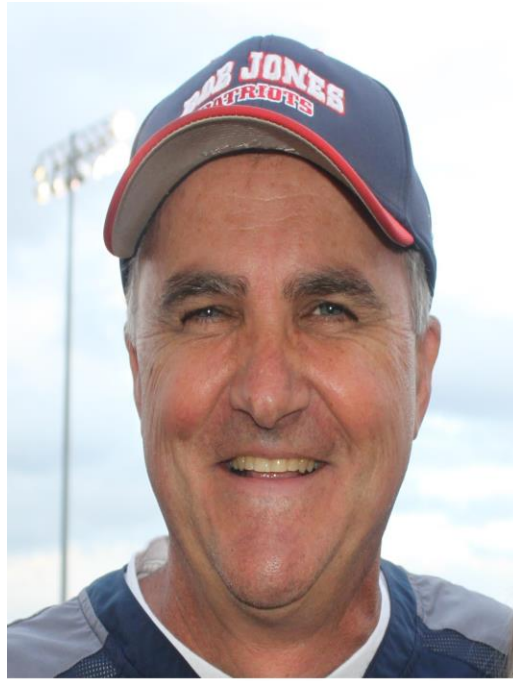


TRACK AND FIELD COACHING SCHOOL

WEDNESDAY, JULY 18

- 7:30 a.m.** Auburn University Montgomery
All-Star Cross Country Meet (Girls)
- 8:00 a.m.** Auburn University Montgomery
All-Star Cross Country Meet (Boys)
- 8:00 – 9:00 a.m.** Alabama Ballroom E
New Coaches Orientation Clinic
Kent Chambers, Bob Jones High School, Retired
- 9:00 – 9:50 a.m.** Alabama Ballroom C/D
“Sprinting the FSU Way”
Speaker: Brandon Hon, Florida State University
Moderator: Steve Reaves, Winfield High School
- 10:00 – 10:50 a.m.** Alabama Ballroom C/D
“How to Shave Seconds in Relays”
Speaker: Brandon Hon, Florida State University
Moderator: Steve Reaves, Winfield High School
- 11:00 – 12:00 p.m.** Alabama Ballroom C/D/E
Rules Clinic
(Coaches more than 10 minutes late will not be scanned)
- 12:00 – 1:30 p.m.** Lunch (On your own)
- 1:00 – 1:30 p.m.** Alabama Ballroom B
AHSADCA Members Meeting
Selection of New Officers
Membership Update
- 1:30 – 2:30 p.m.** Alabama Ballroom C/D
“FSU Hurdling”
Speaker: Brandon Hon, Florida State University
Moderator: Steve Reaves, Winfield High School
- 2:30 – 3:30 p.m.** Alabama Ballroom C/D
“Strength Training for Track Athletes”
Speaker: Brandon Hon, Florida State University
Moderator: Steve Reaves, Winfield High School



Kent Chambers



Brandon Hon