

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