

# 2026 Nike Track & Field Clinic



Presented by OACA

## AGENDA/TIME SCHEDULE



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

**FRIDAY, January 30, 2026**

**5:00PM CLINIC REGISTRATION OPENS IN CASCADE B-C**

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

MT. HOOD	
6:30-7:20 PM	<b>Keynote - Greta Jarvis, Center for Active Women</b> "Coaching the Whole-Person Athlete: A Game Plan for Nourishing Healthy Body Image and Preventing Disordered Eating on Your Team"
7:30-8:20 PM	<b>Keynote - Mitch Crouser, Olympic Throwing Coach</b> "Performing Your Best at the Big Meets"
8:30-9:20 PM	<b>Keynote - Tony Holler, Illinois Track &amp; Field Hall of Fame</b> "Feed the Cats: The Revolution Starts Now"
ST. HELENS ROOMS A-D	
9:30-11:00 PM	Hospitality Hour

**SATURDAY, January 31, 2026**

**8:30AM CLINIC REGISTRATION OPENS IN THE MT. HOOD FOYER**

	MT. HOOD – A/B	MT. ADAMS	ST. HELENS - A/B	ST. HELENS – C/D	MT. HOOD - C
9:00-9:50 AM	Scott Ball, Westside Christian HS "Overcoming Obstacles for Small School Track Programs"	Scott Skipper, Super Thrower Track Club "Concepts for Success in the Shot Put"	Gabe Haberly, George Fox University "Biomechanics of the Pole Vault"	Tom Rothenberger, Jesuit HS "Why Are Runners Running So Fast?"	Dave Turnbull, Summit HS "A Simplistic Approach to the High Jump"
10:00-10:50 AM	Tony Holler, IL Track & Field Hall of Fame "Sprint the 400"	Scott Skipper, Super Thrower Track Club "Successful Elements for Efficiency in the Discus"	Gabe Haberly, George Fox University "Training Considerations for the Pole Vault"	Tom Rothenberger, Jesuit HS "High School Runners Run Fast: Doing the Work"	Dave Turnbull, Summit HS "Hitting Big Heights"

	MT. HOOD – A/B	MT. ADAMS	ST. HELENS - A/B	ST. HELENS – C/D	MT. HOOD - C
11:00-11:50	Tony Holler, IL Track & Field Hall of Fame “Toys for Cats: Blocks, Batons and Hurdles Simplified”	Rian Petrick, Hillsboro Healthy Kids Track Series “Creating Community Engagement in Youth Track”	Mike Hieb, Clackamas Community College “Teaching Javelin Techniques”	Bryan Stith, Capital HS “Key Components to Long Jump Development”	Dr. Dan Hernandez, Muscle and Strong Minded “The Overtraining Myth: Recognizing Underdevelop- ment in the Runner’s Body”

11:50-1:00 PM	LUNCH (ON YOUR OWN)
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	MT. HOOD - A/B	MT. ADAMS	ST. HELENS – A/B	ST. HELENS – C/D	MT. HOOD - C
1:00-1:50 PM	Casey Jermyn, Bozeman HS “Build for Your Best Fall: Great Ways to Build Towards a Successful Fall XC Season”	Bob Frey, Emerald Ridge HS “Developing High Hurdlers: Building Strong Habits and Foundations”	Mike Hieb, Clackamas Community College “Training for the Javelin”	Bryan Stith, Capital HS “Phase by Phase Approach to Coaching the Triple Jump”	Dr. Dan Hernandez, Muscle and Strong Minded “Resilience is a Skill, Not a Rehab Tool”
2:00-2:50 PM	Casey Jermyn, Bozeman HS “Making the Most Out of What You Have: How to Adjust Year to Year to Fit Your Team”	Bob Frey, Emerald Ridge HS “300 Hurdles: Building the Plane While Flying It”	Mike Hickey Athletics NW Track Club “Youth Runners: Strength, Biomechanics and Speed Play”	Tony Holler IL Track & Field Hall of Fame “Sprint Based Football”	Dave Cornell, Throwing Coach “Teaching Progression and Fundamental Drills for the Shot Put”
3:00-3:50 PM	Mike Hickey Athletics NW Track Club “Coaching the 800 / 1500 / 3000”	Greta Jarvis, Center for Active Women “Strong, Fast and Underfed: A Track Coach’s Guide to Relative Energy Deficiency (RED’s)”	Hashim Hall, Tualatin HS “Youth: Developing Youth Sprinters and Other Athletes”	Tony Holler IL Track & Field Hall of Fame “Getting Every Player One MPH Faster in Ten Weeks”	Dave Cornell Throwing Coach “Teaching Progression and Fundamental Drills for Discus”
4:00-4:50 PM	Roundtable Distance	Roundtable Sprints / Hurdles	Roundtable Throws		Roundtable Jumps

