



TRACK LUNCH & LEARN NOVEMBER 8, 2017

8:30 am – 9:00 am	REGISTRATION
9:00 am – 9:45 am	SESSION #1 - Sprint Drills and the “Start”
9:45 am – 10:00 am	BREAK
10:00 am – 10:45 am	SESSION #2 - Conditioning for Sprints/Distance
10:45 am – 11:00 am	BREAK
11:00 am – 11:30 am	AHSAA UPDATES – QUESTIONS & ANSWERS - AHSAA staff
11:30 am – 12:15 pm	LUNCH (to be provided)
12:15 pm – 1:00 pm	SESSION #3 - Hurdles
1:00 pm – 1:15 pm	BREAK
1:15 pm – 2:00 pm	SESSION #4 – question/answer from coaches - Q & A
2:00 pm – 2:15 pm	CLOSING & DOOR PRIZES

*Certificate of Attendance will be given at the conclusion of the clinic.
Location: 7325 Halcyon Summit Dr., Montgomery, AL 36117*