

# 2026 Track & Field Coaches Clinic

## CLINIC SCHEDULE



# MINNESOTA TRACK & FIELD 2026 COACHING CLINIC

*January 15-17, 2026*

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| SCOTT<br>CHRISTENSEN  | DAVID<br>DUMBLE  | BOO   | CHAD<br>GUNNELSON   | TIMO<br>MOSTERT   |

## **Thursday, January 15th**

**6:00 pm: Registration table open**

6:30 pm: Mn T&F Coaches Association meeting / MSHSL updates and roundtable

7:45 pm: Women4Women Coaches Symposium - Keynote

8:00 pm: Social Hour

## **Friday, January 16th**

**7:00 am: Registration**

8:00-8:45 am: New Coach Breakfast - Location: TBD

**9:00 am: Sessions 1**

10:00 am: Vendor Door Prize

**10:30 am: Session 2**

11:30 - 1:00: Vendor Door Prize and Lunch

**1:00 pm: Session 3**

2:00 pm: Vendor Door Prize

**2:30 pm: Session 4**

3:30 pm: Vendor Door Prize

4:00 pm: Social: Great River Court/Ballroom

5:00 pm: Seating is open

5:15 pm: Opening welcome: Eric Klein – President MN T&F Coaches Association

5:20 pm Dinner served

5:50 pm: Minnesota Volunteer of the Year - MN State Coaches of the Year

6:15 pm: Keynote Address: **John Millea**

6:40 pm: MN Track & Field Coaches Hall of Fame Presentation

7:15 pm: Evening social and drawings

## **Saturday, January 17th**

**8:00 am: Session 5**

**9:30 am: Session 6**

**11:00 am: Session 7**

# Distance Room - Sponsored by Blue Star Sports Apparel

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## Friday

1. Timo Mostert (American Fork HS) Training Milers: A Paradigm Shift
2. Timo Mostert (American Fork HS): Using Statistics to Improve Your Program
3. Timo Mostert (American Fork HS): 5 Things That Changed our Program
4. Scott Christensen (Stillwater HS): 800m Training

## Saturday

5. Timo Mostert (American Fork HS): To Defy Laws of Tradition
6. Scott Christensen (Stillwater HS): Functional Strength Training for Distance
7. Scott Christensen (Stillwater HS): Connecting with your Distance Runners

# Throws Room - Sponsored by RPM Athletics

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## Friday

1. Dave Dumble: (Oregon State) Key Moments in the Discus Throw
2. Shana Wilkens: (Damonte Ranch HS) Tricks and Drills for the New Thrower
3. Dave Dumble: (Oregon State) Teaching the Fundamentals in Rotational Shot Put from Beginner to Elite
4. Shana Wilkens: (Damonte Ranch HS) Tricks and Drills for the New Thrower

## Saturday

5. Ben Baird: (Bemidji State) Developing Linear Power in the Glide
6. Larry Walker: (Century HS Bismarck) Rotational Stuff and More
7. Dave Dumble: (Oregon State) Getting the Most Out of Your Drills.

# Sprints Room - Sponsored by Tahoe Sportswear/GLS Promotions

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## Friday

1. Chad Gunnelson: (Augustana College, Illinois) Hurdles: Building the Skill of Rhythm
2. Isaac Smith: (Augustana College, Illinois) Relays
3. Isaac Smith: (Augustana College, Illinois) 400m Training
4. Chad Gunnelson: (Augustana College, Illinois) Programming: Oofta, It's a 13 week season

## Saturday

5. Boo Schexnayder: (SAC) Weather and Short Preseason
6. Russ Barclay: (St. Charles HS) Introducing Hurdles to New Hurdlers
7. TBD:

# Horizontal Jumps Room

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## Friday

1. Boo Schexnayder: (SAC Sports Performance) Technique and Accuracy TJ/LJ Approach
2. Charlie Campbell: (MSHSL) High School League Question and Answer
3. Boo Schexnayder: (SAC) Handling Hamstrings
4. Boo Schexnayder: (SAC) Team Wide Speed Development Training

## Saturday

5. Krista Heim: (St. Charles HS) From Runway to Sand: Teaching the Long Jump
6. Boo Schexnayder: (SAC) The Triple Jump - Technique and Teaching
7. TBD:

# Vertical Jumps Room - Sponsored by MF Athletic

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## Friday

1. Anna Goorevich: Menstruation Matters: What Coaches Need to Know About Menstrual Health
2. Boo Schnexnayder: (SAC) The High Jump - Teaching and Error Correction
3. Bryan Atwood: (Flight Deck Athletics Club) Coaching Pole Vault: From Day 1 to 8ft
4. Bryan Atwood: (Flight Deck Athletics Club) Fixing Issues at Higher Heights

## Saturday

5. Kara Christensen: (USC HS) A Coaches Toolbox from ACOY
6. Krista Heim: (St. Charles HS) Developing Confident High Jumpers
7. Boo Schexnayder: (SAC) Digging Deeper into the Pole Vault Approach

# General Room

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## Friday

1. Scott and Greg: (MSHSL) Meet Management and Official Rules 2026
2. Chad Gunnelson: (Augustana College, Illinois) Track and Field Culture - Team Building
3. Chad Gunnelson: (Augustana College, Illinois) Strength and Power - With or Without Weights
4. Kent Viesselmann: (Cambridge-Isanti) True Team

## Saturday

5. New Coaches: Q&A Mike Anderson (DGF), Ben Nylander (Jordan) , Jessica Matheson (Chanhassen)
6. Timo Mostert: (American Fork HS) Optimizing Championship Day
7. Timo Mostert: (American Fork HS) Visualization

# Jr. High Room - SATURDAY ONLY!

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## Saturday

5. Kent Viesselmann: (Cambridge-Isanti) Being a Successful Middle School Coach
6. Nate Ilse: (Rosemount) Middle School Track & Field
7. Sara & Jay Hatleli: (Rosemount) Summer Camps