

2025 SODAK Track & Field Clinic Schedule - February 22nd 2025

New Venue ! -- SD National Guard / Dean Mann Readiness Center

4417 N. Bahnson Ave, Sioux Falls SD 57104 ---- Registration 8:00 a.m. – 9:00 a.m.

9:00 – 9:45 am	<u>“Picking Athletes & Drill Progression”</u> Tyler Maxwell Harrisburg HS	<u>“Lincoln Patriot Sprints & Relays”</u> Jim Jarovski Sioux Falls Lincoln HS
9:55 – 10:45 am	<u>“Sports Nutrition for High School Athletes”</u> Anna Hermonimus Avera	<u>“Developing Long Sprinters”</u> Craig Heynen Dordt University
10:55 – 11:45 am	<u>“Developing Aerobic Monsters for XC & Track”</u> Nate Wolf Dordt University	<u>“Daily Drills for Jumpers”</u> Kristi Philips Chester HS
11:55 –12:30 am	<u>“Developing a Hurdler”</u> Tim Ackerman SF Christian HS	<u>“Pole Vault 101”</u> Brigitte Valentine USF
12:30– 1:10 pm	<u>LUNCH ~ provided by FCA</u>	<u>LUNCH ~ provided by FCA</u>
1:20 – 2:00 pm	<u>National Guard Recruiter</u> <u>“How does a Coach Navigate a TF Meet or a CC Meet by Rule”</u> Officials - Steve Charron	<u>National Guard Recruiter</u> <u>“How does a Coach Navigate a TF Meet or a CC Meet by Rule”</u> Officials - Steve Charron
2:10 – 2:45 pm	<u>“Running with the Dogs, doing the little things every day”</u> (XC & Distance Training) Ralph Kroetch - Philip HS	<u>“Clearing New Heights: Practical Insights for High School High Jump Coaches”</u> Darren Neely Aberdeen Central HS
2:55 – 3:40 pm	<u>“Sprint Relays”</u> Jeff Fiero Rapid City Stevens HS	<u>“ It Only Takes One”</u> <u>Discus & Shot Put Fundamentals</u> Mark Liebl Dell Rapids St. Mary
3:50 – 4:30 pm	<u>-XC / TF Advisory Meeting</u> Todd Thorson - Ipswich -Area Coach of the Year Awards	<u>-XC / TF Advisory Meeting</u> Todd Thorson - Ipswich -Area Coach of the Year Awards

Registration Form

SoDak Track Clinic Cost: \$60 - *1 hour Grad Credit Available from USF* - Jerry Miller

Name: _____ School: _____

Address: _____ City: _____ State: _____

Zip Code: _____ Phone: _____ Email: _____

Return To: SODAK, David Dolan 24185 Dewey Lane Hermosa, SD, 57744

Make checks payable to SoDak Track Clinic or Venmo - @SoDakTrackClinic

Phone Number: 1-605-381-7754 --- Email: ddreferee@hotmail.com