

8th Annual

CRASH COURSE

TRACK & FIELD CLINIC

Saturday, February 10, 2024

CHENEY HIGH SCHOOL

800 N Marshall Street, Cheney, KS 67025

Crash Course is a one-day, fast-paced clinic focused on giving coaches practical demonstrations to enhance their track and field knowledge. Instead of a typical lecture format, our clinicians will lead you through teaching progressions, drills, and other ideas you can use with your athletes.

Tentative schedule:

8:00 - 8:50am: Check-in and on-site registration

8:50 - 9:00am: Welcome and introductions

9:00 - 9:50am: Session 1

Station 1 - Weight training

Station 2 - Nutrition

Station 3 - Long jump

10:00 - 10:50am: Session 2

Station 1 - Shot put

Station 2 - Triple jump

Station 3 - Sprint training design

Station 4 - Distance training (physiology)

11:00 - 11:50am: Session 3

Station 1 - Starting blocks / acceleration

Station 2 - High Jump

Station 3 - Core / auxillary

12:00 - 1:30pm: LUNCH (included w/ registration fee)

1:30 - 2:20pm: Session 4

Station 1 - Hurdles

Station 2 - Distance training design

Station 3 - Discus

2:30 - 3:20pm: Session 5

Station 1 - Relays

Station 2 - Pole vault

Station 3 - Javelin

Station 4 - Warm up, etc

Event hosts:

Willie Adkins, Buhler HS

wadkins@usd313.org, 620-899-0552

Rich Simmons, Cheney HS

rsimmons@usd268.org, 316-772-8869

Registration fee: \$50 per person when registering before the day of the clinic (\$65 for day-of registration)
Checks payable to "Cheney Running"

Name(s): _____

School: _____ Number of coaches attending: _____

Phone: _____ email: _____

Mail registration form and check to Rich Simmons, 125 1/2 N Main, Cheney, KS 67025
Register online by visiting www.tracknerds.com/crash-course