

53rd Annual ITCCCA Track & Field Clinic

Oak Park-River Forest High School

January 9th, 2016

7:30-8:30 - Registration
8:30-9:30 - Session #1
9:45-10:45 - Session #2
11:00-Noon - Session #3
12:15-1:15 - Session #4
1:30-3:00 - HOF Luncheon
3:30-??? - Clinic Social

2016 Hall-of-Fame Class

Tom Akers – Eastern Illinois University
Theresa Butler – Kankakee H.S.
Jeff Butler- Monticello H.S. / Tuscola H.S.
Monica Dawson – Chicago Morgan Park H.S..
Debbie Hinchcliffe – Homewood-Flossmoor H.S.
Dan Iverson – Naperville North H.S.
Leroy Millsap – Cahokia H.S.

2015 Athlete-of-the-Year Awards

Girl's Track & Field – Brittny Ellis, Warren H.S.
Boy's Track & Field – Jesse Reiser, McHenry H.S.

2015 ITCCCA Distinguished Service Awards

John Betteridge
Jim Ruppert

2015 Coach-of-the-Year Awards

1A Girl's Track & Field - Anna McQuade, Aurora Christian
2A Girl's Track & Field – Derrick Calhoun, Morgan Park
3A Girl's Track & Field – Brian Evans, Lincoln Way East

1A Boy's Track & Field – Andy Accardi, Sterling Newman
2A Boy's Track & Field – Mike Schmidt, Burlington Central
3A Boy's Track & Field – Don Michelin, Evanston

1A Girl's Cross Country – Creston Fenn, Kewanee Wethersfield
2A Girl's Cross Country - Chris Muth, Yorkville
3A Girl's Cross Country – Kevin Gummerson, Minooka

1A Boy's Cross Country – Chris Setzler, Johnsburg
2A Boy's Cross Country – James Centella, Grayslake Central
3A Boy's Cross Country – John O'Malley, Carl Sandburg

2016 Pasquini Awards

Assistant Coach Achievement Award

Kevin Bobbit - Lisle H.S./Palatine H.S.
Vernard Harris – Evanston H.S.
Abel Reyes – Oak Park River Forest H.S.
Tim Pinnick – Downers Grove South H.S.
David Liszka – Sycamore H.S.

Outgoing ITCCCAN President

Mike Stokes - Prospect H.S.

Incoming ITCCCAN President

Mark Tacchi – Glenbard South H.S./ Retired

Clinic Sessions I & II

Session I : 8:30 - 9:30

- Rotational Throws, Renee Zellner North Cafeteria
- Distance Socratic, Dan Iverson & Joe Parks Large Auditorium
- Short Hurdles,, Tommy Badon Small Auditorium
- Jumps Training, Nathan Taylor North Field House
- Pole Vault , Doug Jaraska South Field House
- IHSA Q & A, Ron McGraw South Cafeteria
- Team Building, Kernie Gilliam Room 370
 - " What is a Successful Coach"
- Designing Training Programs, Nick Buckvar Room 371
- Beginning High Jump, Tom Roderick Room 314
- Officials Certification, IHSA Faculty Cafeteria

Session II : 9:45 - 10:45

- Glidel Shot Put, Jim Aikens North Cafeteria
- Distance Socratic, Dan Iverson & Joe Park Large Auditorium
- Biomechanics of Sprinting, Tommy Badon Small Auditorium
- High Jump, Nathan Taylor North Field House
- Pole Vault, Doug Jaraska & Rich Larsen South Field House
- Miscellaneous, Jim Miks South Cafeteria
- Strength training for sprints, Don Spencer Room 370
- Technical approach Long Hurdles, Nick Buckvar Room 371
- Beginning Long Jump, Tom Kaberna Room 314
- Officials Certification, IHSA Faculty Cafeteria

Hall of Fame Inductions & Luncheon

1:30 - Large Cafeteria

Clinic Sessions III & IV

Session III : 11:00 - 12:00

- Rotational & Glide Shot Put Share Session North Cafeteria
- Developing X-Country Runners, Charlie Kern Large Auditorium
- Relay Performance, Tommy Badon Small Auditorium
- Long Jump, Nathan Taylor North Field House
- Pole Vault, Doug Jaraska & Rich Larsen South Field House
- Strength training for sprints, Don Spencer Room 370
- Race Modeling 200/400, Nick Buckvar Room 371
- Beginning Triple Jumps, Charles Hilby Room 314
- Officials Certification, IHSA Faculty Cafeteria

Session IV: 12:15 - 1:15

- Discus & Strength Training Share Session North Cafeteria
- Developing Track Runners, Charlie Kern Large Auditorium
- Sprint Training Components, Tommy Badon Small Auditorium
- Triple Jump, Nathan Taylor North Field House
- Women's Coaching Issues in T & F, Renee Zellner South Field House
- Team Building, Kernie Gilliam Room 370
 - " What is a Successful Coach"
- Beginning Sprints, Nick Buckvar Room 371
- Beginning Throws, Ryan Crissey Room 314
- Officials Certification, IHSA Faculty Cafeteria

Hall of Fame Inductions & Luncheon

1:30 - Large Cafeteria

Please complete an evaluation for each session attended go to <http://itccca.com/evaluation> show completion receipt for entrance into Luncheon