

2017 Shot Clinic Feedback

What did you like about the clinic?		
	Number of Respondents	Percent
Actually be able to practice the drills that we were being shown!	1	11.11%
Good info and depth on the basics of hurdling	1	11.11%
I liked how it took the time to break down the day to day and gave a lot of good drills. I also enjoyed the recommendations in regards to technology and how to us film.	1	11.11%
It was very informative and gave me a lot of good feedback on what I should be looking for as a new coach going into hurdles.	2	22.22%
Specific teaching. Kids to model drills	1	11.11%
Thorough. Full curriculum is a a great approving. Willing to answer questions and share everything.	1	11.11%
Very informational Everything was explained in great detail	1	11.11%
Weight room work and demonstrations were very helpful. Open to questions and willing to answer.	1	11.11%
Total	9	100.00%

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Question 2 (Free response)*		
9 of 9 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
All aspects were helpful	1	11.11%
I had wished at times of a condensed packet or step by step procedure. I also would've liked to see a printed version of the weight training schedule.	1	11.11%
NA	1	11.11%
No complaints. Well done and professional.	1	11.11%
Nothing I thought it was a great presentation	1	11.11%
Nothing! It was very helpful.	1	11.11%
Nothing. It was excellent.	1	11.11%
There isn't anything that I did not like about the clinic.	2	22.22%
Total	9	100.00%

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Question 3 (Free response)*		
9 of 9 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent

I would have had the demos more synched with the classroom.	1	11.11%
Maybe include some videos of girls as well as the boys.	1	11.11%
Maybe incorporate a little more on intermediate hurdles and how they relate to short hurdles. But otherwise, no complaints.	1	11.11%
More time to practice the drills!	1	11.11%
Nothing	1	11.11%
Nothing	2	22.22%
There is nothing I would have changed about the clinic. They covered everything that was asked in detail and with examples.	2	22.22%
Total	9	100.00%

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Question 4 (Free response)		
4 of 9 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
None at this time	1	25.00%
Thanks for the time and effort.	1	25.00%
Thanks for your work and willingness to share. Highly recommended.	1	25.00%
Was helpful to see the drill work both on film and in live practice	1	25.00%
Total	4	100.00%

2017 TJ Clinic Feedback

Question 1 (Free response)*		
7 of 7 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent
I liked moving back and forth from specific events to demos in the field house with video to show how to implement what you have taught.	1	14.29%
-power point presentation -student demonstrations -coach's experience and stories -a lot of information	1	14.29%
I liked that our questions were answered.	1	14.29%
I really loved the in depth commentary on each phase of the jump. I also enjoyed the live demonstrations.	1	14.29%
It great to break down jump phases in depth. I also enjoyed watching you coach up your jumpers real time.	1	14.29%
Showing of the drills as well as the feedback that was given to kids.	1	14.29%
Tons of great information. Lots of detail with explanations and power point. Great food too,	1	14.29%
Total	7	100.00%

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Question 2 (Free response)*

7 of 7 respondents answered this question.

What did you not like about the clinic?

	Number of Respondents	Percent
- it is a lot of information to process but it is still necessary	1	14.29%
All information was great but maybe a pre clinic for super beginners.	1	14.29%
I enjoyed all segments of this clinic.	1	14.29%
N/A	1	14.29%
NA	1	14.29%
Nothing	1	14.29%
Nothing. Great clinic. Very helpful	1	14.29%
Total	7	100.00%

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Question 3 (Free response)*

7 of 7 respondents answered this question.

What would you have changed about the clinic?

	Number of Respondents	Percent
-add breaks	1	14.29%
NA	1	14.29%
Not changed but maybe added to.....If possible it would interesting to see a super green jumper demonstrate some of the skills or see the teaching of a super green jumper.	1	14.29%
Nothing	1	14.29%
Nothing needs to be changed	1	14.29%
Nothing, Thanks!	1	14.29%
Shorter lunch.	1	14.29%
Total	7	100.00%

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Question 4 (Free response)

6 of 7 respondents answered this question.

Any other comments or suggestions are welcome. Thank you for your time.

	Number of Respondents	Percent
-enjoyed both classes	1	16.67%
Had a great time. I look forward to coming back next year.	1	16.67%

I really enjoyed allowing us to give feedback during the clinic on what each coach wanted to take away from the clinic.	1	16.67%
Maybe a beginner coaches for dummies handout for the very basics jumpers	1	16.67%
NA	1	16.67%
Thanks for your time and preparation.	1	16.67%
Total	6	100.00%

2017 LJ Clinic Feedback

What did you like about the clinic?		
	Number of Respondents	Percent
-a large amount of information provided -weekly scheduling ideas -drill ideas	1	12.50%
All the detailed information. Tasty lunch	1	12.50%
Having models along with the videos	1	12.50%
I enjoyed the in depth look at each phase of the long jump. I also loved seeing the interactive demonstrations and explanations for students.	1	12.50%
It is very informative on a high school level. Best thing is being able to go down and see the kids in action.	1	12.50%
It was helpful watching the students and replaying the video to look at each aspect of the approach.	1	12.50%
Loved the profession of how long jump was taught. Sprint mechanic stuff was great.	1	12.50%
The combination of power point and observing athletes was very helpful. The videos were also useful.	1	12.50%
Total	8	100.00%

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Question 2 (Free response)*		
8 of 8 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
-there is an assumption that coaches have previous experience with the subject	1	12.50%
Hard time right before end of the 1st semester-busy time	1	12.50%
I have no dislikes	1	12.50%
I would like to see more of the kids in action. That is the stuff that sticks in my brain.	1	12.50%
Length	1	12.50%
Nothing. All great.	1	12.50%
Sitting after lunch	1	12.50%

