2017 FACA TRACK & FIELD CLINIC
HILTON—DAYTONA BEACH OCEANFRONT RESORT

Clinic Schedule

**THURSDAY – Jan. 5th**

**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**
2016 State Championship Programs:

4A: Boys’—Fred Finke — Lyman ; Girls’— Mark Napier — Lakewood Ranch
3A: Boys’— Philip Browning — Chiles; Girls’— Carmen Jackson — Miami Northwestern
2A: Boys’— Greg Barnes — American Heritage; Girls’— Dan Dearing — Bolles
1A: Boys’— Arron Prather — Admiral Farragut; Girls’— Edwin McTureous — Oak Hall

**1:25 PM - 2:15 PM**

**Dan Dearing, The Bolles School, Head Coach**
Track 101 - “Practice Organization and Meet Management in High School Track & Field”

**Andy Eggerth, Head Coach, Kennesaw State University**
“High Jump: Creating Top Performing High Jumpers”

**Devlyn Lovell, Head Coach Antonian College Prep, San Antonio, TX**
“Key Elements of Distance Training”

**2:25 PM - 3:15 PM**

**Loren Seagrave, IMG Academy**
“Developing Work Capacity for teenage athletes”

**Andy Eggerth, Head Coach, Kennesaw State University**
“Explosive Training for Jumps athletes”

**Devlyn Lovell, Head Coach Antonian College Prep, San Antonio, TX**
“Team Building”

**3:25 PM - 4:15 PM**

**Loren Seagrave, IMG Academy**
“Teaching Dynamic Warm Up and Drills”

**4:20 PM - 5:00 PM**

**Dan Dearing, FACA State Track Chairman (DOUBLE ROOM)**
“FACA Recommendations, All-State Team Nominations and Round-Table Discussion on Current Events in Florida HS T&F”

**5:10 PM - 5:55 PM**

**Keynote Session**
Loren Seagrave, IMG Academy

**6:00 PM - 6:20 PM**

*Coach of the Year Awards: (2014-2015)*
Boys Track & Field – Tom Bundy, Astronaut
Boys Cross Country – Jim Schmitt, Mandarin
Girls Track & Field – Mark Napier, Lakewood Ranch
Girls Cross Country – William Sullivan - Brevard Running Camp / Wolfson

**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: Dan Dearing, FACA State Track Chairman - “FACA Recommendations—Round Table”
Meet and Greet with the Speakers by M-F Athletic
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| 8:00  | **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  | **Tim Boeni, Jacksonville University**  
“Strength Training and Drills for High School Track & Field (All events)” |
| 9:00  | **Ron Grigg, Head Coach Jacksonville University**  
Dave Wollman, Former Head Coach, Southern Methodist University &  
Cory Young, Associate Head Coach, University of Miami  
“Coaching the Discuss”  
Devlyn Lovell, Head Coach Antonian College Prep, San Antonio, TX  
“Endurance Program Design” |
| 10:00 | **Ron Grigg, Head Coach Jacksonville University**  
Dave Wollman, Former Head Coach, Southern Methodist University &  
Cory Young, Associate Head Coach, University of Miami  
“Training for the 3200” |
| 11:00 | **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” |
| 11:40 | Lunch Break |
| 1:00  | **Florida Track & Field—Hall of Fame**  
Inductees: Carlos Leonard, Cyril Pinder, Bobby Ennis, David Halliday, Janice Thurston, John Stephens  
Ronald L. Book Distinguished Service Award: Ricky Quintana  
Jimmy Carnes Lifetime Achievement Award: John Hughes |
| 2:15  | Nutritionist in Distance Room |
| 3:15  | **Loren Seagrave, IMG**  
“Neuro Bio-Mechanics of Maximum Velocity”  
Andy Eggerth, Head Coach, Kennesaw State University  
“Long Jump—Technique and Teaching”  
Devlyn Lovell, Head Coach Antonian College Prep, San Antonio, TX  
“What Makes Programs Great” |
| 4:15  | **Loren Seagrave, IMG**  
“Coaching the Relays”  
Mark Napier, Lakewood Ranch HS  
“Coaching the Multi-Event Athlete”  
Kelly Phillips, Florida State University  
“FSU Distance Training” |
| 5:15  | **Fireside Chat with Loren Seagrave, Kibwe Johnson, Dwight Phillips, Ron Grigg, Kelly Phillips (DOUBLE ROOM)** |
| 6:15  | Dinner Break |
| 9:00  | **Track & Field Coaches’ Social** presented by M-F Athletic **
SATURDAY – Jan. 9th

9:00 AM - 9:45 AM  Ron Grigg, Jacksonville University
“100m/110m Hurdles”
Andy Eggerth, Head Coach, Kennesaw State University
“Triple Jump – Technique and Teaching”
Devlyn Lovell, Head Coach Antonian College Prep, San Antonio, TX
“Year Round Training”

10:00 AM - 10:45 AM  Loren Seagrave, IMG
“Neuro Bio-Mechanics of the Start and Acceleration”
Andy Eggerth, Head Coach, Kennesaw State University
“Pole Vault – Teaching and Technique”
Ron Grigg, Head Coach, Jacksonville University
“The Speedy Middle Distance Runner”

11:00 AM - 11:50 PM  Loren Seagrave, Devlyn Lovell, Ron Grigg, Dwight Philips, Andy Eggerth
“Q & A – Everything You Ever Wanted to Ask”

12:00 PM - 12:30 PM  Dan Dearing, FACA State Track & Field Chairman
“FACA Recommendations Approval and General Wrap-Up Discussion and