



**2019 FACA TRACK & FIELD CLINIC
HILTON—DAYTONA BEACH OCEANFRONT RESORT**

Clinic Schedule



** - Indicates this would be a good session for new coaches as well as more experienced coaches.

THURSDAY – Jan. 10th

11:00 AM - 4:00 PM CLINIC REGISTRATION

Scott Peters, Half Mile Timing (Vendor Area—All Day)

“Hy-Tek Trainings for District/Region/Invitational—Host Schools and Meet Managers”

12:30 PM - 1:15 PM Welcome and State Championship Coaches Panel

2018 State Championship Programs:

4A: Boys’ — Fernando Foyo - Miami Columbus:

3A: Boys’ — Darryl Elmore--- Miami Northwestern:

2A: Boys’ — John Battle - Hallandale

1A: Boys’ — Moushaumi Robinson, First Academy

Girls’ — Alex Armenteros – St Thomas Aquinas

Girls’ — Carmen Jackson --- Miami Northwestern

Girls’ — John Battle - Hallandale

Girls’ — Edwin McTureous – Oak Hall

1:30 PM - 2:30 PM Brian Fitzgerald

“Mythbusting: Re-examining some Common Practices in the Sprints”

Dave Anderson

“Teaching Each Phase of the Pole Vault”

David Halliday

“Survival Guide – Mid Distance – 1600m Training”

2:45 PM - 3:45 PM Brian Fitzgerald

“Teaching the Sprint Start”

Dave Anderson

“Building a Technical Model for Developing Triple Jumpers”

David Halliday

“3200m Training”

4:00 PM - 4:45 PM Dan Dearing, FACA State Track Chairman (DOUBLE ROOM)

“FACA Recommendations and Round-Table Discussion on Current Events in Florida HS T&F ”

5:00 PM - 5:55 PM Panel Discussion with Championship Coaches:

Doug Butler, Gary Droze, Mike Rivera

6:00 PM - 6:20 PM Coach of the Year Awards: (2017-18)

Boys Track & Field – Charles Stockton (Rockledge)

Boys Cross Country – Mike Rivera (Bolles)

Girls Track & Field – Paul Baur (Pinecrest)

Girls Cross Country – Trish Butler (St Thomas Aquinas)

6:30 PM - 7:30 PM FACA Coaches’ Social (main ballroom)

7:30 PM - 9:00 PM DINNER

9:30 PM - 11:30 PM Cabana/Suite: Meet and Greet with the Speakers by *M-F Athletic*



FRIDAY – Jan. 11th

(Triple Speaking Sessions)

8:00 AM - 4:00 PM

CLINIC REGISTRATION

Scott Peters, Half Mile Timing (Vendor Area—All Day)

“Hy-Tek Trainings for District/Region/Invitational—Host Schools and Meet Managers”

8:00 AM - 8:50 AM

Dave Anderson

“Coaching the Relays: Technical Execution, Fundamental Skills, Errors & Correction”

Note: This is not specific to just the Sprint Relays

9:00 AM - 10:00 AM

Brian Fitzgerald

“Maximizing Potential in the 4X100m – Session 1”

Glenn McAtee

“Discus: Teaching and Technique”

Dave Anderson

*“Developing Athleticism in the Distance Running Training Model”***

10:10 AM - 11:10 AM

Brian Fitzgerald

“Maximizing Potential in the 4X100m – Session 2”

Glenn McAtee

“Javelin: Teaching and Technique”

Dave Anderson

*“Introduction to Periodization – Planning weeks, & Seasons”***

11:20 AM - 12:00 AM

Ed Thompson, FHSAA and Scott Peters, Half-Mile Timing & Data

“FHSAA UPDATE: New NFHS Rules for Track & Field—Q & A Session and State Meet Update”

12:00PM - 1:00 PM

Lunch Break

1:00 PM - 2:10 PM

Florida Track & Field—Hall of Fame

Inductees: Gary Droze (Maclay), Earl Johnson (Seabreeze), Johnny Love (Oak Ridge),
Lavera Morris (Oak Ridge), Geoff Pietsch (Ransom Everglades)

Ronald L. Book Distinguished Service Award: Yvonne D. Smith-Day

Jimmy Carnes Lifetime Achievement Award: Brooks Johnson

2:15 PM - 3:05 PM

Robert Hackett, BSN Sports*

“Speed and Strength for Track and Field”

3:15 PM - 4:15 PM

Dan Dearing

*“Practice Organization”***

Glenn McAtee

“High Jump: Teaching and Technique”

Bryan Jackson

*“Introduction to Endurance Training”***

4:30 PM – 5:30 PM

Brian Fitzgerald

*“Teaching Max Velocity Sprint Mechanics”***

Glenn McAtee

“Shot Put: Teaching and Technique”

Bryan Jackson

“Developing the 400/800 Athlete”

5:40 PM – 6:30 PM

Brooks Johnson – Fireside Chat with Hall of Fame Coach

6:30 PM - 8:30 PM

Dinner Break



9:00 PM -

Track & Field Coaches' Social presented by ***M-F Athletic***

SATURDAY – Jan. 12th

- 9:00 AM - 9:50 AM **Adrian Mann, University of Florida**
“Coaching the 100/110m and 300m Hurdles”
Nic Peterson, University of Florida
“Training a Combination Horizontal Jumper – Long and Triple Jump”
Dave Anderson
“Distance Running Workout Constructs”
- 10:00 AM - 10:50 AM **Mellanee Welty, University of Florida**
*“Coaching Athletes to be Dynamic and Athletic”***
Dave Stelnik – Direct Athletics (in Distance Room)
- 11:00 AM - 11:50 PM **(ALL SPEAKERS ON A PANEL)**
“Q & A – Everything You Ever Wanted to Ask”
Officials Instruction – Ed Thompson – in Distance Room
- 12:00 PM - 12:30 PM **Dan Dearing, FACA State Track & Field Chairman**
“FACA Recommendations Approval and General Wrap-Up Discussion and