

TRACK & FIELD

Room E117 unless otherwise noted

Tuesday, July 26

7:30 a.m. Registration & Exhibit Areas Open
9:00 a.m. – 9:50 a.m. Nate Neuhaus, NSAA: *Track & Field Meeting*
10:05 a.m. – 10:30 a.m. **NCA Cross Country & Track & Field Sport Meeting:** Advisory Committee Nominations/Selections & Milestone Awards Recognition
10:45 a.m. – 11:35 a.m. **Welcome, Celebration of Life - Saundi Fugleberg**
Keynote: Jimmy Page, Author, Speaker, Leadership Coach: *Heroic Coaching: Rediscover your Purpose, Passion, and Power to Win On and Off the Field* – Main Gym
11:35 a.m. – 1:15 p.m. **Lunch on your own – Visit Exhibitors**
1:15 p.m. – 2:05 p.m. Brady Bonsall, University of Nebraska-Kearney: *Mid-Distance/Distance Training, Part 1*
2:20 p.m. – 3:10 p.m. Brady Bonsall, University of Nebraska-Kearney: *Mid-Distance/Distance Training, Part 2*
3:10 p.m. – 3:45 p.m. Ice Cream Social – Exhibitor Area
3:45 p.m. – 4:35 p.m. NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* - Auditorium

Wednesday, July 27

7:30 a.m. Registration & Exhibit Areas Open
8:00 a.m. – 8:50 a.m. Doc Beeman, 3D Institute: *Parents as Assets* – Auditorium
8:00 a.m. – 4:00 p.m. *Coaches Care Blood Drive* – West Side LNS
9:00 a.m. – 9:50 a.m. David Martin, The Jason Foundation: *Suicide & Student-Athletes* – Auditorium
10:05 a.m. – 10:50 a.m. **District Meetings & Major Raffle at Mtg.** (Elections of Board Members, Election of Advisory Committee Members, Q&A with NCA Board of Directors)
11:05 a.m. – 11:55 a.m. Boo Schexnayder, Louisiana State University: *Coaching the Sprint Hurdles*
11:55 a.m. – 1:15 p.m. **Lunch on Your Own & NCA Sports Advisory Lunch Mtg. at LNS**
1:30 p.m. – 2:20 p.m. Boo Schexnayder, Louisiana State University: *Accuracy in the LJ/TJ Approach*
2:35 p.m. – 3:25 p.m. Boo Schexnayder, Louisiana State University: *Technique and Teaching the LJ/TJ*

Thursday, July 28

7:30 a.m. Registration & Exhibit Areas Open
9:00 a.m. – 9:50 a.m. Boo Schexnayder, Louisiana State University: *Laying Out the High Jump Approach*
10:00 a.m. – 10:50 a.m. Boo Schexnayder, Louisiana State University: *Handling Hamstrings & Shin Splints*
11:05 a.m. Drawings – Main Gym