Using terminology right away in beginning and explaining in the end.	1	12.50%
Total	8	100.00%

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Question 3 (Free response)*		
8 of 8 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
-a break would be helpful	1	12.50%
It is a great clinic, I think there will be more on lifting, but I would love to see the lifts in action	1	12.50%
It would be nice to have a little more live demonstrations. I think that the demos were helpful seeing them live rather than just watching the videos	1	12.50%
I'd love to have info on high jump	1	12.50%
Just explainin terminology when used.	1	12.50%
Maybe a beginner or advanced coaches options	1	12.50%
Maybe early January instead	1	12.50%
Nothing.	1	12.50%
Total	8	100.00%

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Question 4 (Free response)		
5 of 8 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
-class was informative	1	20.00%
I felt it was very informative and look forward to implementing this into our practices. Thank you	1	20.00%
Loved having the kids in to do examples.	1	20.00%
None... great lunch	1	20.00%
Thank you for showing us important technique and form. I will continue to come back for future clinics	1	20.00%
Total	5	100.00%

2016 TJ Clinic Feedback

Question 1 (Free response)*		
4 of 4 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent

helped me fine tune existing concepts about TJ, helped me solidify how I coach at the beginning to intermediate levels for this event.	1	25.00%
I liked how the clinic was very in depth with lots of detail. The videos were a lot of help so you can see the jumps in slow motion, pause it and make comments.	1	25.00%
Really enjoyed the hands in slow mo video.	1	25.00%
Very informative and did not go over all of the same things as the day before. Videos were helpful and seeing the students and how he will work with the students is helpful	1	25.00%
Total	4	100.00%

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Question 2 (Free response)*		
4 of 4 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
Na	1	25.00%
some of it was too direct	1	25.00%
Thought it was great and I learned a lot	1	25.00%
Very long	1	25.00%
Total	4	100.00%

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Question 3 (Free response)*		
4 of 4 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
I would change the length of the clinic. Either break it up into 2 days or have more live examples and less classroom time.	1	25.00%
NA	1	25.00%
Nothing	1	25.00%
nothing, it was outstanding	1	25.00%
Total	4	100.00%

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Question 4 (Free response)		
3 of 4 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
NA	1	33.33%
thanks so much for being willing to offer this type of experience!	1	33.33%
Thanks!!!	1	33.33%

Total	3	100.00%
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2015 TJ Feedback

Question 1 (Free response)*		
6 of 6 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent
Athlete demonstration and videos were really helpful. Especially good videos vs bad. Explanations of form and detail was great.	1	16.67%
Having athletes demonstrate. Video examples for each phase.	1	16.67%
I loved all of the technical angles and the idea of pushing vs. pulling.	1	16.67%
Learned a lot lots of information would like a review of key points	1	16.67%
The whole presentation! I have learned so much in one day in this clinic than a big glazier clinic.	1	16.67%
Very entertaining and descriptive. I learned a lot	1	16.67%
Total	6	100.00%

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Question 2 (Free response)*		
6 of 6 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
Can't think of much- just a lot of sitting, but it's necessary to get the explanations.	1	16.67%
Everything was fine	1	16.67%
I loved everything.	1	16.67%
Nothing	1	16.67%
Nothing.	1	16.67%
Review Of Key points	1	16.67%
Total	6	100.00%

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Question 3 (Free response)*		
6 of 6 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
I would only like to possibly not have the clinic right before Christmas.	1	16.67%
Not much	1	16.67%

Nothing	1	16.67%
Nothing great information	1	16.67%
Nothing.	1	16.67%
Seeing more examples of warm ups and plyos would be helpful	1	16.67%
Total	6	100.00%

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Question 4 (Free response)		
5 of 6 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
Great clinic I loved the athlete participation.	1	20.00%
Great job Tom	1	20.00%
Thank you for running the clinic	1	20.00%
Thank you!	1	20.00%
Thanks for sharing the info I found it really helpful.	1	20.00%
Total	5	100.00%

2014 TJ Clinic Feedback

Question 1 (Free response)*		
11 of 11 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent
Great wealth of information	1	9.09%
I liked the whole clinic it was very knowledgeable and was very useful.	1	9.09%
I love Tom's passion as he speaks. I REALLY loved that he had two athletes as models: one who could do the drills almost perfectly and one who struggled at times. It was VERY helpful to see both kinds of athletes.	1	9.09%
I loved the wealth of information. Their results show that these strategies work. Organized slides and great demos!	1	9.09%
I thought it was very informative and definitely learned alot.	1	9.09%
LOTS of information! I feel like I'm walking away with a ton of information that I am anxious to try with my guys.	1	9.09%
Smart approach and work backwards to see problems goes back to max v and acceleration	1	9.09%
The hands on at the gym with the video	1	9.09%
The tj technique/phase/sample practice sessions.	1	9.09%
Thorough and a good mix of technique, theory and practical information. Good mix of power points and demonstrations.	1	9.09%

Training plan was very informative	1	9.09%
Total	11	100.00%

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Question 2 (Free response)*		
11 of 11 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
---	1	9.09%
A little long during classroom sessions. Info targeted to already successful teams-would have been helpful to be a little more basic.	1	9.09%
Cant think of anything.	1	9.09%
I liked it all	1	9.09%
If we could get some videos to take home as an example, that would be great!	1	9.09%
N/A	1	9.09%
Not much. Very well done.	1	9.09%
Nothing. It was great!	1	9.09%
Technically helpful for workouts but what if these are unfeasible given lacking weightrooms or ability to keep kids for long time.	1	9.09%
The amount of time spent in the classroom.	1	9.09%
Would have liked to have time to address the injuries and rehab PowerPoint.	1	9.09%
Total	11	100.00%

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Question 3 (Free response)*		
11 of 11 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
The amount of time spent in the classroom.	1	9.09%
---	1	9.09%
Can't think of anything for this either.	1	9.09%
I liked it. Lunch was great!	1	9.09%
I liked the second day (triple jump) where the classroom was split with field house time in between. Great information, but still a long time to sit without another activity.	1	9.09%
Ideas for using minimal equipment to still get results.	1	9.09%
More athletes demonstrating the jumping drills in the gym. The more athletes the more examples.	1	9.09%
More interaction with other coaches attending clinic.	1	9.09%
More videos, at a slower pace so that we can better spot issues	1	9.09%

Nothing. Well done.	1	9.09%
there isn't much i wouldn't change other than simplifying explanations of things and more diagrams with explanations on the actual pictures.	1	9.09%
Total	11	100.00%

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Question 4 (Free response)		
10 of 11 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
Besides the amount of time spent in the classroom, the clinic was great!! I took a lot of valuable information away from this clinic that I will implement moving forward.	1	10.00%
---	1	10.00%
Appreciate you sharing your knowledge with us.	1	10.00%
None at this time	1	10.00%
None.	1	10.00%
Over all you were very good thank you for the helpful facts.	1	10.00%
Thank you for sharing your ideas, thoughts, and tips so freely and honestly. I am even more excited for the upcoming track season!	1	10.00%
Thank you!	1	10.00%
Very good clinic. I like having just one event for a whole day. Picked up twice as many tips and new thoughts. Easier to talk through questions as well, doesn't feel like your rushed like you do with an 1 hour rotating clinic.	1	10.00%
Videos and field house demonstrations were helpful when paired wih the technical explanations.	1	10.00%
Total	10	100.00%

2016 Long Jump Feedback

Question 1 (Free response)*		
11 of 11 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent
appreciated that it's very technical and that it was broken down into sections	1	9.09%
Classroom to athlete modeling; much easier to learn when seeing how the actual principles discussed apply with actual athletes	1	9.09%
Had kids to show how to do the drills and give us examples	1	9.09%
I liked seeing the jumpers in action and getting to review what they did right and wrong. The videos of jumpers were also beneficial as they were slowed down to see the form and technique.	1	9.09%
I liked that you had athletes here and we could see first hand what you do with them.	1	9.09%

I really enjoyed the the hands on activities. it really helped going through the film and watching each athlete. I also enjoyed the honesty and authenticity of how you coach.	1	9.09%
Power point. Knowledge of presenter. Good Food. Frequent changes of pace rather than sitting too long.	1	9.09%
The athletes that were here to demonstrate-it was helpful to see what we were learning in action. Having the PowerPoints with all the info so that we could listen and write additional info. Open and honest conversation/tips!	1	9.09%
There was video that we could watch, and that student athletes were there to show real life situations, and how the coach would react. Receiving the power points ahead of time or just in general in email is nice. Providing the information and then actually seeing what it looks like in practice is extremely helpful. First year track coach and I feel that I learned a great deal!	1	9.09%
Very hands on, always felt free to ask questions or for clarification.	1	9.09%
Very informative, appreciated the technical approach and the way it was organized (broken down into sections)	1	9.09%
Total	11	100.00%

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Question 2 (Free response)*		
11 of 11 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
Felt it was very informative and I learned a lot.	1	9.09%
It was a lot of class room time	1	9.09%
Liked every thing	1	9.09%
long (but all useful information, wouldn't want anything taken out)	1	9.09%
Maybe a little more time on the training plan/schedule	1	9.09%
N/A	1	9.09%
NA	1	9.09%
No handouts No coffee Dance coach clapping and yelling during our gym talks.	1	9.09%
Nothing	2	18.18%
This is a great clinic as a refresher, but also would be perfect for someone new to coaching or to coaching the jumps events	1	9.09%
Total	11	100.00%

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Question 3 (Free response)*		
11 of 11 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent

Have coaches try out drills Allow taping of drills with IPAD or provide a DVD for coaches to include some drills.	1	9.09%
I am a first time track coach, so I was just absorbing everything! Thanks!	1	9.09%
More example and usage of kids	1	9.09%
N/A	1	9.09%
NA	1	9.09%
Not anything. I thought it flowed nicely and was in a great order	1	9.09%
Nothing	2	18.18%
Nothing	1	9.09%
See above	1	9.09%
Set-up was fine and efficient, a lot of topics covered and demonstrated for such a short time; only idea might be to have coaches attending submit film of their athletes if they wanted, and then get some feedback on those	1	9.09%
Total	11	100.00%

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Question 4 (Free response)		
6 of 11 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
Great clinic. As a first time jumps coach I feel more comfortable going into the season.	1	16.67%
Make it cheaper. You will get more people and still bring in the same revenue. New events each year. Good clinic overall. Thanks for running this.	1	16.67%
No	1	16.67%
No-thank you! Would highly recommend to other coaches.	1	16.67%
Thank you so much! I look forward to the next one!	1	16.67%
Thanks. Lunch was also good! Thank you for everything!	1	16.67%
Total	6	100.00%

2015 LJ Clinic Feedback

Question 1 (Free response)*		
7 of 7 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent
Depth of info, combination of classroom and field house performance examples	1	14.29%
Great information and explained everything that he was talking about with great video clips.	1	14.29%

I likes how they had student examples at both ends of the spectrum this was very helpful to see all the things that are being discussed and how to make the changes to both a state level athlete and a new jumper. The video examples were also helpful.	1	14.29%
Informative, well organized, very knowledgeable, good examples and class mixture, liked how it was a smaller group -had opportunity to ask questions and really learn.	1	14.29%
Lots of great videos demonstrations and technical information on long jumping. Perfect progression answered a lot of questions about your program.	1	14.29%
Technical approach broken down well. Ample opportunity for questions. Field house work is beneficial	1	14.29%
Very technical, focused on small details instead of vague themes. Attainable, things that could be applied to jumpers of a wide ability level instead of just the elites Offered a plan of implementation and coaching advice.	1	14.29%
Total	7	100.00%

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Question 2 (Free response)*		
7 of 7 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
I can't say that I didn't like anything because all of the information was well worth it.	1	14.29%
I would have liked to see a little more work in the pit and watched the athletes execute these techniques more. It made the material more applicable the times we were down by the pit.	1	14.29%
Lots of powerpoint and sitting not enough time for coaches to absorb all of the information	1	14.29%
N/a.	1	14.29%
Nothing	1	14.29%
Nothing that I can think of. Information was great and very helpful. Possibly would like to see more about what a week of practice would look like.	1	14.29%
Nothing. 3rd time here. Consistently excellent.	1	14.29%
Total	7	100.00%

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Question 3 (Free response)*		
7 of 7 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
A lot of info to take in at once, for someone coming in with little LJ or TJ experience real basic, chronological break down of steps would help before	1	14.29%

specifics. Videos were great, would love more static images to illustrate succession of movements as well.		
Actually nothing.	1	14.29%
Adding more time by the pit with maybe a few more athletes if possible. It would have been beneficial to see the techniques executed in real time by different body types, athletic abilities, etc.	1	14.29%
Include weekly or biweekly practice breakdown with a dual meet during the week, invite on Saturday and coaching all three different jumps. I find it challenging to organize a week of practices with all these things going on.	1	14.29%
More on warmup procedures. Mentioned the high/low warmup a, but would like some more on that. Also in injury rehab and prehab. Some of this is covered in the TJ clinic, but would like a bit more.	1	14.29%
Nothing	1	14.29%
Written/talk to learn session where the coaches can talk about what we learned to reflect about what was taught or an assessment allowing us to reflect on what we learned	1	14.29%
Total	7	100.00%

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Question 4 (Free response)		
6 of 7 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
Assessment piece or reflection to see what we learned.	1	16.67%
Excellent clinic. I learned a lot that I plan on using in my coaching this season. Thank you for sharing!	1	16.67%
Great clinic, great price, well organized, very helpful. Thank you for putting this on!	1	16.67%
Great information and thank you for taking the time to teach other inspiring coaches to be great!	1	16.67%
Really enjoyed the day. Thought the information was very informative! Thanks.	1	16.67%
Thank you for breaking the subject down into portions, it was very informative and practical.	1	16.67%
Total	6	100.00%

2014 LJ Clinic Feedback

Question 1 (Free response)*		
7 of 7 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent
I appreciated the wealth of info paired with videos and demos	1	14.29%

I liked all of it. I liked the theories on what should be worked on with athletes and how he thought. It was very helpful	1	14.29%
I liked seeing all the videos of the high school athletes in the PPT. For a visual learner, it really helped to see multiple examples. Also, when Tom stood up and used his own body to model some techniques, that helped me understand what he was talking about too.	1	14.29%
Intelligent physics in coordination with the body and three accel, max vel, third to last pen/takeoff. Paying attention to speed leading up and helpful workouts.	1	14.29%
It was very informative. I like that we went through the entire process of the jump from running mechanics, to approach, jump, and landing. I thought the video quizzes were also helpful because sometimes it's hard to really visualize everything. I also liked receiving the PowerPoint materials	1	14.29%
The technical detail on running mechanics and why they are needed for the jumps. The technical detail on the jump phases. And the practice demonstration.	1	14.29%
The visuals - demos, videos, students demos Email of the power points Easy to understand format and information Took the time to explain things	1	14.29%
Total	7	100.00%

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Question 2 (Free response)*		
7 of 7 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
---	1	14.29%
Cant think of anything at the moment.	1	14.29%
I liked it all.	1	14.29%
I thought some of the videos of the Olympians were not the best and/or the problems were hard to see (some were good though).	1	14.29%
No complaints :)	1	14.29%
Nothing	1	14.29%
So much information well covered, difficult to obtain all but more is better infowise then less so no complaints.	1	14.29%
Total	7	100.00%

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Question 3 (Free response)*		
7 of 7 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
---	1	14.29%
Hard to say	1	14.29%

I would not change a thing other than adding more visual explanations, like diagrams where you are explaining pictures because not everything can be written down that quickly.	1	14.29%
I would provide small in the classroom snacks.	1	14.29%
Might be good to break up the powerpoints with demos more often.	1	14.29%
Nothing, helpful maybe adding where you began implementation of skills depending on years like as you learned over the 5 years	1	14.29%
Nothing. Great information and time well spent!	1	14.29%
Total	7	100.00%

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Question 4 (Free response)		
6 of 7 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
My only comments would be maybe add some more basic explanations. Because as was said students don't always understand what you are explaining and they need things "dumbed down" as people would say, would help. As for myself.	1	16.67%
Obviously very knowledgeable and conveyed the information well!	1	16.67%
PowerPoint printed out so we can take notes on it	1	16.67%
Thank you very informative and kept my attention	1	16.67%
Thank you!	1	16.67%
Thanks for your willingness to share what you've learned.	1	16.67%
Total	6	100.00%

2016 Shot Put Clinic Feedback

Question 1 (Free response)*		
10 of 10 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent
Coach Nihells colorful personality! Informative, lots of cues, drills, and good food.	1	10.00%
Detailed info with live demonstration	1	10.00%
Drills and videos	1	10.00%
Great depth of knowledge.	1	10.00%
Handouts, demonstrations, hints on what to look for, how to adapt drills.	1	10.00%
I really like how the coaches spoke about the drills and progressions they used for their own athletes. I also like how they were able to talk about things that could be going wrong with the form as well.	1	10.00%
Live examples. Presenters were knowledgeable	1	10.00%

