To Register

The Clinic is free for LTFCA Members. To join or renew membership, go to www.ltfca.com and click on the “Join Now” link. You can pay online or print an application to mail in.

Dues are $60 if paid before December 31, 2018 and $75 if paid after that date. On-site registration cost for the 2019 Clinic is $75. Thursday’s meal costs $20 extra. Credit cards are not accepted.

Out of State Coaches

Coaches from outside of Louisiana are welcome to attend the LTFCA Clinic at the same rates listed above.

Hotel Information

Garden Plaza Hotel and Conference Center
2032 SW Evangeline Thruway, Lafayette, LA 70501

(337) 233-6815

Directions

From I-10: Take Exit 103A South, then take first left onto frontage road. The hotel is 1/4 mile down the service road.

From I-49: Traveling south, immediately after passing the I-10 intersection, take first left onto the frontage road. The hotel is 1/4 mile down the frontage road.

2019 LTFCA Clinic Featured Speakers

Dave Turnbull, Summit High School
Entering his 19th year at the helm of Summit High School’s (Bend, OR) track and field program, Turnbull looks to add to his legacy as one of the premier jumps coaches in the nation. Turnbull has coached over 70 state champions and 60 scholarship student-athletes.

Dr. Jeff Messer, Desert Vista High School
With a Ph.D in exercise physiology and 20 years of coaching experience, the 2016 USTFCCA’s National Coach of the Year brings a scientific approach to the world of distance running.

Lamont Smith, The Perfect Method
As a coach with both the CL Stars Track Club, Carl Lewis’ The Perfect Method program, and founder of the Lamont Smith Foundation, the 1996 4x400 gold medalist dedicates his life to developing America’s youth on and off the track.

Derek Yush, University of Alabama
In just his second year with the Crimson Tide, Yush is quickly establishing his throwers as some of the top student-athletes in our nation.

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Thanks to our clinic sponsors: Nola.com, the New Orleans Track Club, and the Allstate Sugar Bowl. We offer four rooms simultaneously, each dedicated to an event-specific theme – something to interest you at every minute. Great speakers; great fellowship.
**Clinic Schedule**

### General Clinic Schedule

**Thursday, January 17**
- 2:00-3:15: Regional Meetings
- 3:30-4:00: Regional Director Meeting
- 4:15-5:00: LHSAA Rules Clinic
- 5:15 - 6:15: Lifetime Achievement Dinner
- 6:30-9:30: Clinic Sessions
- 9:40-til: MF Coaches Social & LTFCA Coaches Awards

**Friday, January 18**
- 8:30-12:20: Clinic Sessions
- 12:30: LTFCA Business Meeting

### Sprints/Hurdles/Relays Room

**Thursday, January 17**
- 6:30-7:20: Lamont Smith, The Perfect Method
  - The Science and Art of Sprinting
- 7:30-8:20: Lamont Smith, The Perfect Method
  - The Science and Art of Sprinting
- 8:30-9:20: Lamont Smith, The Perfect Method
  - The Science and Art of Sprinting

**Friday, January 18**
- 8:30-9:20: Bill Jones, Episcopal HS
  - Incorporating and Using Circuits to Supplement and Bridge Gaps in Training
- 9:30-10:20: Vinessa Barthelomew, Univ. of New Orleans
  - The Road to Collegiate Running
- 10:30-11:20: Hatem Bachar, West Feliciana HS
  - So Now You Have to Coach Sprints
- 11:30-12:20: Clayton O’Callaghan, Univ. of New Orleans
  - Preparing Student-Athletes for the Recruiting Journey

### Jumps Room

**Thursday, January 17**
- 6:30-7:20: Dave Turnbull, Summit HS
  - Triple Jump: Concepts and Applications for the High School Athlete
- 7:30-8:20: Dave Turnbull, Summit HS
  - Triple Jump: Concepts and Applications for the High School Athlete
- 8:30-9:20: Dave Turnbull, Summit HS
  - High Jump: Training and Technical Components for the High School Jumper

**Friday, January 18**
- 8:30-9:20: Boo Schexnayder, Louisiana State University
  - So Now You Have to Coach Jumps
- 9:30-10:20: Dave Turnbull, Summit HS
  - Long Term Investment: The Psychology of Getting the Best Out of Your Program and Your Athletes
- 10:30-11:20: Kyle Pierce, LSU-Shreveport
  - The High School Quadrennium: Implementing the Basic Strength and Power Exercises for a Four-Year Plan
- 11:30-12:20: Jason Brown, St. Charles Catholic HS
  - Managing Triple Jump Development

### Distance Room

**Thursday, January 17**
- 6:30-7:20: Dr. Jeff Messer, Desert Vista HS
  - Endurance Training: Current Science & Application to Training Program Design
- 7:30-8:20: Dr. Jeff Messer, Desert Vista HS
  - Endurance Training: Current Science & Application to Training Program Design
- 8:30-9:20: Dr. Jeff Messer, Desert Vista HS
  - Four NXN Trips, Two Programs, Two Genders, One Set of Training Principles

**Friday, January 18**
- 8:30-9:20: Jordan Reed, ED White HS
  - Planning Ahead: Outlining a Training Schedule for Cross Country
- 9:30-10:20: Craig Moss, Cedar Creek HS
  - Don’t Stop Believing: Laying the Foundation for the Future
- 10:30-11:20: Dr. Kasey Hill, Oschner Medical
  - Running Medicine: Maximizing Performance While Minimizing Injuries
- 11:30-12:20: Nick Smith, West Feliciana HS
  - So Now You Have to Coach Distance

### Throws Room

**Thursday, January 17**
- 6:30-7:20: Derek Yush, Univ. of Alabama
  - Coaching the Glide Shot Put from Grip to Delivery
- 7:30-8:20: Derek Yush, Univ. of Alabama
  - Coaching the Discus Throw: An Advanced Approach to Build a Discus Champion

**Friday, January 18**
- 8:30-9:20: Jared Tyler, Univ. of New Orleans
  - Stretching the Discus
- 9:30-10:20: John Talley, Parkview Baptist HS
  - So Now You Have to Coach Throws
- 10:30-11:20: Brian Bizette, Port Allen HS
  - Starting and Finishing a Shot Putter
- 11:30-12:20: Kyle Pierce, LSU-Shreveport
  - The High School Quadrennium: Implementing the Basic Strength and Power Exercises for a Four-Year Plan