

2022 Missouri Track and Cross Country Coaches Association Clinic					
Thursday, December 8, 2022					
Time	Event	Presentation Title	Speaker Name	Topic (sprints, distance, jumps. Etc.)	
5:00 pm - 9:00 pm	Registration Open				
7:00pm - 8:00 pm	Welcome / General Session I	Amor Fati: An Evolution of a Track Coach by Bob Thurnhoffer	Bob Thurnhoffer	Keynote	
8:15 pm - 9:15 pm	General Session II	Developing Young People (and Young Coaches) Through Athletics	Irving (Boo) Schexnayder	Keynote	
9:15 pm - 10:00 pm	Social with M/F Athletics	Social		Social	
Friday, December 9, 2022					
7:30 am - 5:00 pm	Registration Open				
8:30 am - 9:30 am	Breakfast	Expanded Continental Breakfast			
9:30 am - 10:30 am	Concurrent Session I				
		A College Coach's Thoughts on Developing High School Sprinters	Bob Thurnhoffer	Sprints	
		Coaching the Middle Distance Athlete	Todd Warner	Distance	
		Javelin Session: Keeping it Simple and Signs of Overtraining	Brian Allen	Throws	
		Technique and accuracy in the Long Jump Approach	Irving (Boo) Schexnayder	Horiz. Jumps	
		Planning the Season for the High School Sprint Hurdler	Kenneth Anderson	Hurdles	
10:30 am - 10:50 am	Break	Break			
10:50 am - 11:50 am	Concurrent Session II				
		How to Maneuver Through the College Recruiting Process	Angela Williams	Sprints	
		Competition Cut Short: The Coach's Role in Eating Disorder Prevention and Discussion	Rachel Steil	Distance/ Nutrition	
		Glide vs Rotation	Brian Allen	Throws	
		The Triple Jump – Technique and Teaching	Irving (Boo) Schnexnayder	Horiz. Jumps	
		Pole Vault Psychology	Shawn Francis	Pole Vault	
11:50 am - 1:30 pm	Lunch	Attendees on own for lunch			
1:30 pm - 2:30 pm	Concurrent Session III				
		Ways to Construct and Coach Relays	Angela Williams	Sprints	
		Using the Brain to Maximize Track and Field Performance	Tyler Rathke	Neurological	
		Discus Essentials - Practice Planning	Joe Frontier	Discus	
		Hurdle Drills and Progressions	Kenneth Anderson	Hurdles	
		Pole Vault Tools For Your Tool Box	Shawn Francis	Pole Vault	
2:30 pm - 3:00 pm	Refreshment Break	Afternoon Break (beverages and snacks)			
3:00 pm - 4:00 pm	Concurrent Session IV				
		Performing Great when it Matters Most!	Matt Candrl	Sports Psych	
		Issues in Contemporary 400m Training	Bob Thurnhoffer	Sprints	
		Herky Tough: Sustaining an XC Program with a Chip on Its Shoulder	Kyle Davis	Distance	
		High Jump, Using Science and Art to Develop the HS Athlete	Liz Peterson	High Jump	
		Discus: Errors and Corrections - Connecting Video Analysis & the Next Practice	Joe Frontier	Throws	

4:15 pm - 5:15 pm	MTCCCA Business Meeting	MTCCCA Business Meeting & Team Awards				
6:00 pm - 8:00 pm	Hall of Fame	Hall of Fame Dinner and Awards				
8:00 pm - 11:00 pm	Social with Exhibitors	Social with Exhibitors				
<b>Saturday, December 10, 2022</b>						
8:00 am - 9:00 am	Registration / Exhibits	Registration Open				
8:00 am 9:00 am	Breakfast	Expanded Continental Breakfast				
9:00 am - 10:00 am	<b>Concurrent Session V</b>					
		Sprints Panel	Bob Thurnhoffer, Caesar Morales, Angela W	Sprints Panel		
		Throws Panel	Tyler Rathke, Joe Frontier, Cortni Gonzales,	Throws Panel		
		Officials Session	Reinhard van Zyl	Officials		
		High Jump Case Studies and Discussions	Charley Welker	High Jump		
		Culture First – Building a Healthy & Happy Program	Liz Peterson	Distance/Culture		
10:00 am - 10:15 am	Break	Ryan Unruh				
10:15 am - 11:15 am	<b>Concurrent Session VI</b>	Break				
		Distance Panel	Jeremy Goddard, Todd Warner, Kyle Davis, Ryan Unruh	Distance Panel		
		Jumps Panel	Liz Peterson, Matt Candrl, Shawn Francis	Jumps Panel		
		Coaching the Long Hurdler	Caesar Morales	Hurdles		
		Javelin: Learn As You Do	Reinhard van Zyl	Javelin		
		Officials Session	Ron Whittaker	Officials		
11:30 AM		Clinic Adjourns				