Loved the interaction and time spent breaking the small things down.	1	10.00%
Many models and examples	1	10.00%
Nihells	1	10.00%
Total	10	100.00%

[top](#)

Question 2 (Free response)*		
10 of 10 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
Bishop. Though for real, I wish Ben had more time to take on his glide presentation. It didn't feel as thorough or detailed as Nihells was.	1	10.00%
Could have had more live demonstrations	1	10.00%
Everything went well	1	10.00%
It would be nice to get the full gifs or videos from the slides. I feel the power points are incomplete without them	1	10.00%
Minimal time on glide	1	10.00%
N/a	1	10.00%
Na	1	10.00%
na	1	10.00%
Wish there's was more time in gym and less in classroom	1	10.00%
Would love video of the drills.	1	10.00%
Total	10	100.00%

[top](#)

Question 3 (Free response)*		
10 of 10 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
Little more on the glide segment	1	10.00%
More demonstration of drills	1	10.00%
N/a	1	10.00%
Na	1	10.00%
Not at this moment	1	10.00%
Nothing	1	10.00%
Nothing my dudes.	1	10.00%
Perhaps more demos in the gym.	1	10.00%
Split up first session shot rotational. Second discus for one day	1	10.00%
Warm too warm	1	10.00%

Total	10	100.00%
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[top](#)

Question 4 (Free response)		
3 of 10 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
Great job	1	33.33%
NA	1	33.33%
You have a gifted staff here. Keep up the good work.	1	33.33%
Total	3	100.00%

2015 Shot Put Clinic Feedback

Question 1 (Free response)*		
8 of 8 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent
All the detail and demonstrations.	1	12.50%
Clinic was very helpful at pointing out typical problems of throwers and pointing out key things to look at and how to address them.	1	12.50%
Demonstrations in the throws room along with the classroom.	1	12.50%
I really liked the personal interaction. It wasn't a clinic where the presenter read from the PowerPoint. The interaction and having someone show the drill and pointing out the key points.	1	12.50%
Knowledgeable coaches and helpful tips. Coaches shared their tricks with us.	1	12.50%
Positive, realistic drills	1	12.50%
The clinic was very informative. I appreciate there being classroom time as well as demonstration in a shot put simulation time.	1	12.50%
The use of live modeling of techniques discussed.	1	12.50%
Total	8	100.00%

[top](#)

Question 2 (Free response)*		
8 of 8 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
As a first year throwers coach, some things were over my head but that's on me, not the coaches	1	12.50%

I would like to be able to do the drills myself so I can feel what they are talking about.	1	12.50%
I'm jealous of the facilities here at LP. 🤔 I truly enjoyed the clinic	1	12.50%
Minimal activity to participate in. Not that discussion is bad.	1	12.50%
N/a	1	12.50%
Nothing. It was excellent.	1	12.50%
Shot put is a very technical event. The clinic was long in time but presenters did a very good job with filling all of the time with great techniques and drills.	1	12.50%
Video taping or video clips of how to properly do the drills would be very helpful in order to use at a later date	1	12.50%
Total	8	100.00%

[top](#)

Question 3 (Free response)*		
8 of 8 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
Breaks! Add wts routine for shot....warm up	1	12.50%
I liked the break up of how the clinic went lecture then demonstration, but a little more lecture on the glide would be helpful, along with having some drill ideas	1	12.50%
Maybe hands on for the coaches. Learn by doing.	1	12.50%
Nothing	1	12.50%
Nothing.	2	25.00%
Possibly allow the coaches to perform the drills if they would like.	1	12.50%
There wasn't much that I would change about the clinic. The presenters made the topic interesting.	1	12.50%
Total	8	100.00%

[top](#)

Question 4 (Free response)		
2 of 8 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
Blunt and upfront manner taken towards the sport was refreshing and welcomed.	1	50.00%
Clinic is great as usual, Ben and Bob are very knowledgable and are great at educating the coaches on how to train and things to look for.	1	50.00%
Total	2	100.00%

2014 Shot Put Clinic Feedback

Question 1 (Free response)*

8 of 8 respondents answered this question.

What did you like about the clinic?

	Number of Respondents	Percent
Film and field house demonstration	1	12.50%
I liked the detailed instruction for each drill and part of the throw. I liked the demonstrations and explanations for each part of the sequences. I also enjoyed the technology included during the end of the program.	1	12.50%
Lots of good, useful, and concise information was presented. I felt that Coach Niles and Coach Bishop presented everything in a very clear and helpful manner. All questions were answered and I learned a lot from them.	1	12.50%
The opportunity to see demonstration of the shot put progression.	1	12.50%
The spin segment was very thorough.	1	12.50%
Thought it was great how you showed all the drills and progression for both spin and glide. I also liked the corrections at the end.	1	12.50%
Very informative. A lot of real life situations and useful information.	1	12.50%
Very knowledgeable coaches with great views on how to coach the drills along with what works with their kids. Very helpful with pointing out things to look for when coaching the drills and how to correct them.	1	12.50%
Total	8	100.00%

[top](#)

Question 2 (Free response)*

8 of 8 respondents answered this question.

What did you not like about the clinic?

	Number of Respondents	Percent
Did not get slides before clinic	1	12.50%
I cannot complain.	1	12.50%
I enjoyed the entire clinic.	1	12.50%
N/A	2	25.00%
Nothing	1	12.50%
Nothing. Thought it was great and I became a better coach being here.	1	12.50%
We need hands on... and it would be nice to bring an athlete.	1	12.50%
Total	8	100.00%

[top](#)

Question 3 (Free response)*

8 of 8 respondents answered this question.

