

# 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: Brendan 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: Brendan 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: Brendan Hon, Florida State University  
Moderator: Steve Reaves, Winfield High School
- 2:30 – 3:30 p.m.** Alabama Ballroom C/D  
**“Input of Data for Sectional/State”**  
Speaker: Tim Loreman, Alabama Mile Split  
Moderator: Steve Reaves, Winfield High School



Brendan Hon



Kent Chambers