

2023 Track & Field Clinic

Field Event Sessions

- 8am Tom Hays, University of Kansas - Pole Vault
- 9am Justin St. Clair, University of Nebraska - Shot Put
- 10am Tim Rezac, Bishop Neumann - High Jump

Track Event Sessions

- 8am Matthew Wackerly, University of Nebraska - Interval Training for HS 800/1600/3200/Peaking at the Correct Time/Recruiting
- 9am Brenton Emanuel, University of Nebraska - Sprints 100/200/400
- 10am Jeremy Haselhorst, Papillion-La Vista South - Mental Training 101