

To Register

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

Dues are \$60 if paid before December 31, 2019 and \$75 if paid after that date. On-site registration cost for the 2020 Clinic is \$75. Thursday's meal costs \$25 extra. Credit cards are not accepted.

Out of State Coaches

Coaches from outside of Louisiana are welcome to attend the LTFCA Clinic at the same rates listed above.

Hotel Information

Garden Plaza Hotel and Conference Center
2032 SW Evangeline Thruway,
Lafayette, LA 70501

(337) 233-6815

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 the frontage road. The hotel is 1/4 mile down the frontage road.



2020 LTFCA Clinic Featured Speakers



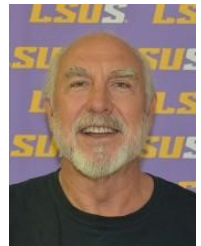
Boo Schexnayder, Louisiana State Univ.
Viewed as one of the world's elite track and field coaches and clinicians, Coach Boo looks to share over 40 years of experience as this year's featured LTFCA jumps speaker.



Kevin Ondrasek, Thunder Road Running
With a distance coaching range of 400m-10k at both the collegiate and professional levels, Coach Ondrasek will discuss how to win with "unlikely" characters.



Alex Armenteros, St. Thomas Aquinas, Fl.
Serving at the helm of Florida's powerhouse, Coach Armenteros has led the Raiders to multiple state team titles and numerous individual championships. Coach will break down the technique of hurdling and discuss various aspects of sprinting.



Dr. Kyle Pierce, LSU-Shreveport
A decorated instructor who serves as the director of the USA Weightlifting Development Center, Dr. Pierce looks to apply his wealth of knowledge of strength training into your field program.

We offer four rooms simultaneously, each dedicated to an event-specific theme – something to interest you at every minute. Great speakers; great fellowship.



Louisiana Track & Field Coaches Association



2020 Annual Clinic

January 16 & 17, 2020

Garden Plaza Hotel and Conference Center
2032 SW Evangeline Thruway,
Lafayette, LA 70501

Clinic Schedule

General Clinic Schedule

Thursday, January 16

- 2:00-3:15: Regional Meetings
- 3:30-4:00: Regional Director Meeting
- 4:15-5:00: LHSAA Rules Clinic
- 5:15 - 6:15: Lifetime Achievement Dinner
- 6:30-9:30: Clinic Sessions
- 9:40-til: MF Coaches Social & LTFCA Coaches Awards

Friday, January 17

- 8:30-12:20: Clinic Sessions
- 12:30: LTFCA Business Meeting

Sprints/Hurdles/Relays Room

Thursday, January 16

- 6:30-7:20: Alex Armenteros, STA, FL
Techniques for Hurlers
- 7:30-8:20 Alex Armenteros, STA, FL
Starts and Sprinting
- 8:30-9:20 Alex Armenteros, STA, FL
Warm Ups & Strength and Conditioning



Friday, January 17

- 8:30-9:20: Vince Anderson
Three Foundational Sprint Exercises Explained
- 9:30-10:20: Vince Anderson
Early Season Training
- 10:30-11:20: Vince Anderson
How to Write a 400m Training Plan
- 11:30-12:20: Coaches Discussion



Distance Room

Thursday, January 16

- 6:30-9:20: Kevin Ondrasek
Thunder Road Running
- Moneyball-High Quality Decision Making & Winning with Unlikely Characters



Friday, January 17

- 8:30-9:20: Brock Moreaux, Univ. of New Orleans
Progression of a Competitive HS Athlete to a Collegiate Athlete
- 9:30-10:20: Casey Keiser, Mt. Carmel Academy
Coaching Two Different Types of Athletes: Motivated vs. Non-motivated
- 10:30-11:20: Kyle Bramley, PT, Peak Performance
A Physical Therapy Perspective on Running Injury
- 11:30-12:20: Coaches Discussion



Jumps Room

Thursday, January 16

- 6:30-7:20: Boo Schexnayder, LSU
Triple Jump: Technique and Teaching
- 7:30-8:20: Boo Schexnayder, LSU
Accuracy in the Long/Triple Jump Approach
- 8:30-9:20: Boo Schexnayder, LSU
Planning Jump Training



Friday, January 17

- 8:30-9:20: Ray McCon, Walker HS
Intro to Pole Vault: How to Set Up a Program that Will Last
- 9:30-10:20: Lorenza Winn, Lusher Charter HS
Horizontal Jumps for the High School Athlete
- 10:30-11:20: Kyle Pierce, LSU-Shreveport
In-season Strength Training: January-May
- 11:30-12:20: Coaches Discussion



Throws Room

Thursday, January 16

- 6:30-7:20: Teremine White, Southern Univ.
Training High School Shot Put Throwers
- 7:30-8:20: Teremine White, Southern Univ.
Training High School Discus Throwers
- 8:30-9:20: Rodney Brown, Catholic of Baton Rouge
An Approach to Throwing



Friday, January 17

- 8:30-9:20: Kyle Pierce, LSU-Shreveport
Teaching & Troubleshooting Technique of the Olympic-Style Lifts
- 9:30-10:20: Kyle Pierce, LSU-Shreveport
Teaching & Troubleshooting Technique of the Basic Strength Training Lifts
- 10:30-11:20: Amanda Woosley, Zachary HS
How to Incorporate and Structure Various Training Methods into a Throwing Practice
- 11:30-12:20: Coaches Discussion

