

## To Register

The Clinic is open to and free for LTFCA Members. To join or renew membership, go to [www.ltfca.com](http://www.ltfca.com) and click on the "Join Now" link. You can pay online or print an application to mail in.

Dues for 2009 are \$50, clinic admission included.

## Hotel Information

Holiday Inn Lafayette  
2032 NE Evangeline Thruway  
Lafayette, LA 70505  
(337) 233-6815

Call 800-942-4868 before January 12, 2009 and reference the LTFCA to receive

## Directions

**From I-10:** Take Exit 103A South, then take first left onto frontage road. The hotel is 1/4 mile down the service road.

**From I-49:** Traveling south, immediately after passing the I-10 intersection, take first left onto frontage road. The hotel is 1/4 mile down the service road.



Everything New Orleans

Experience the New LTFCA Clinic!

Thanks to our clinic sponsors, Nola.com, the Mardi Gras Marathon, and the Allstate Sugar Bowl, we have expanded to four rooms with four featured speakers and four event specific themes going simultaneously.

Something is there to interest you at every minute. Great speakers, food, and fellowship.



## Louisiana Track & Field Coaches Association



2009 Annual Clinic

January 15 & 16, 2009

Holiday Inn Lafayette

2032 NE Evangeline Thruway

Lafayette, Louisiana, 70505

# Clinic Schedule

## General Clinic Schedule

### Thursday, January 15

- 4:00-5:50: LHSAA Regional Meetings
- 6:00-8:50: Featured Speaker Sessions
- 9:00-9:50: LTFCA Dinner & Coaches Awards
- 10:00-til: Breakout Group Sessions

### Friday, January 16

- 8:30 –9:50: LTFCA Business Meeting
- 10:00-11:50: Clinic Sessions
- 12:00-12:50: Lunch
- 1:00-1:50: Lifetime Achievement Awards
- 2:00-3:50: Clinic Sessions



## Room A

### Thursday, January 15

- 6:00-6:50: Dennis Shaver, LSU  
Drills for Acceleration
- 7:00-7:50: Dennis Shaver, LSU  
Coaching the Short Hurdles
- 8:00-8:50: Dennis Shaver, LSU  
400 Meter Training
- 10:00-til: Sprint/Hurdle/Relay Workshop  
Tommy Badon, Westminster Christian



### Friday, January 16

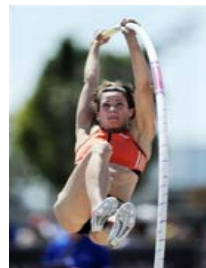


- 10:00-10:50: Kenneth Lockett, Franklin HS  
Coaching the 400 Runner
- 11:00-11:50: Julie Harris, University HS  
Training High School Sprinters
- 2:00-2:50: Tommy Badon, Westminster  
Coaching the 300 Hurdles
- 3:00-3:50: Pete Boudreaux, Catholic High  
Coaching the Relays

## Room B

### Thursday, January 15

- 6:00-6:50: Boo Schexnayder, SAC  
Troubleshooting the LJ/TJ Approach
- 7:00-7:50: Boo Schexnayder, SAC  
Circuit Training and Injury Prevention
- 8:00-8:50: Boo Schexnayder, SAC  
Coaching the High Jump Approach
- 10:00-til: Jumps Workshop  
Boo Schexnayder, SAC



### Friday, January 16

- 10:00-10:50: Mark Rose & Doug Fraley, Mardi Gras Track Club  
Vaulting Made Easy
- 11:00-11:50: Ed Marcikiewicz, MF Athletics  
Teaching the Basics of the High Jump
- 2:00-2:50: Daniel Bristo, Ouachita Christian HS
- 3:00-3:50: Mark Strawderman, MF Athletics  
Developing the High School Pole Vaulter



## Room C

### Thursday, January 15

- 6:00-6:50: Scott Christensen, Stillwater (MN) HS  
Developing the Combined Zone Training Plan
- 7:00-7:50: Scott Christensen, Stillwater (MN) HS  
Sequencing Endurance Workloads
- 8:00-8:50: Scott Christensen, Stillwater (MN) HS  
Preparation of the High School Miler
- 10:00-til: Distance Event Workshop  
Scott Christensen, Stillwater (MN) HS



### Friday, January 16

- 10:00-10:50: Al Schmidt, Mississippi State  
Designing the Middle Distance Annual Plan
- 11:00-11:50: Al Schmidt, Mississippi State  
Training for the 800 and 1600
- 2:00-2:50: Miguel Becerra, St. Thomas Aquinas  
Coaching Female Milers
- 3:00-3:50: Kelly LaMaison, Lafayette HS  
Strength & Injury Prevention for the  
Endurance Athlete



## Room D

### Thursday, January 15

- 6:00-6:50: Glen McAtee, Clemson  
Specific Strength for the Javelin
- 7:00-7:50: Glen McAtee, Clemson  
Teaching Progressions for the Discus
- 8:00-8:50: Glen McAtee, Clemson  
Shot Put: Glide or Spin?
- 10:00-til: Throws Workshop  
Glen McAtee, Clemson



### Friday, January 16

- 10:00-10:50: Tommy Moffitt, LSU  
Strength Training for All Events
- 11:00-11:50: John Talley, Dutchtown  
Developing an Explosive Start in the Shot Put
- 2:00-2:50: David Kidd, Lakeside  
Conjugated Periodization for Track and Field
- 3:00-3:50: Derek Yush, LSU  
Varied Weight Implement Training in HS

