



Clinic Advanced Online Registration:

\$35 for NCA members, \$45 for non-members by February 1
Additional \$10 after February 1 or at the Door with no Saturday meet pass

Country Inn & Suites - Lincoln North Clinic Rate:
\$89 - February 4, \$94 - February 5
Room Block Expires January 21st

Featured Clinic Presentations

Track Sessions:

- 7:30am Continental Breakfast – *Provided by Custom Sports*
- 8:00am Matthew Wackerly, University of Nebraska – Interval Training for HS 800/1600/3200 - Peaking
- 9:00am Brenton Emanuel, University of Nebraska – 100/200/400
- 10:00am Jeremy Haselhorst, Papillion-La Vista South HS – Mental Training 101
- Frank Sevigne Husker Invitational – Bob Devaney Sports Center

Field Event Sessions:

- 7:30am Continental Breakfast – *Provided by Custom Sports*
- 8:00am Tom Hays, University of Kansas – Pole Vault
- 9:00am Justin St. Clair, University of Nebraska – Shot Put
- 10:00am Tim Rezac, Bishop Neumann HS – High Jump
- Frank Sevigne Husker Invitational – Bob Devaney Sports Center

All Clinic sessions at NSAA/NCA Building – 500 Charleston St
Clinic Registration Includes Admission to the Frank Sevigne Husker Invitational on February 4th

2023 Winter Track & Field Coaches Clinic

Saturday, February 4th - NSAA Building, Lincoln

Presented by:

