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Track & Field Coaching Essentials Nov 24, 2014. TRACK and FIELD: USA Track & Field Coaching Manual Oct 7, 1999.

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Coaching high school t&f: hurdles

Grinnell College Head Track & Field and Cross Country Coach; former Chairman of USA Track & Field Coaching the essentials of training and coaching

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The "USA Track & Field Coaching Manual" is the official coaching guide of the sport's national governing body. The manual covers every major event and includes

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