

10th Annual
CRASH COURSE
TRACK & FIELD CLINIC
Saturday, February 28, 2026
Cheney High School

800 N Marshall, 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

Topic 1 - Weight training

Topic 2 - Distance training

Topic 3 - Hurdles

Topic 4 - Pole vault

10:00 - 10:50am: Session 2

Topic 1 - Long jump

Topic 2 - Sprint training

Topic 3 - Core / auxillary

11:00 - 11:50am: Session 3

Topic 1 - Distance training

Topic 2 - High Jump

Topic 3 - Building team culture

Topic 4 - Javelin

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

1:30 - 2:20pm: Session 4

Topic 1 - Starting blocks / acceleration

Topic 2 - Shot put

Topic 3 - Warm up, etc.

2:30 - 3:20pm: Session 5

Topic 1 - Relays

Topic 2 - Discus

Topic 3 - Triple jump

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