

*First To The Finish*

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**FIRST TO THE FINISH PRESENTS:  
2018 ITCCCA CLINIC  
THE WESTIN, LOMBARD YORKTOWN CENTER  
JANUARY 5-6, 2018**

ILLINOIS TRACK  
& CROSS COUNTRY



ROOM	Friday Night Session 1 4:30 – 5:30	Friday Night Session 2 5:40 – 6:40	Friday Night Session 3 6:50 – 7:50	ITCCCA SOCIAL
JR BALLROOM A	John Sipple Downers Grove North Passionate Pursuit/Building XC Program	Jonathan Dalby Mountain Vista HS Coaching Freshman Distance Runners	Jonathan Dalby Mountain Vista HS Progressive Training for Cross Country	
JR BALLROOM B	Tommy Badon USTFCCA Short Sprints	Tommy Badon USTFCCA Build A Sprint Culture to Define a Program	Tommy Badon USTFCCA Short & Long Hurdles	
JR BALLROOM C	Dick Booth Retired Training Theory for the Jumps	Dick Booth Retired Long Jump	Dick Booth Retired 50 Years of Suggestions	
LILAC A	Chris Parno Minnesota State Teaching the Rhythm of Hurdling	Chris Parno Minnesota State Speed Development	ITCCCA Social Set Up	
LILAC B	Shilpi Havron Running Mechanics & Efficiency	Athletico Current Topics In... Rehab & Exercises: Trigger Point & Dry Needles	ITCCCA Social Set Up	
LILAC C	Rachael Steil Author/Advocate Why I Kept Silent About My Eating Disorder & Why Coaches Shouldn't	Chris Friedman Dunlap HS 400/800 & 4x400/4x800 Training	ITCCCA Social Set Up	
LILAC D	David Butler Rice U Pole Vault Carry & the Drop	David Butler Rice U Pole Vault History & the Straight Pole	ITCCCA Social Set Up	
CYPRESS A & B			ITCCCA AWARDS 7:00 – 8:00	
MAGNOLIA (ABC) Combined	Erik Johnson Arete Throws How Posture Dictates the Throw...	Gia Smallwood Current USA Record Holder Experiences of a World Class Thrower	Erik Johnson Arete Throws 3 Keys to Unlock Glide Shot Put Potential	

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ROOM	Saturday Session 1 8:00 – 9:00	Saturday Session 2 9:15 – 10:15	Saturday Session 3 10:30 – 11:30	Saturday Session 4 11:45 – 12:45
JR BALLROOM A	Dan Iverson Naperville North Yoga for Distance Runners	Dan Iverson Naperville North Summer Camps & Training	Jonathan Dalby Mountain Vista HS Mid Distance Running 10 Things...	Jonathan Dalby Mountain Vista XC Building a Culture of Success
JR BALLROOM B	Tommy Badon USTFCCA Multi Sport (Track & FB) Training	Tommy Badon USTFCCA The Sprint Relays	Tommy Badon USTFCCA Speed Reserve Theory	Hall of Fame Banquet Set Up
JR BALLROOM C	Dick Booth Retired High Jump	Dick Booth Retired Long Jump	Dick Booth Retired Triple Jump	Hall of Fame Banquet Set Up
LILAC A	Jim Aikens Fremd HS Proper Practice Planning : Throws	Andrew Schmitt Bloom HS In search of the Perfect HJ Curve	Joey Pacione SIU - E Beginning Long Jump	Joey Pacione SIU - E Beginning Triple Jump
LILAC B	Benny Phillips Kankakee HS Season Design for the Hurdles	Benny Phillips Kankakee HS Sprints Program w/ 400m Training	Chris Parno Minnesota State The Sprint Start	Chris Parno Minnesota State Front Side Sprinting Mechanics
LILAC C	Kraig Garber IHSA Rules Interpretation (for credit)	John Sipple Downers Grove North An Approach for 1600m Training	Chris Friedman Dunlap HS Girls XC Training & Racing	Dr. Ryan Deniz Minimizing Sports Injuries
LILAC D	David Butler Rice U Pole Vault Carry & the Drop	David Butler Rice U 3 Styles of Pole Vault...	Fernando Perez Niles West Strength Training for Pole Vault	Pole Vault Coaches Forum Q & A Session
CYPRESS A	Officials	Officials	Officials	Officials
CYPRESS B	Alex Soto Winston Middle School Organizing a Jr High Track Program	Joe Pontrelli Gurrie Middle School Organizing a Jr High XC Program	Alex Soto Winston Middle School Junior Distance Training	Todd Ehlert Geneseo MS Middle School Sprints/Hurdles
MAGNOLIA (ABC) Combined	Erik Johnson Arete Throws Using the TCR for a 17 ft Rotational Shot Put PR	Erik Johnson Arete Throws The Art of Drill Prescription & Progressions	Gia Smallwood USA Record Holder Discus Discussion	Samantha Serrano Conant HS Drills for Strength & Technique