

TRACK AND FIELD ALL-STAR COACHING SCHOOL

WEDNESDAY, JULY 23

8:00 – 9:00 a.m.	New Coaches Orientation Clinic Alvin Briggs, AHSADCA
8:30 – 9:30 a.m.	Sprint Training Steve Silvey, Mississippi State University
9:45 – 11:00 a.m.	110/300 Meter Hurdles Steve Silvey, Mississippi State University
12:30 – 1:30 p.m.	400 Meter Training Steve Silvey, Mississippi State University
1:30 – 3:30 p.m.	Online Entry and Team Management Using AlabamaRunners Tim Loreman, AlabamaRunners
4:00 – 5:00 p.m.	Rules Clinic



Steve Silvey



Tim Loreman