

			All this is subject to being moved around	\$50 registration for member	\$75 non member
July 14-15					
Day	What's going on	Time	Who	Topic	where
July 14					
	Registration	1 - 2	Officers		
	Welcome	2-2:15	Matt Walton		Main room
	About VTCA	2:15-30	Mike Feldman		Main room
		2:35 - 3:25	Steve or Lori Taylor, University of Richmond		
		3:30 - 4:20	Dr. Bob Harmison		Main Room
		4:15 - 5:10			
		5:10- 5:15	BREAK		
		5:15- 6:05	Jeff VanHorn	Shoes	
		6:10 - 6:30	Annoucements		
		7:00 -	Coaches Social		
July 15		8 - 8:30	General Membership Meeting		
		8:45 - 9:35	Session 1		
			Leah Taylor	CJW Sports	cttwin2@yahoo.com
		9:40 - 10:30	Session 2		
			Kyle Bishop	Pole Vaulting	Pole Vault Pit
			Neil Matthews	Being a meet director... how to conduct a meet	Room 1
		10:30 - 10:45	Break		
		10:45 - 11:35	Session 3		
			Claude Toukene	Hurdles	
			Dr. Bob Harmison		Room 2
		11:40 - 12	Annoucements		
		12-1	Lunch	Off campus or on campus for \$6.50	
		1-1:50	Session 4		
			Chris Pellegrini	Practice Prep	Room 1
			Nici Rhodes	Interval Training for distance runners	Room 2

		1:55-2:45	Session 5		
			Randy Bungard	400 Meter Training	Room 1
			Matt Gilchrist	Summer Training for XC	Room 2
		2:50 - 3:40	Session 6		
			throws		
		3:40 - 4:15	Closing		
	Need		Throws / LJ&TJ / HJ		