

Florida Athletic Coaches Association
2026 – CROSS COUNTRY / TRACK AND FIELD

WEDNESDAY – January 7th: Cross Country Only Day

12:00PM – 2:00PM Clinic Registration – FACA Membership and Check-in

2:00PM – 3:00PM

Opening Session— 5 Things That Changed Our Program

Distance TR 2 & 3: Timo Mostert – American Fork HS

3:15PM – 4:15PM Cross Country

The More Things Change

Distance TR 2 & 3: Rod Murrow - Running Lane Coach

4:30PM – 5:30PM Cross Country

The Secret Magic Workout

Distance TR 2 & 3: Timo Mostert – American Fork HS

5:30PM – 6:15 PM Cross Country

Mental Aspect of Running

Distance TR 2 & 3: Jim Ryun OLY

5:30PM – 7:30PM DRURY KICKBACK SOCIAL – HOTEL GUESTS

8:00PM – 9:00PM Coaches Roundtable Q & A Open Forum TR 3 & 2

THURSDAY – January 8th: Cross Country and Track Sessions

8:00AM – 5:00PM Clinic Registration – FACA Membership and Networking

9:00AM – 9:45AM Cross Country

How to Become Eligible for NXN Without a Single VO2 Max Workout

Distance TR 3: Rod Murrow – Running Lane Coach

10:00AM – 11:30PM Cross Country and Officials Training

Cross Country

Distance TR 3: Training Like a Caveman A 6 Month Template

Timo Mostert – American Fork HS

Officials Vertical Jump Training

Officials Training TR 2 - Dan Epstein and Jake

11:30AM – 1:00PM Break – Lunch on Own / Visit Vendor Booths / Professional Networking

12:00PM – 12:45PM State Championship Coaches Panel Q & A

1:00PM – 2:15PM Opening Session – Keynote Speaker – Triple Room

FACA – Shelton Crews – Executive Director – Welcome, Award Presentation

General: Marc Davis & Michelle Clayton - Troy University - Building Culture in Your Program

2:30PM – 3:15PM Track and Field Presentations – Separate Rooms

Sprints TR 1 : Marc Davis - Troy University - Fundamentals of Sprint Training

Field TR 2 : Michelle Clayton - Troy University - Shot-put Technique - To Glide or not to Glide

Distance TR 3: Rod Murrow – Running Lane Coach - **Women Run Faster Than Girls**

3:30PM – 4:15PM Track and Field Presentations – Separate Rooms

Sprints TR 1: Marc Davis - Troy University - Pre Season/Race Modeling/Tapering for Competition

Field TR 2 : Michelle Clayton - Troy University - Key Concepts to Discus Technique

Field TR 3 : Mark Napier - IMG Academy - Triple Jump Technique

Double Room

4:30PM – 5:30PM FACA Track Advisory Committee Update / CCAC Update – Double Room

Ray Romero – FACA Cross Country State Chair – Dunbar HS

Todd Brigman – FACA Track and Field State Chair – Niceville HS

Coach of the Year Awards – presented by David Halliday (FLTFHOF)

- *Victor Arrieta - Belen Jesuit- Boys' Track & Field*
- *Angie Milford - Maclay School- Girls' Track & Field*
- *Danny Areces - Columbus - Boys' Cross Country*
- *John Stevenson- Sarasota HS- Girls Cross Country*

Florida Track and Field Hall of Fame Inductees

- Sanya Richards-Ross (athlete)
- Reggie Pressley (athlete)
- Marilyn Wills (coach)
- Don Smith (official)
- Eric Smith (official)
- Doug Loftus -*Louie Bing Distinguished Service Award*
- Ron Coleman - *Jimmy Carnes Lifetime Achievement Award*

5:30PM – 7:30PM DRURY KICKBACK SOCIAL – HOTEL GUESTS

8:00PM – 11:00PM Coaching Networking / M-F Athletic Hospitality – TBA

FRIDAY – January 9th: Track Only Day

8:00AM – 5:00PM Clinic Registration – FACA Memberships and Networking

8:30AM – 9:15AM Track and Field Presentations – Separate Rooms

SprintsTR 1: Lamont Thomas - IMG Academy - 100mH/110mH

FieldTR 2 : Caleb Phillips - IMG Academy – Pole Vault Part 1

General TR 3 : Michelle Clayton - Troy University - Weight Training for Track & Field

9:30AM – 10:15AM Track and Field Presentations – Separate Rooms

SprintsTR 1 : Marc Davis - Troy University - Tweeners - Training 800m from Speed Up

FieldTR 2 : Caleb Phillips - IMG Academy – Pole Vault Part 2

Field TR 3 : Michelle Clayton - Troy University - Javelin Technique

10:30AM – 11:15AM Track and Field Presentations – Separate Rooms

Sprints TR 1 : Marc Davis - Troy University - Effective Relay Planning & Practice

Field TR 2: Mark Napier - IMG Academy - Long Jump Technique

GeneralTR 3 : Veteran Coaches Q & A: Jay Getty, Dave Halliday, Ken Brauman - Coaching elites

11:30AM – 1:00PM Lunch Break / Vendor Visitation / Coaching Networking

1:00PM – 2:15PM FHSAA / CFTOA – Track and Field Updates – Triple Room

CFTOA: Working with Officials

FHSAA T/F Update – Ed Thompson – FHSAA Administrator

2:30PM – 3:00PM Vendor Visitation and Coaching Networking

3:00PM – 3:45PM Track Presentations – Separate Rooms

Sprints TR 1: Lamont Thomas - IMG Academy - 400mH

Field TR 2 : Holly Fagan - MF Athletics – High Jump

General TR 3: Marc Davis - Troy University - From Warm-up to Cool Down

4:00PM – 4:45PM FACA Recommendations – Jay Getty, FACA TR State Chair – Double Room

Approval and General Wrap-Up Discussions

5:30PM – 7:30PM DRURY KICKBACK SOCIAL – HOTEL GUESTS

6:00PM – 7:00PM Track Advisory Committee Meeting – Todd Brigman– TBA