

2008 ELITETRACK Gold Medal Clinic

Presented by **HPC**

Time	Speaker	Topic
8:30-9:30	Rick McGuire	What it is to be a Coach (Large Group Session)
9:40-10:40	Tom Tellez	Block Starts & Acceleration Mechanics
10:50-11:50	Tom Tellez	Penultimate & Takeoff Mechanics in the Long Jump
12:00-1:00	Larry Judge	Maximizing Competition Performance: The Warm-up and Post Activation Potentiation
1:00-1:30	Lunch	
1:30-2:20	Dave Kerin	Eccentric Strength Development: Specific Means, For Specific Strength, For The Jumps
2:30-3:20	Mike Young	When a Plateau is a Good Thing: Extending Peak Performance during the Competitive Cycle
3:30-4:20	Dan Pfaff	Yearly Planning for the Elite Pole Vaulter
4:30-5:20	Will Wu	Practice Variability: A Framework for Enhanced Skill Acquisition in Track & Field

Notes:

- The session with Coach McGuire is a group sessions with the entire conference
- ELITETRACK Gold Medal Clinic coordinator: Mike Young; 845-269-2952; mike@hpcsport.com