



**Clinic Advanced Online Registration:**  
**\$25 for NCA members, \$35 for non-members by January 24**  
 Additional \$10 after January 23 or at the Door

**Country Inn & Suites - Lincoln North Clinic Rate:- \$89**  
 Call 402-476-5353 for NCA Clinic Rate

## *Featured Clinic Presentations*

- 7:30-8:20** Coaches Breakfast – Presented by Custom Sports
- 8:30-9:20** Dee Brown, Iowa Central – Distance Philosophy & Training Plan  
 Morgan Wilkens, Scottsbluff HS – Throws
- 9:30-10:20** Brandon Harrington, Northwest HS - Hurdles  
 Dave Sellon, Fremont HS – Pole Vault
- 10:30-11:50** Track & Field Coaches Forum & Round Table  
 Moderated by: Matt Musiel, Lincoln North Star HS  
 Contributors: Gary Schuurmans, Norfolk HS, Shelby Aaberg, Scottsbluff HS,  
 Dave Sellon, Fremont HS, Brandon Harrington, Northwest, Toni Fowler,  
 Adams Central & Karen Schlueter, Beatrice  
 Topics to Include, But Not Limited to:  
 \*Motivation \*Team Building \*Letter Requirements  
 \*Rules \*Record Keeping \*Easier Ways to Check-In Equipment  
 \*Handbooks \*Policies \*Handling Coaching Staff

# *2019 Winter Track & Field Coaches Clinic*

*Saturday, February 2 - NSAA Building, Lincoln*

*Presented by:*



**Registration Includes Admission to the  
 Univ. of Nebraska Frank Sevigne Indoor Invitational February 1-2**