What would you have changed about the clinic?

	Number of Respondents	Percent
Given the chance to take some time to practice each exercise after we discussed the form.	1	12.50%
I know we ran out of time but I like the errors and correction segment	1	12.50%
Last year it was one day which was a lot, and this year the two days was great.	1	12.50%
N/A	2	25.00%
Nothing	1	12.50%
Nothing	1	12.50%
See above	1	12.50%
Total	8	100.00%

[top](#)

Question 4 (Free response)		
6 of 8 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
I enjoyed both presentations.	1	16.67%
I learned a lot and thoroughly enjoyed my time during the shot put presentation. Thank you!	1	16.67%
Keep running the clinic, and I will keep coming . Great information, demonstrations, and what to look for.	1	16.67%
N/a	1	16.67%
Thanks for sharing your knowledge with me. Really learned a lot and your passion is contagious. Good luck this year.	1	16.67%
Thought the presentation was incredible.	1	16.67%
Total	6	100.00%

2016 Discus Clinic Feedback

Question 1 (Free response)*		
7 of 7 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent
Demonstrations, examples, strategies, connections between shot put and discus forms	1	14.29%
Great job explaining the lifting, especially the technical side of the lifts. Great progression.	1	14.29%
In-depth coverage of the program and the discus	1	14.29%
Really enjoyed how the coaches talked us through the weight workouts and the progressions they used. It was helpful that they had demonstrated the lofts too so we knew we would teach them correctly. The discus discussion	1	14.29%

was very helpful as well and love that I can use similar drills with both events. Thank you so much.		
The in depth discussion and videos for all the drills.	1	14.29%
Very knowledgeable of the content of the throws. Very good use of powerpoint amd video. Great use of demonstration for weight training.	1	14.29%
Weight room demonstrations and videos that were broken down into clear steps	1	14.29%
Total	7	100.00%

[top](#)

Question 2 (Free response)*		
7 of 7 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
Less time for discuss	1	14.29%
N/a	2	28.57%
Na	1	14.29%
Not getting the video clips of the drills.	1	14.29%
Nothing	1	14.29%
Only one break throughout the entire season otherwise the clinic was excellent overall.	1	14.29%
Total	7	100.00%

[top](#)

Question 3 (Free response)*		
7 of 7 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
I'd like to bring in a personal hard drive and get the actual power points with GIFs of clips to better learn drills, etc. Also, the slides SP/DT are missing pieces when it prints. Small parts come up blank.	1	14.29%
More breakdown of teaching discuss (timing, stages, etc.)	1	14.29%
N/a	3	42.86%
Nothing	1	14.29%
The clinic had a great combination of demonstration and lecture. I would continue with the same structure in my opinion.	1	14.29%
Total	7	100.00%

[top](#)

Question 4 (Free response)

3 of 7 respondents answered this question.

Any other comments or suggestions are welcome. Thank you for your time.

	Number of Respondents	Percent
Keep up the good work. You guys are the best. I want to be the best. I gotta beat you to get there.	1	33.33%
None	1	33.33%
Thanks for a great two days!	1	33.33%
Total	3	100.00%

2015 Discus Clinic Feedback

Question 1 (Free response)*

5 of 5 respondents answered this question.

What did you like about the clinic?

	Number of Respondents	Percent
Demo and slides is nice. Food is top notch.	1	20.00%
Everything. Thanks for putting in the time!	1	20.00%
Great information great coaches great way of presenting with PowerPoint & demonstration. The food	1	20.00%
I like that you were willing to share your calendar in depth. Many coaches refuse to share that or give a brief overview of it.	1	20.00%
Very helpful for planning out the weight lifting aspect of lifting, great seeing how everything is scaled out. The discus portion was informative on how to incorporate indoors	1	20.00%
Total	5	100.00%

[top](#)**Question 2 (Free response)***

5 of 5 respondents answered this question.

What did you not like about the clinic?

	Number of Respondents	Percent
Everything was insightful and helpful.	1	20.00%
N/a	1	20.00%
Not much	1	20.00%
Nothing	1	20.00%
Nothing.	1	20.00%
Total	5	100.00%

[top](#)

Question 3 (Free response)*

5 of 5 respondents answered this question.

What would you have changed about the clinic?

	Number of Respondents	Percent
I think having some more drill ideas for discus would be helpful with incorporating different non throws implements.	1	20.00%
Na	1	20.00%
Nothing.	2	40.00%
Slides don't print well. Some slides print missing info. It would be awesome to have video sent with the slides... We cannot access the videos on our sides.	1	20.00%
Total	5	100.00%

[top](#)**Question 4 (Free response)**

4 of 5 respondents answered this question.

Any other comments or suggestions are welcome. Thank you for your time.

	Number of Respondents	Percent
Great clinic.	1	25.00%
N/a	1	25.00%
NA	1	25.00%
Thanks again for an excellent clinic. We will be back.	1	25.00%
Total	4	100.00%

2014 Discus Clinic Feedback**Question 1 (Free response)***

12 of 12 respondents answered this question.

What did you like about the clinic?

