

VERMONT TECH

Track Coaches Clinic Agenda

Friday, April 1, 2016 in Judd Hall | 5-8pm

5:00-6:00 | Registration

6:00-7:00 | **Strength Training:** Learn firsthand from Dr. Williams about tailoring weight room workouts to your specific event and how to use strength training to explode out of the blocks faster, jump further and run faster.

7:00-8:00 | **Cognitive approach to coaching:** Learn from Olympic head coach Craig Poole about what it takes to be a successful coach. Learn how to plan and execute your training program and run a successful track program. Learn how to connect with and coach your individual athletes. Being a successful coach is not necessarily about medals and championships.

Saturday, April 2 | Judd Hall | 8am-6pm

8:00-8:30 | Registration

8:30-9:30 | **Warm Ups, Flexibility and Mobility:** Warm up routines are different for every event and the most misunderstood, but also the most important part of the event. Learn how to develop good habits during each phase of warm-up, flexibility and mobility.

9:00-11:00 | **Athlete Session with Doug Padilla:** An open discussion with athletes on good habits and setting goals for College and beyond. This clinic will help empower the athlete to develop reasonable goals for high school and college, and help guide athletes learn how to pick the right fit with a college that matches their educational interests and athletic goals. For athletes who want to keep competing after college this clinic will explore what paths are available.



Athletics/SHAPE Facility
PO Box 500
Randolph Center, Vermont 05061

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Saturday, April 2 | Judd Hall | 8am-6pm

9:30-10:30 | Sprint Training Methodology: Craig Poole will go over the basic elements of sprint training. Explore basic drills and effective techniques. This is a presentation and discussion on what works "in the field" and will cover drills, weight training and blocks.

10:30-11:00 | BREAK

11:00-12:00 | Helping athletes find the right next step: An open discussion with coaches, athletes and parents about what comes after high school. Learn about how to find the right college that lines up with the athlete's goals and what options are available. There will also be discussion about options for post college competition programs.

12-12:45 | Lunch

12:45-2:00 | Practical Application for Hurdles and Jumps:

Coach Poole will provide hands on technique training for hurdles. Coach Poole will discuss and show complete demonstrations of drills, warmups and hurdle technique. This clinic is for coaches and athletes.

2:00-3:00 | Jumps Basic Elements: Dr. Williams and Coach Poole will discuss how weight training leads to longer jumps. Proper footing and take off techniques will be demonstrated along with how to land and grab those last few inches.

3:00-3:15 | Break



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3:15-4:30 | Practical Application of weight training:

Dr. Williams will discuss weight training and how it fits in as an important cog in the overall training process. Dr. Williams will go over the progression of weight training throughout the season and how it affects our results. It is important to understand what we are training for and what weight training is best for specific events.

4:30-5:30 | Nutrition: Eating for Success: Craig Poole will discuss food habits and the dos and don'ts of eating for competition. Learn how to eat for success, like the best time to carbo load and what proteins are best for specific track event athletes.

5:30-6:00 | Closing and discussion

Please note that clinics times are subject to change or may be added to based on coach questions and needs. The total time for the day will remain the same. All effort will be made to contact registrants in advance with any changes.



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Registration Form

Fees: \$ ~~50~~ ~~before March 1~~
 \$ 75 March 2-25
 \$ 10 Athlete lunch only

Fees are per person. Registrations must be postmarked by: March 25, 2016

\$100 Day of event registration

Registration includes lunch on Saturday. Athletes may attend seminars free, but must pay \$10 if they want lunch provided. Advance registration required for lunch. Mail or e-mail registration to rdunkle@vtc.edu. Cash or Check only.

Institution: _____

Contact: _____

Check included with registration Yes ____ No ____

Bring Payment to event Yes ____ No ____

of Attendees: _____ # Athlete lunches: _____

Names of Attendees (use additional sheet if necessary)

Affiliation:

Coach ____ High School ____ College ____ Athlete ____