-11:30 am	<u>Beginners Coach Series</u>		
1	Easy Strength, Part 1	Larry Herm-Foley HS, MN	Conference Room 1
2	Sprint Relay Techniques, Tactics and Adjustments	Chris Herriott-Arrowhead HS	Conference Room 2
3	Building Leadership	Mark Maas-Whitewater, OneTeam/OneFamily	Conference Room 3
4	Discus: Basics and Beyond	Brian Storms/Joe Frontier-Madison Throws Club	Conference Room 4
5	Misconceptions in Distance Running	Pat Lorentz-River Falls HS	Caucus Room

11:30 am-Noon	VENDORS' EXHIBITS AND DOOR PRIZES IN THE BATON ROUGE		
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Noon - 1:00 pm	<u>Session 7</u>		
1	Training and Developing the High School Triple Jumper	Eric Schueffner, UW Whitewater	Assembly Room
2	All the Little Things That Don't Really Matter; Until you Add Them Up	Tom Antczak-UW Platteville	Ovations Room
3	Practical Guide to Sprint Relays	Charles Clinton-USATF	Senate Room A and B
4	Coaching Mental Toughness	Dr. Greg Dale-Duke University	University Room A and B
5	High Jump Drills	Andy Preuss-Glenbard South HS, IL	University Room C and D
Noon - 1:00 pm	<u>Beginners Coach Series</u>		
1	Easy Strength, Part 2	Larry Herm-Foley HS, MN	Conference Room 1
2	200/400 M Training and Competition Strategies	Chris Herriott-Arrowhead HS	Conference Room 2
3	300 M Hurdles Training and Tactics	Paul Raley-Benton-Scales Mound-Shullsburg HS	Conference Room 3
4	Reno Pole Vault Summit-Making Connections - WPVCA Meeting	Joel Block River Valley HS	Conference Room 4
5	Developing a Distance Running Culture	Thain Jones-Freedom HS	Caucus Room
1:15-3:30 pm	Hall of Fame Luncheon		Capitol Ballroom