

2019 Bureau County Track and Cross Country Coaches Clinic Notes

Kelsey Card – Shot

https://drive.google.com/file/d/1IE94daznIqC_Y9DJ-yZG-AbIZleK9Fj/view

Kelsey Card – Disc

<https://docs.google.com/presentation/d/1uM18hWABDCrNEJz6RyLUX6ENsAzwlcZt8SE78FfPo7o/edit#slide=id.p1>

Kevin Kramer – Training the Middle Distance runner

https://docs.google.com/presentation/d/1bqPSocfyYq5SizklqizLd-b_zlN8xDjy5DUmpKwoPc8/edit?ts=5c51ae8b#slide=id.g4e6cf632b6_0_20

Todd Vohland - St. Teresa Distance: I know everything, Just ask

https://docs.google.com/presentation/d/119_EALoQw0Z-gcaPSjqQUhaAs_3afJK23w3-lotrTpA/edit#slide=id.p1

Mike Benton – Long Jump

<https://docs.google.com/presentation/d/1eq6m4Af8yfUPlmtZYuabaFisZpkgGLy2625bVnS-IEU/edit>

Ken Jakalski : Sprint Mechanics'

<https://docs.google.com/document/d/1qiPIJEmRbUjJ1749ncOQ06VQvsehfxQ4h87scPROpzo/edit>

Ken Jakalski – Distance

https://docs.google.com/document/d/1wjollLa6kaTqaH5e93ebPT854kQS3r_S39bN0GGbNol/edit#heading=h.gjdgxs

Chris Moseley – Reflexive Performance Reset

https://docs.google.com/presentation/d/10MeWas6_Ka9vKIJjdN1uHq9Rr9Tp94INDZm9dMxzfl/edit

Mike Sullivan - Relating Physiology to your coaching

https://docs.google.com/presentation/d/1rafymg7ZxhtAHygMt3cmOLPV6ZHVNEVDMg876ZBu_zo/edit#slide=id.p1

Morgan Matson – Triple Jump

https://docs.google.com/document/d/13X_I5Ns7Q7mWeCd-SFlzU7IF6zatkER6BrAVPqIqM2E/edit

Kramer/Vohland Round Table

<https://docs.google.com/presentation/d/1Qmyf5yrDVxE0kbuVPYkVOBflwejvrNhXYuxYSzX8A-A/edit#slide=id.p>

