




# 2024 SOUTHERN NEVADA COACHES ASSOCIATION TRACK AND CROSS COUNTRY COACHES CLINIC

JANUARY 27TH @ PALO VERDE HIGH SCHOOL LAS VEGAS, NV

<b>7:30- 8:30</b>	<b>Coaches Breakfast and Social: Sponsored by: Red Rock Running Company</b>			
				
<b>8:35- 9:30</b>	<b>Classroom Based Presentations</b>			
	<b>OFF THE TRACK</b>	<b>Foundational</b>	<b>Event Specific</b>	
	<b>Tyrel Cooper - Green Valley</b> <small>8x SNTCCCA COY and USATF Level I Presenter</small> <b>Fundamentals of Being a Head Track Coach</b>	<b>Mike Smith - Shadow Ridge</b> <small>2023 USTFCCCA Nevada COTY and 2023 SNTCCCA 4A Boys COTY</small> <b>Strength Training: Exercises for Track Athletes</b>	<b>Paul Sheppard - Somerset Sky Pointe</b> <small>2023 USTFCCCA Nevada COTY &amp; 2024 SNTCCCA 4A Boys and Girls XC COTY</small> <b>Building a Distance Culture</b>	
<b>9:35 - 10:30</b>	<b>Kory Andersen - Liberty</b> <small>2023 USTFCCCA Nevada Girl COTY &amp; SNTCCCA Boys and Girls 5A COTY</small> <b>Managing the Non-Sport Aspect of a Track Program: How we plan and organize to build a Culture of Success</b>	<b>Tyrel Cooper - Green Valley</b> <small>8x SNTCCCA COY and USATF Level I Presenter</small> <b>Building A Better All Around Athlete</b>	<small>Possible Presentation Addition</small>  TBD	
<b>10:35-11:30</b>	<b>Coach Harry Marra - Oregon Track Club</b> <small>2016 IAAF World Coach of the Year &amp; 2012 Nike Coach of the Year</small> <small>Coach Of 1996 Decathlon Gold Medalist Dan O'Brien - Coach to 2016 Gold Medalist and 2X World Record Holder, Ashton Eaton</small> <b>"The Art of Coaching"</b> <a href="#">Coach Harry Marra Information</a>			
<b>11:30-12:30</b>	<b>Lunch</b>			
<b>12:35-1:30</b>	<b>Harry Marra - Oregon Track Club</b> <small>2016 IAAF World Coach of the Year &amp; 2012 Nike Coach of the Year</small> <b>Coaching and Managing Athletes Through Multiple Event Groups</b>	<b>Possible Addition</b>  TBD	<b>Tyrel Cooper - Green Valley</b> <small>8x SNTCCCA COY and USATF Level I Presenter</small> <b>Prepping to Successfully Race State XC in Reno</b>	
<b>1:45 - 2:40</b>	<b>"Learning By Doing" Presentations on the Track</b>			
	<b>Jason Lam - Liberty</b> <small>2023 SNTCCCA Sprint COTY</small> <b>Dynamic Stretch and Warm-Up</b>	<b>Harry Marra - Oregon Track Club</b> <small>2016 IAAF World Coach of the Year &amp; 2012 Nike Coach of the Year</small> <b>Hurdle Drills</b>	<b>Chad Robertus - Foothill</b> <small>30+ Years Coaching Locally</small> <b>Long and Triple Jump Basics</b>	<b>Amber Smith - Shadow Ridge</b> <small>2023 SNTCCCA 4A Girls COTY</small> <b>Short Approach PV Drills</b>
<b>2:45- 3:40</b>	<b>Jason Lam- Liberty</b> <small>2023 SNTCCCA Sprint COTY</small> <b>Coaching Sprint Relays</b>	<b>Harry Marra - Oregon Track Club</b> <small>2016 IAAF World Coach of the Year &amp; 2012 Nike Coach of the Year</small> <b>High Jump Drills</b>	<b>Amber Smith - Shadow Ridge</b> <small>2023 SNTCCCA 4A Girls COTY</small> <b>Long Approach PV Drills</b>	<b>Abbie Fox - Faith Lutheran</b> <small>2023 SNTCCCA Throws COTY</small> <b>Discus Drills</b>
<b>4:00- ?</b>	<b>Coaches Social</b> <small>Al's Garage Sports Bar and Gaming</small> <small>11760 W. Charleston Suite 150</small> <small>Las Vegas, NV 89135</small>			

## About Our Keynote Speaker: Harry Marra



Harry Marra is best known as the coach of decathlon world record holder Ashton Eaton. After improving the world record twice and two world championship gold medals, Eaton closed off his career by becoming only the third man to defend the Olympic gold medal in the decathlon. Eaton is also the world record holder in the indoor Heptathlon and won three world championships. Marra was also the coach of Brianne Theisen, Paul Terek, Sheldon Blockburger and four other 8,000 point decathletes; Brian Brophy, Paul Foxon, Bart Goodell and Chris Wilcox. Theisen won two world championship silver medals in the women's heptathlon, plus the Commonwealth Games and world indoor pentathlon gold medalist for Canada.