



2008 SuperClinic

Schedule *(as of 24 June)*

Event Group	8:30am	9:45am	11:00am	12:00noon	1:45pm	3:00pm	4:15pm
Sprints Session	The Coach-Someone Special Dr. Rick McGuire	Gold Medal Sprint Panel Amy Deem, Dwayne Miller, Carol Smith Gilbert, James Williams Moderator- Brooks Johnson		I Can Do it in Practice but Not in Competition: Motor Learning Explanations and Concepts - Dr. Will Wu	C. Smith Gilbert Development of Power for Sprinting	Dwayne Miller tba	James Williams tba
Hurdle Session		Dr. Ralph Mann Technical Considerations and Latest Findings: 110/100 Hurdles	Dr. Ralph Mann Technical Considerations and Latest Findings: 400 Hurdles		400 Hurdle Gold Medal Panel Curtis Frye, Mike Holloway, Rahn Sheffield, George Williams, Gary Winckler, Ralph Lindeman-moderator		John McNichols Training for the 110/110 Hurdles: Requests for the Elite Athlete Perspective
Horizontal Jumps Session		Dr. Mel Ramey Runway Velocities and Force Plate Analysis of Olympic Caliber Horizontal Jumpers	Rock Light Approach, Preparation for takeoff in the Horizontal Jumps		R. Huntington Development of the Approach in the Long and Triple Jumps	Joe Walker A Simple and Holistic Approach to Coaching Long Jumpers	Al Joyner Bounding to the Top
High Jump Session		John Rembao Coaching Progressions of the High Jump	Dave Kerin Deconstructing the High Jump		Diane Wholey Technical Concepts of the High Jump	Sue Humphrey Training High Jumpers to a Gold Medal	tba
Pole Vault Session		Jim Bemiller Peak Performance Considerations in the Pole Vault	Jan Johnson History of the Pole Vault		Dave Nielsen Inversion Mechanics, Techniques, and Drills for the Pole Vault	Dr. P. McGinnis Energetics of the Pole Vault	Pat Licari Various Phases of the Pole Vault
Throws Session		Ramona Pagel Developing Strength with Speed in the Javelin	Bud Rasmussen Setting Up a Year Round Program for Throwers		Mohamad Saatara Developing Performance in the Hammer Throw	Brett Halter Maximizing the Ring for Tall Throwers	Dr. Bing Yu Biomechanics of the Throws
Endurance Session		Dr. Iain Hunter The Biomechanics of Distance Running: What is Optimal Technique?	Terrence Mahon Get to Know Your Athletes Better and Train More Effectively. How to Train Distance Runners Based on Their Individual Traits		Endurance Gold Medal Panel Bob Larsen, Juli Henner, Terrence Mahon, Pat Tyson		Jerry Schumacher tba
Auxiliary Session <i>moderator: Dr. Harmon Brown</i>		Ingrid Skoog Fueling Strategies to Optimize Training and Performance	Dr. Rick McGuire Coaching the Coach: Putting the C;s in SuCCCCCess		Duncan Atwood Identifying and Developing Critical Components of the Javelin	Cliff Rovelto Training for the Combined Event Athlete	tba
ELITETRACK Gold Medal Clinic by HPCsports.com		9:40-10:40 Tom Tellez Block Starts and Acceleration Mechanics	10:50-11:50 Tom Tellez Penultimate & Takeoff Mechanics in the Long Jump		12:00-1:00 Dr. L. Judge Maximizing Competition Performance: The warm-up and Post Activation Potentiation	1:30-2:20 Dave Kerin Eccentric Strength Development: Specific Means, For specific Strength, For the Jumps	2:30-3:20 Mike Young When a Plateau is a Good Thing: Extending Peak Performance During the Competitive Cycle
Auditorium Foyer	Vendors	Vendors	Vendors	Vendors	Vendors	Vendors	Door Prizes

- Location: South Eugene H.S., 400 East 19th (8 blocks west from Hayward Field)
- Registration: begins at 7:30am. Vendors Expo, snacks, and BBQ lunch will be available on site
- Updated information and registration: <http://www.usatf.org/groups/Coaches/education/specialPrograms/2008/SuperClinic>
- Super Clinic Coordinator: Dave Shrock: dshrock@pacbell.net, ph: 209.602-4023