



SATURDAY, FEB. 28, 2009

SWEDES COACHING CLINIC

BETHANY COLLEGE TRACK & FIELD

CLINIC HIGHLIGHTS

PRESENTATIONS BY

DR. JIM KROB / RET. FHSU

JAVELIN / PROGRAM TIPS

AARON DAVIS / HEAD T&F

BETHANY COLLEGE

SPRINTS / GEN. PREP

**JAY MYERS / ASSISTANT
T&F / BETHANY COLLEGE**

RELAYS / GEN. PREP

MARK BREault / "DOC"

JAMESTOWN

POLE VAULT

KELLY LAMPE / SPEARVILLE

HURDLES / WARMUPS

DAN WHISLER / STERLING

MID/DISTANCE TRAINING

JESSICA BECKER /

NATIONAL CHAMPION / BC

SHOT PUT / DISCUS

ERIC SWENSON /

WICHITA INDEPENDENT

LONG JUMP / TRIPLE JUMP

REGISTRATION!

- \$50 early bird—postmark by Feb. 25
- \$60 at the door
- Early bird 2 coaches from same school district = \$90
- Early bird 3 coaches from same school district = \$125

Plans are being made to have many of the track & field events covered at the Swedes Track & Field Coaching Clinic.

Participants will be given a notebook with presenters' clinic notes in them. The price of your registration also includes coffee, juice and rolls in the morning and a catered noon lunch.

One special feature of the clinic will be several topic sessions will have live demonstrations of drills and techniques for that event.

The first KSHSAA allowable date for spring sports practice is the Monday after our clinic! What a great way to get your spring sport season started!

TENTATIVE CLINIC LINEUP

- 8:30–9:20
- Krob: "Observations from an Old Dinosaur on How to Improve Your Program"
- 9:30–10:20
- Krob: Javelin
- Swenson: Long Jump/Triple Jump
- Lampe: Dynamic Warmup
- Davis: Sprint Training
- 10:20–10:35
- Break
- 10:40-11:30
- Lampe: Hurdles
- Whisler: Mental Training/Mid&Dstnc
- Krob: Javelin Drills
- Swenson: LJ/TJ Drills
- 11:30-12:30
- CATERED LUNCH
- 12:30-1:20
- Whisler: Physical Training/Mid&Distance
- Breault: Pole Vault
- Lampe: Hurdle Drills
- Myers: Relays
- 1:20-1:35
- Break
- 1:40-2:30
- Davis/Myers: HS/MS General Prep
- TBA: Team Building or Strength
- Breault: Pole Vault Drills
- Becker: Shot/Discus
- 2:30-2:55 Panel & Wrap Up