

# **2014 Nebraska Coaches Association Winter Track & Field Clinic Saturday, February 8 – Lincoln**

**\$25 for members, \$35 Non NCA Members by January 24  
\$35 for members, \$45 Non NCA Members Jan. 25 – Feb. 5**

**Registration includes:**

**Continental Breakfast Prior to the Clinic Sessions  
All Clinician Sessions**

**1 General Admission ticket to Frank Sevigne Husker Invite  
Additional General Admission Tickets Available for Purchase Online  
NO REFUNDS**



**Ann Gaffigan**

- 7:15-8:00** Check-In & Coaches Breakfast – Presented by Cricket Sports
- 8:00-8:45** Brian Bedard, Colorado State University – Discus  
Karim Abdel Wahab, Colorado State University – High Hurdles
- 9:00-9:45** Tim Cawley, Colorado State University – Long Jump  
Clive Roberts, University of Iowa – Training the Female 400 Meter Athlete
- 10:00-10:45** Jeff Chakouian, University of Central Florida – Non-Traditional Strength Training for Throwers
- Ann Gaffigan, 2004 Olympic Trials Champion (3000m Steeplechase) & Former American Record Holder -  
Training Cycles for High School Middle to Long Distance Runners**

**Cricket**  
*Sports*

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