

THE LONG ISLAND TRACK & FIELD COACHING SEMINAR SERIES

Are you looking for new ideas for your team or just want to sharpen your skills?

Have you ever wondered how some programs produce great teams and athletes year after year?

Are you serious about becoming the best coach possible?

Then The Long Island Track and Field Coaching Seminar Series is the place for you.

This is your chance to hear and share ideas with some of the best track and field educators in our region and to spend quality time with other track and field coaches across Long Island. Come to the **Wantagh Inn** and be a part of this outstanding 10 week program.

We have brought together some of the most well-known and knowledgeable coaches from the College and High School ranks to help our coaches make our athletes the best in the state. Each 45 minute clinic is designed to answer your questions about coaching a particular event group. Included will be, the science behind the event, choosing athletes for that event and setting up practices. In addition, discussions will include what equipment is needed and how to identify and correct problems.

Seminars are held Mondays, 7:45 pm at the Wantagh Inn, Railroad Ave., Wantagh. Registration begins at 7 pm

SEMINAR SCHEDULE

• Nov. 25: *Developing & Organizing a Successful Track & Field Program*

A panel discussion

• Dec. 2: *Sprint Training*

Key ingredients for a sound program including correct running mechanics, proper starts, workouts & training.

• Dec. 9: *Developing the Complete Track Athlete*

Warm-up sequence, drills and event specific preparation.

• Dec. 16: *The Horizontal Jumps*

Topics include, proper training methods and finding long and triple jumpers on your team.

• Dec. 23: *The Pole Vault*

Discussion will focus on the phases of the pole vault; coaching points, common problems and corrections.

• Jan. 6: *The Throwing events*

Several step-by-step drills for beginning, intermediate and advanced throwers.

• Jan. 13: *Building a Successful Middle Distance Program*

Discussion on the groundwork of building successful Middle Distance runners.

Jan. 20: *The Race walk / The Use of Technology in The Sport of Track and Field*

Jan. 27: *The High Jump*

Discussion will focus on physical preparation, correct form and technique drills for the approach, take-off, bar clearance and landing.

Feb. 3: *The Hurdles*

Drills designed for beginning and advanced hurdler. Discussion of the 8 step approach, speed improvement and upper and lower body strength training. The importance of developing a hurdle team

Clinicians include: Steve Borbet, Marty Brown, Bob Barratta, Dwayne Johnson, Joe Ryan, Joe Reilly, Nick Aurigemma, John McCree, Gary Westerfield, Kyle Brazeil, Harry Penny and Donald Ross.

If you attend and complete ten sessions you will receive a certificate of completion.

Fee structure (Dinner Buffet is included.)

Pre- registration: Ten Sessions - \$160.00, Individual Sessions - \$20.00,

The night of the clinic: \$26.00.

Pre-registration can be paid online via PayPal.

Space is limited so please reserve your seat.

Sponsored through generous donations from

NSAF, USATF Long Island, The Bob Barratta Foundation, Foundation Running Camps, Walk USA & Gary Westerfield, Paul Limmer, The Long Island Alliance Track Club, Bellport Youth Foundation, and the Nassau Coaches Association.

To register or for more information:

Rich Degnan: mbundr8029@aol.com

Cici Hall: cici_litf@yahoo.com

Or go to: long-island.usatf.org