



Presented by Venue Sports
Featuring Technology by Dartfish

ITINERARY

DAY 1 – Saturday, December 10

9 a.m. to 4 p.m.

Section IV High School Track Meet
Lusk Field House

5 - 8 p.m.

Coaching Seminars
Location: Studio West 125

I. “Mechanics of the Pole Vault”
5-5:50 p.m. – Dr. Peter McGinnis

II. “Speed Training for the Pole Vault”
6-6:50 p.m. – Shawn Wilbourn

III. “Utilizing Dartfish Digital Video Analysis for Track & Field Coaching”
7-7:50 p.m. – Daniel DePerno, Jeff Bauer

8:30 p.m. to 10:00

Coaches Social
Park Center Hall of Fame Room

DAY 2 – Sunday, December 11

9 a.m. – noon

Learn By Doing Sessions

I. “Dynamic Warm-Up Drills for the Pole Vault”
9-9:50 a.m. – Shawn Wilbourn

II. “Pole Vault Drills and Technique”
10-10:50 p.m. – Dr. Peter McGinnis

III. “Gymnastics Training and Conditioning for the High School Pole Vaulter”
11-11:50 p.m. – Enoch Borozinski