	Number of Respondents	Percent
both coaches are very knowledgeable, slides and notes are helpful, demonstrations help as well. Food was delicious.	1	8.33%
Clinic was very well ran and very informative. It did a great job building off of the previous day and incorporating the knowledge from shotput into discus. The weight training was also very good to see what lifts are being done and things that are being tested	1	8.33%
Demonstrations in the field house were helpful. I also like the video breakdown on HUDL. The coach attendees were asked to put their newly acquired skills to the test by making corrections to the techniques.	1	8.33%
I liked the detailed videos and relatable material corresponding with explanations.	1	8.33%

I really liked the ideas on what to use indoors for disk and the demonstrations.	1	8.33%
I thought the presenters were incredibly knowledgeable and related well to the attendees. They answered all the questions addressed and were very effective.	1	8.33%
It was great.	1	8.33%
Loved the detailed practice plans- training etc.	1	8.33%
The clinic both met and exceeded my expectations. I had seen Coach N. before and got good information from that presentation. But having the two coaches together with Coach N. and Coach B. demonstrating the drills it was much more specific and easier to process. The organization of the presentation by breaking them into parts from the back of the circle to the front made it easy to following and understand the progressions such as the puppet. Coach N. was particularly good in his approach to the clinic. Considering his successful thrower he might have been directed but instead he presented his information and insights in a sharing framework giving people the opportunity to ask questions. He never said this is the way it has to be done. He just shared his approach. Also as I stated before Coach B.'s enthusiasm and demeanor kept the clinic upbeat. As he did the drills you could picture some of your own athletes doing them. These comments also apply to the shot presentation. Thanks again and I hope to see ypu later in the season. Joe O.	1	8.33%
The visual aids were great. I always enjoy how organized this clinic is. The food is always amazing!	2	16.67%
Very knowledgable about the topics, great insight on Olympic lifting and regiment	1	8.33%
Total	12	100.00%

[top](#)

Question 2 (Free response)*		
12 of 12 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
Enjoyed it all.	1	8.33%
Everything was good	1	8.33%
I wish more demonstrations were shown in the practice area for the full throws.	1	8.33%
I would have liked to receive the clinic power point slides prior to attending the clinic.	1	8.33%
I'm jealous that LP has a "throws room".	1	8.33%
It was a difficult weekend to make work, being the holiday weekend with family and travel and things of the nature.	1	8.33%
It was great.	1	8.33%
It would be nice if you got the 2nd day free or at least reduced or a special rate for bringing a friend.	2	16.67%
NA	1	8.33%

None	1	8.33%
Nothing	1	8.33%
Total	12	100.00%

[top](#)

Question 3 (Free response)*		
12 of 12 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
Enjoyed all of it, would even like to see athletes working out or simulating a practice. Clinic was well done!!	1	8.33%
I know a lot of us can't physically do some of the drills but it would be helpful for some of us if we actually did the drills and had you comment on our positioning or at least let us try at the side while you were doing it. It's the learn by doing idea. I will retain/understand things better. I know it would take longer but we had plenty of time.	2	16.67%
I think more video explanations would be beneficial.	1	8.33%
is too expensive to go to both clinics back to back, and because of that, I missed the SP clinic and I really wanted to heal Neihles and Bishop talk about both Rot and Glide SP. Maybe next year I guess...	1	8.33%
NA	1	8.33%
None	1	8.33%
Nothing	2	16.67%
Only the date. Perhaps another week later, after school is back in session.	1	8.33%
Perhaps you could hand out weekly practice plans.	1	8.33%
Some directions or a map. I got lost twice in the building.	1	8.33%
Total	12	100.00%

[top](#)

Question 4 (Free response)		
10 of 12 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
Great two day clinic. This clinic will definitely help me develop my coaching and philosophy of developing my future throwers.	1	10.00%
I would have liked to hear about the types of stretching that you do with your throwers. Most younger trainers do not like the way we did things in the past. We didn't talk much about the high point of the discus/shot.	2	20.00%
It's was a great clinic and I learned a lot. Thanks for sharing your knowledge!	1	10.00%
Keep running it and I'll keep showing up	1	10.00%
Looking forward to attending again in the future!	1	10.00%

see #3	1	10.00%
Thank you for your time and the some great tips. Good luck this season.	1	10.00%
the throws clinic was good. I'll be back next year for 1 of the days.	1	10.00%
Very well ran, and the coaches are great at explaining and demonstrating their knowledge. It would be nice to be able to video tape or have clips of the drills and how they should be ran, this way we have a visual aid of things to look for and how it should look when properly done	1	10.00%
Total	10	100.00%

2015 Hurdles Clinic Feedback

Question 1 (Free response)*		
10 of 10 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent
Excellent information breakdown! Very easy to follow and understand concepts. Thanks for sending us the power point ahead if time!	2	20.00%
Excellent job of breaking down techniques and drills. Great job at answering any questions. Outstanding demonstrations.	1	10.00%
Insight from Jay. Also, the fact that he is not cocky and humble. Run into a lot of coaches that have winning athletes and they act like they are better than everyone. He had a ton of knowledge.	1	10.00%
Loved the drill ideas, practice scheduling and videos!	1	10.00%
Small group, great information, perfect for level I'm at, great lunch!	1	10.00%
Time for questions and practical drill demonstration.	1	10.00%
Very Informative a lot of time spaced out for questions.	1	10.00%
Very informative. I felt he was open to any questions and was willing to share.	1	10.00%
Video was good! Knowledgeable! Lou's was awesome!!	1	10.00%
Total	10	100.00%

[top](#)

Question 2 (Free response)*		
10 of 10 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent
All was good	1	10.00%
All was good	1	10.00%
Everything was perfect	1	10.00%
Hard to be in that room sitting. We did get up a few times. It is probably because we are all runners. Hard to sit.	1	10.00%
NA	1	10.00%

No complaints.	1	10.00%
Nothing! It was so helpful!	2	20.00%
There was nothing that I didn't like.	1	10.00%
Would have liked more examples of drills + workouts and number of reps they do. This is not a major complaint by any means. Overall it was a well put together clinic.	1	10.00%
Total	10	100.00%

[top](#)

