

9th Annual

# **CRASH COURSE**

## **TRACK & FIELD CLINIC**

Saturday, February 22, 2025

# **BUHLER HIGH SCHOOL**

611 N Main Street, Buhler, KS 67522

Crash Course is a one-day, fast-paced clinic focused on giving coaches practical demonstrations to enhance their track and field knowledge. Instead of a typical lecture format, our clinicians will lead you through teaching progressions, drills, and other ideas you can use with your athletes.

*Tentative schedule:*

8:00 - 8:50am: Check-in and on-site registration

8:50 - 9:00am: Welcome and introductions

9:00 - 9:50am: Session 1

*Topic 1 - Weight training*

*Topic 2 - Distance training*

*Topic 3 - Long jump*

*Topic 4 - Starting blocks / acceleration*

10:00 - 10:50am: Session 2

*Topic 1 - Shot put*

*Topic 2 - Sprint training - 400m*

*Topic 3 - Core / auxillary*

11:00 - 11:50am: Session 3

*Topic 1 - Distance training*

*Topic 2 - High Jump*

*Topic 3 - Sprints - video breakdown*

*Topic 4 - Javelin*

12:00 - 1:30pm: LUNCH (included w/ registration fee)

1:30 - 2:20pm: Session 4

*Topic 1 - Hurdles*

*Topic 2 - Pole vault*

*Topic 3 - Discus*

*Topic 4 - Warm up, etc.*

2:30 - 3:20pm: Session 5

*Topic 1 - Relays*

*Topic 2 - Hammer throw*

*Topic 3 - Triple jump*

*Event hosts:*

Willie Adkins, Buhler HS

wadkins@usd313.org, 620-899-0552

Rich Simmons, Cheney HS

rsimmons@usd268.org, 316-772-8869

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Registration fee: \$50 per person when registering before the day of the clinic (\$65 for day-of registration)  
Checks payable to "Cheney Running"

Name(s): \_\_\_\_\_

School: \_\_\_\_\_ Number of coaches attending: \_\_\_\_\_

Phone: \_\_\_\_\_ email: \_\_\_\_\_

Mail registration form and check to Rich Simmons, 125 1/2 N Main, Cheney, KS 67025  
Register online by visiting [www.tracknerds.com/crash-course](http://www.tracknerds.com/crash-course)