



## 2012 Metro Knoxville XC Winter Track and Field Clinic

**Date:** Saturday, February 4, 2012

**Location:** [Hardin Valley Academy](#)  
11345 Hardin Valley Road  
Knoxville, TN 37932

**Cost:** \$20 per attendee or \$50 per team (if more than two coaches attend)  
Please Pre-register by emailing Don Madgett ([DonMadgett@aol.com](mailto:DonMadgett@aol.com)) or by mailing the form below. Includes lunch.

**Registration:**

Name \_\_\_\_\_ School \_\_\_\_\_

Email Address \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Cell \_\_\_\_\_

Please mail registration along with check (payable to KIL Coaches) to:

Don Madgett  
South-Doyle High School  
2020 Tipton Station Rd.  
Knoxville, TN 37920



## Schedule

### 9:00-9:35

**Session A:** Tony Cosey Steeple Technique and Training for High School Athletes  
**Session B:** Denise Woods Innovative Weight Training Techniques for Track and Field

### 9:45-10:20

**Session A:** Mick Larrabee Dynamic Warmup Techniques For Sprint and Distance Events  
**Session B:** Tim Mack Pole Vault Drills  
**Session C:** Denise Woods Innovative Weight Training Techniques for Track and Field  
(Hands on session)

10:30-12:00 Pete Rea Adapting a Lydiard Training Model for High School Runners

12:00-1:00 Lunch (Sponsored by CoachO)

1:00-end Tim Mack Indoor Pole Vault Invitational

## Clinicians

**Tony Cosey** was a member of the 2000 United States Olympic team in the steeplechase.

**Pete Rea** is the Elite Athlete Coach and Coordinator at the ZAP Fitness Team USA Training Center, and has been in that role since ZAP's opening in 2002.

**Mick Larrabee** is a Certified Strength & Conditioning Specialist (NSCA), Level 1 Coach: USA Track & Field, USA Triathlon, and USA Weightlifting.

**Tim Mack** is the 2004 Olympic Gold Medalist and former Olympic Record Holder.

**Dr. Denise Wood** was a member of the 1980 United States Olympic team as a discus thrower