Question 3 (Free response)*		
10 of 10 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
I liked it. Maybe a few more kids to demonstrate if possible, but if was great.	1	10.00%
More concise practice plans.	1	10.00%
Nothing	2	20.00%
Nothing	1	10.00%
Nothing - all was good	1	10.00%
Nothing really. My only need now is planning for season	1	10.00%
Nothing.	2	20.00%
Perhaps turn the presentation into an interactive PowerPoint. Have the pages fly in stop and then have examples with them. Get up...go in hall and show us exactly what he is showing. (He did do this for a few of the drills.)	1	10.00%
Total	10	100.00%

[top](#)

Question 4 (Free response)		
7 of 10 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
Again, what a great coach. His ability to hold an audience for that long was astounding. He also told us he is available for follow up. Well worth the money. (We have an opening at our hs for Jay.) Stipend 9,500. :) He was awesome.	1	14.29%
Good time	1	14.29%
Great job, thank you so much!	1	14.29%
Great job, thank you so much! If it's possible, I'd love to be able to view your video clips with my athletes to point out thw cues you gave us. :-)	1	14.29%
I really enjoyed the clinic. The instructor was very informative and had great ideas.	1	14.29%
Really well put together program. Please offer it every year!	1	14.29%

Thank you	1	14.29%
Total	7	100.00%

2014 Hurdles Clinic Feedback

[top](#)

Question 1 (Free response)*		
11 of 11 respondents answered this question.		
What did you like about the clinic?		
	Number of Respondents	Percent
A lot of usable information. Concise practical information. Liked having the athletes come in and demonstrate.	1	9.09%
I appreciate the time spent about the coach's background and where their own philosophy came from. Coach Ivory's presentation really focused on the essential skills to become a proficient hurdler. Also, I liked how the video showed mostly hurdlers who were not proficient which most of us coaches deal with on our own team.	1	9.09%
I enjoyed that the clinic offered a broad view of the event.	1	9.09%
I enjoyed the live and video demonstrations. I also got the issues I had with my hurdles addressed without even needing to ask.	1	9.09%
I really liked the videos that you had to show the errors and necessary corrections. I think it helped that you identified the errors and had similar errors together so we could focus on one thing at a time as opposed to overwhelming us.	1	9.09%
I was able to learn more about the hurdles. Going into it, I wasn't very confident about coaching hurdles. I feel much more confident about coaching.	1	9.09%
Informative, video footage + demonstrations by athletes Great insight into training and strategy!!!	1	9.09%
It was very informative. It was helpful seeing all of the videos.	1	9.09%
Lots of good info I can take back to my team or reiterated stuff I'm already doing. Gave me good pointers and cues I can give to my kids that I didn't think of before.	1	9.09%
The in depth nature of how and WHY certain drills and activities were done. It is great to hear how you translate the information to athletes as well.	1	9.09%
Very in depth. Every drill was broken down and explained clearly.	1	9.09%
Total	11	100.00%

[top](#)

Question 2 (Free response)*		
11 of 11 respondents answered this question.		
What did you not like about the clinic?		
	Number of Respondents	Percent

A tad long but still good	1	9.09%
I have no specific complaints. It may have been helpful if it were even more hands on.	1	9.09%
I just did not like sitting for so long	1	9.09%
I liked the introduction but maybe a little shorter or faster.	1	9.09%
I think it was focused on the errors and how to correct as opposed to showing good hurdle form first and then showing common errors.	1	9.09%
I would have liked to learn a bit more about acceleration and max velocity. In the LJ clinic last year, we went into more detail, and it was very worthwhile.	1	9.09%
N/A	1	9.09%
No comment	1	9.09%
Nothing I did not like but would have liked to have seen more live drills...	1	9.09%
Nothing. Everything was organized well, thorough, and Coach Ivory is very knowledgeable.	1	9.09%
Their was not anything wrong with the organization of the presentation, however, it would have helped to see the video re-loop in slow motion in order to pick up the mechanical mistakes of the different athletes.	1	9.09%
Total	11	100.00%

[top](#)

Question 3 (Free response)*		
11 of 11 respondents answered this question.		
What would you have changed about the clinic?		
	Number of Respondents	Percent
Better job with the videos. Perhaps slow them down. Get more input from the group about what they see. Also, I sometimes didn't know which athlete you were referring to until after it was too late. Overall, it was very helpful, but could be improved.	1	9.09%
Definitely the video re-loop while explaining what the athlete was not doing well.	1	9.09%
Either more breaks to walk around or just more hands on examples of drills and or activities. The videos of actual high school students were very helpful	1	9.09%
I would have liked to get more information about how you set up your training schedule.	1	9.09%
Maybe a week printout of what a general week looks like for hurdlers? Obviously it would be different depending on cycle but I think most would like to see what that may entail.	1	9.09%
More drills, but what was provided was still great!	1	9.09%
More info on setting up a basic training plan for a season, how the season progresses, peaking, etc.	1	9.09%
Not sure, perhaps more live demonstrations.	1	9.09%
Nothing	1	9.09%

Snacks during the day.	1	9.09%
The only thing I would have changed would be to see more of the overall season training - I know so many of us are splitting time among multiple events so maybe just more detail about week to week or month to month training schedules and splitting up the sprinters and hurdlers	1	9.09%
Total	11	100.00%

[top](#)

Question 4 (Free response)		
7 of 11 respondents answered this question.		
Any other comments or suggestions are welcome. Thank you for your time.		
	Number of Respondents	Percent
Another successful clinic I attended. I find your clinics informative and enjoy spending entire day on one event rather than bouncing around to different sessions like the ITCCCA clinic.	1	14.29%
I found the clinic very informative and useful. Thanks!	1	14.29%
I really enjoyed the clinic. I am looking forward to trying everything I learned with my track team.	1	14.29%
No comment	1	14.29%
Thank you for all of the great ideas, I am excited to see them put to use.	1	14.29%
Thank you for providing a great clinic!	1	14.29%
Well done. Thanks!	1	14.29%
Total		