

Conference Agenda as of 11/4/19

Thursday, December 12, 2019

5:00 pm – 9:00 pm	Registration Open
5:00 pm – 7:00 pm	Exhibits Open
7:00 pm – 8:00 pm	Welcome / General Session I – Coaching Better, Vern Gambetta, Gambetta Sports Training Systems
8:00 pm – 9:00 pm	General Session II, TBD
9:00 pm – 10:00 pm	M-F Athletic Social

Friday, December 13, 2019

7:30 am – 5:00 pm	Registration Open
7:30 am – 5:00 pm	Exhibits Open
7:30 am – 8:30 am	Expanded Continental Breakfast
8:30 am – 9:30 am	Concurrent Session I <ul style="list-style-type: none">• Slaying Sacred Cows - Training Truths and Lies, Jim Radcliffe, University of Oregon and Vern Gambetta, Gambetta Sports Training Systems• Traditional Training to Peak at Your Major Meet (Throws), Nicolas Garcia, Notre Dame High School• Early Season Training Essentials, Vince Anderson• The Science of Running: Acidosis Tolerance, Sprinting, and Stamina for Distance Runners, Steve Magness and Jonathan Marcus• High Jump Simplified and FULLY Explained so the High School Training Season Can Be a Successful One Harry Marra Developing a Learning Environment in the Pole Vault Rick Attig, Washburn University
9:30 am – 9:50 am	Break
9:50 am – 10:50 am	Concurrent Session II <ul style="list-style-type: none">• Plyometric Training Concepts in Speed and Power Development, Jim Radcliffe, University of Oregon• Long Sprints Training, Steve Silvey, Parrish Community High School

- Choosing and Training Hurdlers at Every Level, Vince Anderson
- The Science of Movement: Running Technique and Strength training could be a Force Multiplier, Steve Magness and Jonathan Marcus
- Long Jump...6-8 Mandates Technically for Success, Harry Marra
- Rotational Shot-Put Teaching Progressions, Nicolas Garcia, Notre Dame High School

10:50 am – 11:10 am

Break

11:10 am – 12:10 pm

Concurrent Session III

- The Science of Recovery: How Rest, Recovery, Nutrition are the Magic Bullet to Increasing Athletic Performance, Steve Magness and Jonathan Marcus
- Sprints, Sean Burrus, Hazelwood West High School
- Using Medicine Balls to Enhance Training for All Events! Nicolas Garcia, Notre Dame High School
- Planning for Success, Vern Gambetta, Gambetta Sports Training Systems
- Fifteen Minutes to a Better Relationship with Impact and Gravity Tom Nuzum, TheraPlus Physical Therapy
- Pole Vault Technique - As I See It, Rick Attig, Washburn University

12:10 pm – 1:30 pm

Attendees on Own for Lunch

1:30 pm – 2:30 pm

Concurrent Session IV

- How to Develop a Culture of Tradition that Includes the Process that Leads to Success in Distance Running, Bryant Wright, Festus High School
- Progressions to Further Conquer Impact and Gravity, Tom Nuzum, TheraPlus Physical Therapy
- Three Important Sprint Exercises Explained, Vince Anderson
- The 300 Hurdles, Steve Silvey, Parrish Community High School
- Triple Jump...6-8 Mandates Technically for Success

Harry Marra

- Pole Vault, Jeff Hartwig, MICDS

2:30 pm – 3:00 pm

Refreshment Break with Exhibitors

3:00 pm – 4:00 pm

Concurrent Session V

- Javelin - Training the Basics,
Vern Gambetta, Gambetta Sports Training Systems
- Understanding and Implementing Dr. Bondarchuks
Training System,
Nicolas Garcia, Notre Dame High School
- Lessons Learned from Coaching National Champions to
Champions of Nothing
Steve Magness and Jonathan Marcus
- The Art of 4x100 Exchanges, Vince Anderson
- Strength Training for Power Events, Jim Radcliffe,
University of Oregon

4:15 pm – 5:15 pm

MTCCCA Business Meeting

6:00 pm – 8:00 pm

Hall of Fame Induction / Dinner

8:00 pm – 11:00 pm

Social

Saturday, December 14, 2019

8:00 am – 11:30 am

Registration Open

8:00 am – 10:15 am

Exhibits Open

8:00 am – 9:00 am

Expanded Continental Breakfast 9:00

am – 10:00 am

Concurrent Session VI

- Coaches Panel,
Harry Marra, Vern Gambetta, Vince Anderson, and Jim
Ratcliffe
- Officials Session
Charley Welker

10:00 am – 10:15 am

Break with Exhibitors

10:15 am – 11:30 am

Concurrent Session VII

- Distance Panel,
Bryant Wright, Festus High School
Paul Zahller, MICDS
Jonathan Marcus
Joe Porter, St. Louis University High School
- Throws Panel,

Nicolas Garcia, Notre Dame High School

- Take Flywheel Training For A Spin
Tom Nuzum, TheraPlus Physical Therapy

11:30 am

Clinic Adjourns