

2013 Nebraska Coaches Association Winter Track & Field Clinic Saturday, February 2 – Lincoln, NSAA/NCA Building

\$20 for members, \$30 Non NCA Members by January 19

\$30 for members, \$40 Non NCA Members January 20- 30

Registration includes 1 General Admission ticket to Frank Sevine Husker Invite

Additional General Admission tickets available online

NO REFUNDS

7:15-8:00

Check-In & Coaches Breakfast – Presented by Cricket Sports

8:00-8:45

Jeff Chakouian, University of Central Florida - Shot Put

Michael Ford, Baylor University – Sprints & Relays

9:00-9:45

Mike Erb, University of Illinois – Weight Training for Speed & Power Events

Kareem Streete-Thompson, University of Missouri – Long Jump

10:00-10:45

Mike Erb, University of Illinois – Triple Jump

Anne Shadle, University of Missouri – Mindset For Optimal Performance

