

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

Saturday, January 14, 2012

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

8:10-9:00 a.m.

(Theater) Sprint Development for Track & Football Billy White Shoes Johnson
(McKeever) Coaching The High School Shot (Mike Van Winkle) (Habersham Central)
(Rm 132) "Management and Training for High School XC" Andy Christie (Mill Creek)
(Rm 130) Nutrition for Athletes Madeleine Outman (Ass't Track Coach Emory)

9:05-9:55 a.m.

(Theater) Dream Big "Qualities of Dreaming Big" Jim Ryun
(McKeever) Comprehensive Training Program for High School Sprinters (Brady Sigler)
(Rm 132) Pole Vault Basics Robbie Robertson (North Cobb)

10:00-10:50 a.m.

(Theater) Training the 400m Ralph White
(McKeever) "The Importance of a Yearly Plan for Distance Runners" (James Tigue-Parkview H.S.)
(Rm 130) Challenging The Myths' Why Running Form is not "One Size Fits All" Kyle O'Day (Continuum Sports Solutions)
(Rm 132) Hop, Skip, Jump (Teaching the Triple Jump) Scott Starr

10:55-11:45 a.m.

(Auditorium) Jim Ryun Random Thoughts on The Way to 4 Minutes
(McKeever) Comprehensive Training Program for High School Hurdles (Brady Sigler)
(Rm 130) Josh Glass (World Championships Medical Team) Injury Prevention and Strengthening Session
(Rm 132) Coaching The High School Discus (Mike Van Winkle) (Habersham Central)

11:30-12:30 Lunch

12:35-1:20 p.m. (Theater) GHSA Mandatory Rules Clinic

1:30-2:20 p.m.

(Theater) Training and Drills with the Hurdles (Ralph White)
(McKeever) Training the Middle Distance H.S. Runner (Andy Christie)
(Rm 130) Success with the Essentials other than Training Amy Eubanks Westminster (17 State Cross Country Titles)
(Rm 132) Track Sectional Information Meeting

2:25-3:20 p.m.

(Theater) Sprint Drills and Technique Billy White Shoes Johnson
(McKeever) Coaching the Long Jump (Ralph White)
(Rm 132) Track Sectional Information Meeting (Repeat of 1:30 Session)

Directions to Wesleyan High School-Norcross, Georgia

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 Ruin Exit and turn right on Beaver Ruin 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:

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: \$69.00 Plus Tax Free Wi-Fi

(King or 2 Double Beds)

Registration Information:

Registration Information: Clinic Date: January 14, 2012

Time Schedule-8:00-3:30

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 4 or more coaches. C

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

Name of School	_____
Coach Attending	_____
Coach Attending	_____
Coach Attending	_____
Coach Attending	_____
Coach Attending	_____
Coach Attending	_____

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

Check Gatifxc.com or e-mail me after December 20th for a possible updated schedule for the clinic.

Friday, January 13, 2012 Jim Ryun 7:30 p.m. at Marriott on Technology Drive.

Jim Ryun will speak at the Marriott (Meet Headquarters) at 7:30 p.m. He will be selling his book and autographing his book as well. (Small fee if not registered for Track Clinic) This Friday Night Session is free to those who are registered for clinic.

Saturday, January 14, 2012 Jim Ryun will be given his testimony at McEachern High School at 7:00 p.m. at the McEachern Performing Arts Center. Small fee of \$2.00 for attending this Saturday Night Session at McEachern.

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

Sponsors:

Atlanta Track Club

M-F Athletics

Gwinnett Road Runners

McEachern High School

Marriott Hotels