

## **Georgia Track & Field Clinic at Wesleyan H.S. Norcross, Georgia**

**Saturday, January 19, 2013**

Registration: 7:30-10:00 a.m.

8:00-8:50 a.m.

(Theater) Bryan Hoddle 101 Dynamic Active Warm-up Drills for Track and Field

(McKeever) Adam Kedge Program Essentials: Track and Cross Country

(Rm 132) Derrick Harper, Long Jump

(Rm 130) Mike Judge, The Discus Throw Simplified

9:00-9:50 a.m.

(Theater) Kevin Young Hurdle Training Basics

(McKeever) Hal Fairbanks, Pole Vault (Pole Vault Atl) “ How to Teach Beginning Pole Vaulters”

(Rm 132) Cross Country Discussion Panel (Discussion group on cross country in Ga.)

(Rm 130) Sonya Robinson Training the 800m Champion Runner

10:00-10:50 a.m.

(Theater) Bryan Hoddle Writing Sprint, Hurdle, and Relay workouts for the high school athlete Part 1

(McKeever) Adam Kedge High School XC Training

(Rm 130) Derrick Harper Triple Jump

(Rm 132) Mike Judge, The glide shot put: Mastering the Basics

10:55-11:45 a.m.

(Theater) Kevin Young Championship Hurdle Training and Technique Tips

(McKeever) Jimmy Sorrells Peaking Workouts for cross country and distance events.

(Rm 130) Josh Glass (World Championships Medical Team) Injury Prevention and Strengthening Session

(Rm 132) Bryan Hoddle, High Jump

11:30-12:45 Lunch

12:35-1:25 p.m. (Theater) GHSA Mandatory Rules Clinic

1:30-2:20 p.m.

(Theater) Bryan Hoddle Writing Sprint, Hurdle, and Relay workouts for the high school athlete Part 2

(McKeever) Adam Kedge The Distances: 800m, 1600m, 3200m

(Rm 130) Hal Fairbanks Pole Vault Lesson #2 “Getting Pole Vaulters OFF the Ground”

(Rm 132) Dr. Tara Merritt Keeping Track Athletes Healthy and Injury Prevention Tips

2:30-3:20 p.m.

(Theater) Bryan Hoddle The little/ overlooked things that keep your sprinter and hurdler healthy and performing at a top notch level

(Rm 132) Eric Heintz, Cross Country Training

Clinicians (Short Bio on Clinicians in updated Schedule 2<sup>nd</sup> week of December)

Kevin Young-World Record Holder 400m Hurdles

Bryan Hoddle-2004 Athens Paralympic Coach & Motivational speaker

Derrick Harper-Jumps Coach at Stephenson High School

Mike Judge-Vice President USATF Georgia, National chair for the throwing events for USATF Coaches Education, trained over 50 Georgia State champions in the shot put and discus throw, trained 168 high school all-Americans in the throwing events, USATF Level 3 coach, IAAF Level 5 coach, founder and head coach Throw1deep club

Sonya Robinson-Former Elite Athlete and heavily involved with USATF Georgia. Sonya competed for a period of time on European tour mainly in 800 & 1500 meters.

Eric Heintz-Marist High School AAAA State Champions in Cross Country 2012

Jimmy Sorrells-Flowery Branch AAAA State Runner-ups in Cross Country 2012

Josh Glass-London Olympic Medical Staff

Dr. Tara Merritt-Dr. Sport Medicine/Physical Therapy

Adam Kedge-Head Coach at Albuquerque Academy where he has won 20 New Mexico State titles in the last 15 years. In 2011 Coach Kedge was named the Boy's National Coach of the year by the National High School Athletic Coaches Association.

## **Directions to Wesleyan High School-Norcross, Georgia**

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Wesleyan School is located in Norcross, Georgia, approximately five miles north of I-285, just past the intersection of Peachtree Parkway (Highway 141) and Spalding Drive. There are two entrances to the school; one is less than one quarter of a mile north of the Peachtree Parkway-Spalding Drive intersection, and the other is about one quarter of a mile east of that intersection on Spalding Drive.

### Directions From I-285:

Take the Peachtree Industrial North exit (east or west bound). When Peachtree Industrial forks to the right, take the left fork, Highway 141/Peachtree Parkway/Cumming. Continue on 141 to the traffic light at Spalding Drive. Take a right on Spalding (a Bank of America will be on your right). The entrance to Wesleyan will be on your left at the first traffic light.

### Directions From I-85 South:

From northeast Georgia, take I-85 South to the Beaver Run Exit and turn right on Beaver Run Road. Continue 2-3 miles to Buford Highway and turn right. At next light, turn left on Langford Road (Shell Gas Station on left). Continue on Langford (it will merge with Medlock Bridge Rd. before crossing Peachtree Industrial) to Spalding Drive. Turn left on Spalding (passing the new Norcross High School on the left) and continue until you see Wesleyan's football stadium on the right. Turn right at the light just past the stadium into the school property.

### Directions From Ga. 400 North:

Take Ga. 400 North to exit 7 Holcomb Bridge East. Head east to Spalding Drive. Turn left. Continue straight across Highway 141/Peachtree Parkway. Go to the first traffic light after the Peachtree Pkwy intersection and turn left into Wesleyan School.

### Directions From Ga. 400 South:

Take Ga. 400 South to exit 13 (Hwy. 141) and go south on 141. Proceed on 141 to

Spalding Drive (there will be a Wendy's on the left) and turn left at the traffic light onto Spalding. Go to the first traffic light and turn left into Wesleyan School.

**Lodging for Clinic: Make Reservations before Jan. 10<sup>th</sup> if Possible**

Lodging: Please ask for the Track Clinic Block of Rooms (Make Reservations Early)

**Atlanta Marriott Norcross**  
475 Technology Parkway  
Norcross, GA 30092  
p: 770-263-8558

**Rate: \$73.00 Plus Tax Free Wi-Fi**  
**(King or 2 Double Beds)**

**Registration Information:**

**Registration Information: Clinic Date: January 19, 2013**

**Time Schedule-8:00-3:20**

**The cost of the clinic will be \$45.00 per person. The fee will include lunch, rules clinic, and the clinic. A discount rate of \$40.00 person for schools of 3 or more coaches.**

**Who to write Check to:----Checks Payable: The Track/Cross Country Coaches of Georgia**

**Where to send Registration to:**

**\*\*You can just send me the names via e-mail: tomasasitton@bellsouth.net or tsitton@jackson.k12.ga.us**

**Payment Sent to:**

**Payable to: The Track/Cross Country Coaches of Georgia**

**Address: Tomy Sitton 3940 Suwanee Place Drive Suwanee, Georgia 30024**

<b>Name of School</b> _____	
<b>Coach Attending</b> _____	<b>Yrs Coaching</b> _____
<b>Coach Attending</b> _____	<b>Yrs Coaching</b> _____
<b>Coach Attending</b> _____	<b>Yrs Coaching</b> _____
<b>Coach Attending</b> _____	<b>Yrs Coaching</b> _____
<b>Coach Attending</b> _____	<b>Yrs Coaching</b> _____
<b>Coach Attending</b> _____	<b>Yrs Coaching</b> _____

**\*\*\*Coaches that have coached 20 or more years coaching in track please e-mail me the name, school, and # of years of coaching for the coach.**

**I want to thank the following people and businesses for their support of the clinic:**

**Sponsors:**  
**Atlanta Track Club**  
**M-F Athletics**

