


# COLORADO HIGH SCHOOL COACHES ASSOCIATION TRACK CLINIC-2020

## SPEAKER SCHEDULE & ROOM ASSIGNMENTS

<b>Friday, 1/24/20</b> <b>2:30 PM – 5:00 PM</b> <b>(MAIN LOBBY)</b>	<b>REGISTRATION, VENDORS, &amp; COACHES SOCIAL</b>				
	<b>AURORA</b> <small>(LOWER LEVEL)</small>	<b>ARAPAHOE</b>	<b>DOUGLAS</b>	<b>JEFFERSON</b>	<b>COLORADO</b> <small>(LOWER LEVEL)</small>
<b>4:00 PM – 4:55 PM</b>		<b>CHSCA COACHES ASSOCIATION REGIONAL REP MEETING</b>			
<b>5:00 PM – 5:55 PM</b>	<p style="text-align: center;"><b>Lindsey Malone</b> University of Colorado “Keys to Coaching the Jumps”</p>	<p style="text-align: center;"><b>Tommy Badon</b> University of Louisiana-Lafayette “Mechanics of Speed”</p>	<p style="text-align: center;"><b>Tim Ives</b> Dowling Catholic (IA) High School “Running Form: Observing, Teaching, and Correcting Running Form for Optimal Running Performance”</p>	<p style="text-align: center;"><b>Rick Attig</b> Washburn University “Creating a Learning Environment in the Pole Vault / Jumps”</p>	
<b>6:00 PM – 6:55 PM</b>	<p style="text-align: center;"><b>Lindsey Malone</b> University of Colorado “Women in Coaching: Keys to a Success”</p>	<p style="text-align: center;"><b>Tommy Badon</b> University of Louisiana-Lafayette “Speed Reserve: Practical Preparation for the Long Sprints”</p>	<p style="text-align: center;"><b>Tim Ives</b> Dowling Catholic (IA) High School “Understanding the What and Why of Weightlifting for Distance Runners”</p>	<p style="text-align: center;"><b>Rick Attig</b> Washburn University Pole Vault Technique - “As I See It”</p>	<b>Colorado Track and Field Officials Association Officials Certification</b>
<b>7:00 PM – 7:55 PM</b>	<p style="text-align: center;"><b>Mo Saatara</b> University of California “General Considerations for Developing Throwers”</p>	<p style="text-align: center;"><b>Tommy Badon</b> University of Louisiana-Lafayette “Workout Considerations for the Sprints/Hurdles Workshop”</p>	<p style="text-align: center;"><b>Marnie Giunta</b> Padua Academy “How to Build Team Culture”</p>	<p style="text-align: center;"><b>Rick Attig</b> Washburn University Circuit Training for Strength, Power &amp; Stamina</p>	
<b>8:00 PM – 8:55 PM</b>	<p style="text-align: center;"><b>Mo Saatara</b> University of California “Discus: Training and Development”</p>		<p style="text-align: center;"><b>Marnie Giunta</b> Padua Academy TBD</p>	<p style="text-align: center;"><b>Tom Southall</b> “Meet Management: Including Paralympic/Unified Athletes”</p>	
<b>9:15 PM-11:00 PM</b> Table 14 Restaurant (Upper Level)	 <span style="font-size: 2em; font-weight: bold; margin-left: 10px;">COACHES' SOCIAL</span>				

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## SPEAKER SCHEDULE & ROOM ASSIGNMENTS

<b>Saturday, 1/25/20</b> <b>6:00 AM – 8:00 AM</b> <b>(LOWER LEVEL)</b>	<b>COACHES CLINIC BREAKFAST (LOWER LEVEL)</b>				
	<b>AURORA</b> <b>(LOWER LEVEL)</b>	<b>ARAPAHOE</b>	<b>DOUGLAS</b>	<b>JEFFERSON</b>	<b>Spruce</b>
<b>8:00 AM – 8:55 AM</b>	<b>Mo Saatara</b> University of California "Shot Put: Training and Development"	<b>Steve Silvey</b> Champion SSE Products "100/110 Hurdle Training"	<b>Tim Ives</b> Dowling Catholic (IA) High School "Identifying & Recruiting High School Distance Runners"	<b>Rick Bettger</b> Colorado State University "Coaching Litigation in Today's Society"	<b>Tom Southall</b> "Coaching Paralympic/Unified Athletes"
<b>9:00 AM – 9:55 AM</b>	<b>Quinton Dodson</b> Lutheran High School "What Makes a Jumper Jump Far?"	<b>Steve Silvey</b> Champion SSE Products "300 Hurdle Training"	<b>Tim Ives</b> Dowling Catholic (IA) High School "Mid-distance Track & Field Training: A Model for Developing 800/1600m Runners in our High School Programs"	<b>Tim Daggett</b> The Classical Academy "Building a Program: Thoughts on Leadership and Culture"	
<b>10:00 AM – 10:55 AM</b>	<b>Dylan Baumgarten</b> Grandview High School "Maximizing the High School High Jump Athlete"	<b>Steve Silvey</b> Champion SSE Products "400 Meter Training"	<b>Mark Stenbeck</b> Dakota Ridge High School "Faith, Process, and Bob Ross: Coaching the Modern High Schooler"	<b>Tim Daggett</b> The Classical Academy "Sprint Relays"	
<b>11:00 AM – 12:30 PM</b>	 <p><b>AWARDS: MITCHELL, VIGIL, SHARIFY, &amp; WOLFF, COACH OF THE YEAR, CHAMPIONSHIP AWARDS</b> <b>CHSAA UPDATES</b> <b>CTFOA RULES UPDATE FOR COACHES</b> <b>VENDOR DOOR PRIZES</b></p>				
<b>1:00 PM-4:00 PM</b>	<b>Colorado Track and Field Officials Association</b> Officials Certification				