

2025 Nike Track & Field Clinic



Presented by

OACA and gearUP Sports



AGENDA/TIME SCHEDULE

**** CLINIC NAME BADGE MUST BE WORN AT ALL SESSIONS****

FRIDAY, January 31, 2025

5:00PM CLINIC REGISTRATION OPENS IN CASCADE B

	MT. HOOD	MT. ADAMS	ST. HELENS – A/B	ST. HELENS – C/D
6:30-7:20 PM	Dave Turnbull, Summit HS (TJ) <i>"Learn, Earn and Burn"</i>	Tyrone Stammers, Sherwood HS <i>"Building A Team Culture"</i>	Max Perry, Siuslaw HS <i>"Developing Discus Throwers: Coaching Think-Tank on Teaching the Discus"</i>	Eric Hisaw, Walla Walla HS <i>"Advanced Concepts & Keys for Training the Sprint Hurdler"</i>

	MT. HOOD	MT. ADAMS	ST. HELENS – A/B	ST. HELENS – C/D
7:30-8:20 PM	Dave Turnbull, Summit HS (TJ) <i>"Which Style Is Best: Single or Double?"</i>	Tyrone Stammers, Sherwood HS <i>"The Importance and How to in Preparing Your JV Team"</i>	Max Perry, Siuslaw HS <i>"Sending It: Coaching Think-Tank on Shot Put Technique and Philosophy"</i>	Eric Hisaw, Walla Walla HS <i>"Training & Progression for Elite 300m Hurdlers"</i>

	MT. HOOD
8:30-9:20 PM	Jeremy Fischer, Maximum Velocity Athletics –

	ST. HELENS ROOMS A - D
9:30-11:00 PM	Hospitality Hour

PLEASE NOTE: Due to speaker conflicts that may arise, the clinic schedule is subject to change at any time.

SATURDAY, February 1, 2025

8:30AM CLINIC REGISTRATION OPENS IN Cascade B-C

	MT. HOOD	MT. ADAMS	ST. HELENS-A/B	ST. HELENS – C/D	Garden Room
9:00-9:50 AM	Tim Carlson, Sehome HS (WA) <i>“Coaching the Shot Put”</i>	Jeremy Fischer, Maximum Velocity Athletics	Emry Carr, Coeur D’Alene HS <i>“Building Sustainable Culture of Youth to High School Programs”</i>	Cody Warner, Western Oregon University <i>“The Effects of Postural Balance and Correct Movement Timing Relative to Producing Speed”</i>	Greta Jarvis, Center for Active Women <i>“Coaching the Whole Person Athlete: A Game Plan for Preventing Disordered Eating and Nourishing Healthy Body Image on Your Team”</i>
10:00-10:50 AM	Tim Carlson, Sehome HS (WA) <i>“Coaching the Discus”</i>	Jeremy Fischer, Maximum Velocity Athletics	Emry Carr, Coeur D’Alene HS <i>“Train More, Race Less: Race Better When It Matters”</i>	Cody Warner, Western Oregon University <i>“How to Produce A Team Culture That Promotes Building Speed”</i>	Greta Jarvis, Center for Active Women <i>“Making Sense of Sports Nutrition: What Every Track Coach Needs to Know”</i>

	MT. HOOD
11:00-11:50 AM	Keynote – Peter Thompson, Spirit of Oregon Track Club <i>“Biokinetics – Developing the Fourth Energy System for All Events”</i>

11:50-12:15 PM	Kelly Foster, OSAA – “OSAA Updates and Q&A”
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12:15-1:30 PM	LUNCH (ON YOUR OWN)
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	MT. HOOD	MT. ADAMS	ST. HELENS – A/B	ST. HELENS – C/D	Garden Room
1:30-2:20 PM	Kevin Ryan, Sehome HS <i>“Why Every Runner Matters”</i>	Scott Halley, Gresham HS <i>“Simplifying Javelin Technique”</i>	Tim Bright, Olympic Vaultler & Decathlete	Jeremy Fischer, Maximum Velocity Athletics	Brian Smith, Youth Throwing
2:30-3:20 PM	Kevin Ryan, Sehome HS <i>“Preparing to Succeed in the Postseason”</i>	Scott Halley, Gresham HS <i>“Teaching Javelin Through Progression”</i>	Tim Bright, Olympic Vaultler & Decathlete	Peter Thompson, Spirit of Oregon Track Club <i>“TESLA Sprints and Speed Development: Year-Round for All Events”</i>	Eric Miller, Jesuit HS <i>“Youth Sprints/ Jumps”</i>
3:30-4:20 PM	Roundtable <i>Jumps</i>	Roundtable <i>Sprints/Hurdles</i>	Roundtable <i>Throws</i>	Roundtable <i>Distance</i>	Bowerman Track Club, <i>Youth Distance</i>