



Middle School Coaches Track and Field Clinic

DATE and TIME: Saturday 2/10/18 – 9 AM – 3 PM @ Webb HS

Clinic Schedule

Classroom

9 -9:15 AM – Sign in / Materials Handout – Introduction

9:15 AM – 10:15 AM – Managing your program – how to identify athletes for event groups

10:15 -11:00 – Sprints (100/200 /400)

11:00 – 11:45 – Distance (800 / 1600 / 3200)

11:45 – 12:30 – Lunch (will go over some questions while eating)

Learn by Doing (Webb Track)

12:30 – 1:30 – Throws (Shot and Disc, how to setup as well)

1:30 – 2:15 – Long Jump / Relays

2:15 – 3pm – Meet management – Track safety. This session will take place at both the track and classroom. Weather permitting, mostly outside.

**** For those interested in becoming more familiar with the online entry system / meet management software that will be used by KYA for the 2018 MS Track Season, we will include this with the meet management section *****