

# Lone Star Athletic Coaching Association's 2026 Track & Field Coaching Clinic

**Date:** Saturday, January 17, 2026

**Location:** Montgomery HS, 22825 TX-105, Montgomery 77356

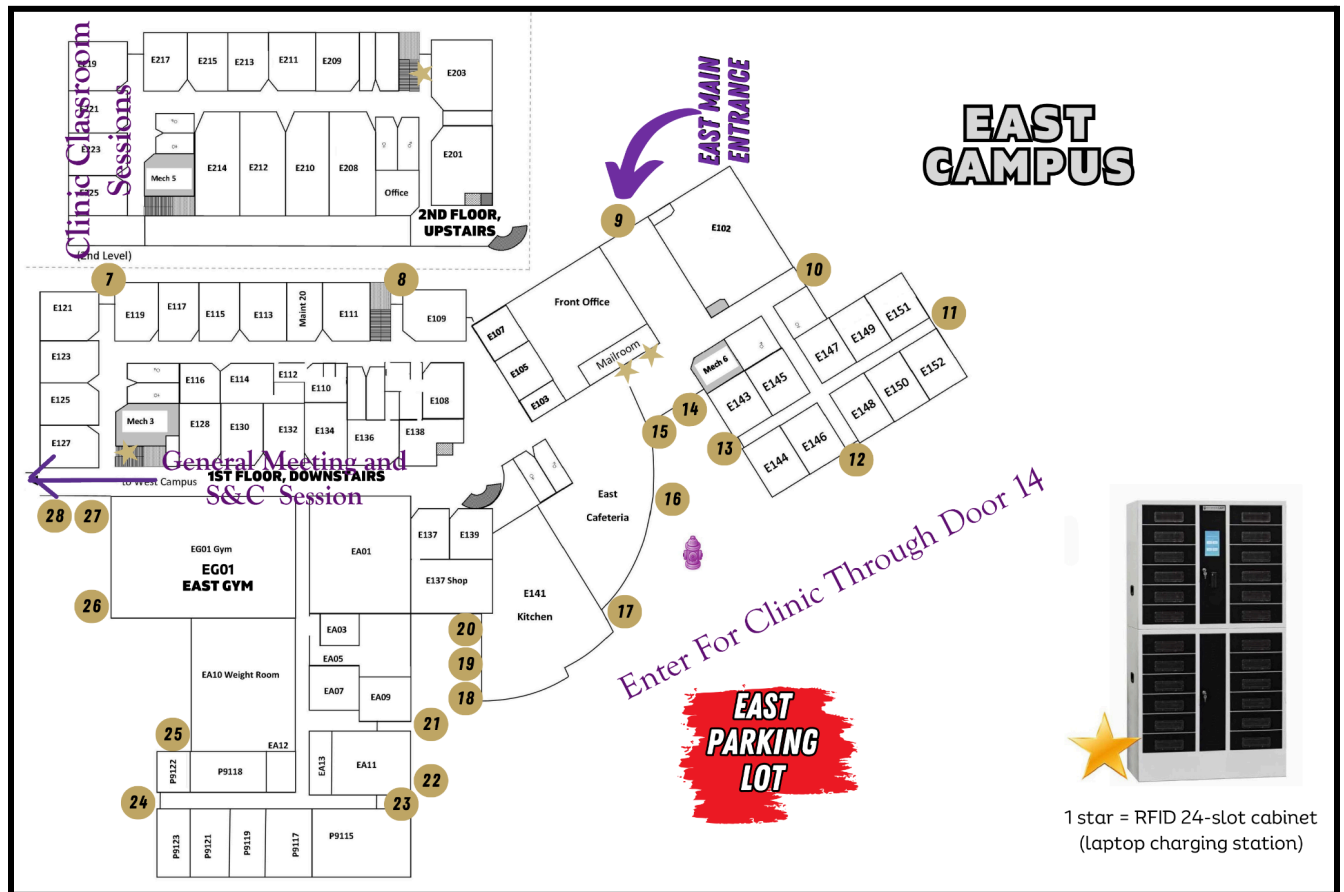
Time	Topic	Description	Speaker	Location
8-8:50 AM	General Meeting		LSACA Board Members	Cafeteria
9- 10AM	Strength & Conditioning	Strength and Conditioning to create better athletes	Joey Heron Holliday HS, Holliday ISD	Cafeteria
10:15- 11:15am	1 Year Throws Programing	Calendar year Progression in the Throws	David Cooper Seven Lakes HS, Katy ISD	E221
	Hurdles	Training Young Hurdlers	Clayton Keys Katy Tompkins HS, Katy ISD	E223
	Cross Country to Middle Distance	Cross Country Season Progression to Middle Distance on the Track	Trenton Hall Smithson Valley HS, Comal ISD	E225
11:30am	Hall of Honor Fajita Luncheon			Cafeteria
1:30- 2:20pm	Horizontals	Structuring Jumps Practice	LeVar Brown Cinco Ranch HS, Katy ISD	E221
	Pole Vault	Pole Vault Training (Outdoor Session)	Andrew Higham Kingwood Park HS, Humble ISD	Across 105 @ Athletic Complex
	800 Meters	Training the 800 Meter Athlete	Adam Kedge Albuquerque Academy	E223
2:30 - 3:20 pm	Rotational Throwing	Teaching Rotational Throwing	David Cooper Seven Lakes HS, Katy ISD	E221
	High Jump	Training the Young High Jumper	Mike Taliaferro The Woodlands HS, Conroe ISD	E223
	Relays	Championship relay Training	Elton Ervin Atascocita HS, Humble ISD	E225
3:30- 4:20pm	Sprints	Sprint Training for young Sprinter	Chad Cooper Lindale HS, Lindale ISD	E221
	Distance Track	Distance Training applied to UIL Track Events	Kevin Waters Bridgeland HS, Cy-Fair ISD	E223
4:30-5:20 pm	Football	Klein Collins Football	Adrian Mitchell Klein Collins HS, Klein ISD	E221
	Volleyball	The Woodlands HS Volleyball	Julie Pelosi The Woodlands HS, Conroe ISD	E223
	Cross Country	Warrior Cross Country	Edward De La Cruz Waxahachie HS, Waxahachie ISD	E225
6pm	Social	<a href="#">Papa's On the Lake</a>	14632 HWY 105 W, Montgomery, 77356	

## Parking Map



Arriving from I-45, on HWY 105, turn left on Old Plantersville Rd. Take the first right into the East Parking Lot (labeled Lone Star Coaches Clinic Parking on map) after the soccer field.

# Clinic Classroom Sessions Map



\*East Parking Lot is labeled "Lone Star Coaches Clinic Parking" on the Parking Map.