

Friday		Topic	Saturday		Topic
Plaza 2 - Horizontal Jumps			Plaza 2 - Horizontal Jumps		
Session 1 9:00	Keinan Briggs	<i>Teaching the Triple Jump (Assessing and development of a triple jumper)</i>	Kim/Colleen	<i>Physical Therapy and Athletic Training</i>	
Session 2 10:30	Kaleb Lindsey-Stevens	<i>Long Jump Approach, Take off, In air, Landing.</i>	Keinan Briggs	<i>Teaching the Long Jump (Assessing and development of a long jumper)</i>	
Session 3 1:00	Keinan Briggs	<i>Multi-Event Athlete Management (Daily and weekly management of multiple-event athletes)</i>	Keleb Lindsey-Stevens	<i>Triple Jump Approach, Take off, In air, Landing.</i>	
Session 4 2:30	Women Panel	<i>Women in MN T&F</i>	Kelsey Joson	<i>Analyzing jumps/coaching tips for athletes in the midst of competition.</i>	
Atrium 6 - Distance Room			Atrium 6 - Distance Room		
Session 1 9:00	Pete Wareham	<i>Training theory for beginners to experienced runners. The session will include ideas in the areas of training volume, training schedules, and runner/team development. Key principles discussed will be moderation, progression, adaptability, and the callousing effect.</i>	Tim Ives	<i>The Dowling Catholic Cross Country Training Plan — Iowa's top cross country team shares its season training plan and how it holds its runners accountable to it</i>	
Session 2 10:30	Tim Ives	<i>Running Form: Observing, Teaching and Correcting Best Methods for Optimal Running Performance</i>	Laura Januszewski	<i>Training plans for middle and long distance runners</i>	
Session 3 1:00	Tim Ives	<i>Mid-distance Track & Field Training: A model for identifying and developing 800/1600m runners in our high school programs</i>	Tim Ives	<i>Understanding the What and Why of Weightlifting for Distance Runners — Learn what exercises and movements benefit our athletes and why it is important for their health and performance</i>	
Session 4 2:30	Carrie Lane	<i>Designing an Effective Strength Training Program for Distance Runners</i>	Pete Wareham	<i>College Running – Discussion on the similarities and differences between high school running and competing at the collegiate level. Areas to be covered include balancing college academics and athletics, collegiate athletic expectations, year long training cycles and the runner's lifestyle, and key characteristics of successful college runners.</i>	
Plaza 3 - Vertical Jumps			Plaza 3 - Vertical Jumps		
Session 1 9:00	Will Freeman	<i>Guidelines to writing your own functional workouts</i>	Laura Januszewski	<i>Ideas for those first few weeks of practice...when you can't go outside</i>	
Session 2 10:30	Will Freeman	<i>Training the two things the athlete needs for success: competence and confidece</i>	Matt Kolb	<i>How to win with field events</i>	
Session 3 1:00	Fred Berg	<i>PV basics and Drills to develop vaulters.</i>	Matt Fleigle	<i>From Rookie to World Championships: The Julia Fixsen Training Methodology</i>	
Session 4 2:30	John Bennett	<i>HJ for all Coaching levels</i>	Esther Fleigle	<i>"Video Analysis of Junior Nationals and Q&A" Julia's World Qualifying meet with the Fleigle's</i>	

	Friday	Topic	Saturday	Topic
Plaza 4 - General Coaching Fundamentals			Plaza 4 - General Coaching Fundamentals	
Session 1 9:00	Tom Paulson	<i>Elements of a Track Program</i>	Ross Fleming	<i>Training Philosophy</i>
Session 2 10:30	Kathy Conrad		Rob Graham	<i>Coaching Essentials</i>
Session 3 1:00	Aaron Thompson	<i>Running, From the Ground Up: a fundamental understanding of physiology for distance runners and their coaches.</i>	Meghan Orgeman	<i>Developing Confidence in Girls</i>
Session 4 2:30	Jim Bentson	<i>Beginning Coaching at the small school</i>	Lee Vannyhuis	<i>Starting a Program from Scratch</i>
Plaza 1 - Sprints/Hurdles			Plaza 1 - Sprints/Hurdles	
Session 1 9:00	Carrie Lane	<i>Designing an Effective Strength Training Program Sprint/Hurdles/Jumps</i>	Chris Flaten	<i>400m training</i>
Session 2 10:30	Chris Flaten	<i>Speed Development</i>	Kim/Colleen	<i>PT/AT</i>
Session 3 1:00	Will Freeman	<i>Understanding the Psychology of the Track & Field Athlete</i>	Nancy Jones	<i>Hurdles</i>
Session 4 2:30	Rob Graham	<i>Acceleration Essentials: From the blocks to the 4th Hurdle</i>	Chris Flaten	<i>Biomechanics of acceleration and Max velocity</i>
Atrium 4 - Throws			Atrium 4 - Throws	
Session 1 9:00	Nathan Fanger	<i>Separation in the discus throw</i>	Dirk Wells	<i>My Throwing Template! An Annual Program of Success.</i>
Session 2 10:30	Carrie Lane	<i>Designing an Effective Strength Training Program for Throwers</i>	Nathan Fanger	<i>Mental aspects for throwers</i>
Session 3 1:00	Carrie Lane	<i>Common Teaching Points for the Shot and Discus</i>	Dirk Wells	<i>What I have learned the past 43 years</i>
Session 4 2:30	Nathan Fanger	<i>Drills for throwers</i>	Chris Brinkworth	<i>Creating and Maintaining Tension in the Glide</i>