

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.



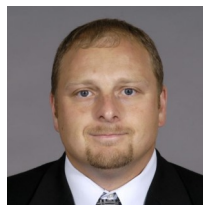
Dr. Jeff Messer, Desert Vista High School

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.

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.



Everything New Orleans



Louisiana Track & Field Coaches Association



2019 Annual Clinic

January 17 & 18, 2019

Garden Plaza Hotel and Conference Center

2032 SW Evangeline Thruway,
Lafayette, LA 70501

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

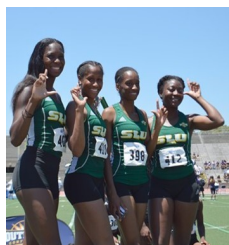
Thursday, January 17

- 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

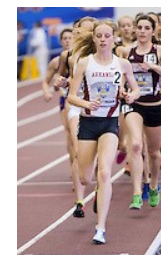
Thursday, January 17

- 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
- 8:30-9:20: Derek Yush, Univ. of Alabama
Speed + Strength Training for the Throws



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

