

# CRASH COURSE

Saturday,  
February 17,  
2018



Track & Field  
Clinic

# BUHLER HIGH SCHOOL

611 N Main Street, Buhler, KS 67522

*Our goal is to give coaches hands-on instruction of the basic (and possibly more advanced) techniques and drills associated with track and field.*

*Instead of a typical lecture format, our clinicians (fellow Kansas coaches) will lead you through teaching progressions, drills, and other ideas you can use with your athletes. Participation encouraged, but not required!*

*It should be a fun, fast-paced day. Last year in Cheney we had 125 coaches in attendance and received tons of positive feedback. We hope this year will be even better.*

#### **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 - Sprint training design

Station 3 - Video analysis (jumps)

10:00 - 10:50am: Session 2

Station 1 - Shot put

Station 2 - Distance training design

Station 3 - Block starts / acceleration

Station 4 - Plyometrics / multi-throw routines

11:00 - 11:50am: Session 3

Station 1 - Team warm-up concepts

Station 2 - Relays

Station 3 - Triple jump

Station 4 - Hammer throw (presenter pending)

11:50am - 1:10pm: LUNCH (included w/ registration fee)

1:10 - 2:00pm: Session 4

Station 1 - Hurdles

Station 2 - Long jump

Station 3 - Javelin

Station 4 - Core / weights without weights

2:10 - 3:00pm: Session 5

Station 1 - High jump

Station 2 - Pole vault

Station 3 - Discus

Station 4 - Using technology in track & field

#### **Event hosts:**

Willie Adkins, Buhler HS

wadkins@usd313.org, 620-899-0552

Rich Simmons, Cheney HS

rsimmons@usd268.org, 316-772-8869

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Registration fee: \$50 per person before day of clinic; \$65 day of; 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 via email at [rsimmons@usd268.org](mailto:rsimmons@usd268.org)