

2016 Coaches Clinic Schedule

(Subject to change)

Clinic				
Day	Time	Speaker	Topic	Location
Friday 11/18/16	8:45	Registration for Biomechanics Observation		Williams-Brice Stadium Football Weight Room
	9:00AM to 4:15 PM	Dr Ralph Mann	Biomechanical Analysis Observation	Outdoor Track
	4:15 M to 5PM	Registration		
	5:05PM to 6:05PM	Keith Scruggs	Beyond the Barbell	Darla Moore Business School
	6:10PM to 7:10PM	Boogie Johnson	Short Hurdles	Darla Moore Business School
	7:15PM to 8:15PM	Al Joyner	Jumping Events	Darla Moore Business School

Saturday 11/19/16	Time	Speakers	Topic	Location
	8:45AM to 9:00 AM	Registration		Darla Moore Business School
	9:05 AM to 11.00 AM	Chris Johnson	400m and The Transition for the 400m to the 800m	Darla Moore Business School
	11:05 AM to 12:35 PM	Dr. Ralph Mann	Sprint Mechanics	Darla Moore Business School
Lunch				
	1:35 PM to 2:35 PM	Mondo Facility Tour	Mondo Technology	Outdoor Track
	2:40 PM to 4:10 PM	Dr. Ralph Mann	Hurdles Mechanics	Darla Moore Business School
Break				
	4:30 PM to 5:30 PM	Boogie Johnson	400m Hurdle training	Darla Moore Business School
	5:30 PM to 6:30PM	Bobby Kersee	Development of Olympic Athletes	Darla Moore Business School