



WHITWORTH UNIVERSITY

Cross Country & All-Sports Coaches Clinic

Date: Wednesday, August 18th, 2010

**Time: 8:30AM—2:00PM (Cross Country - 5hrs)
2:30PM—6:30PM (All Sports - 4hrs)**

Cost: \$100 Both Clinics

\$65 Cross Country Clinic Only (lunch provided)

\$50 All Sports Clinic Only (no lunch)

Up to 9 WIAA Approved Clock Hours provided at no extra cost

Clinic Topics and Objectives

1. XC clinic designed for middle & high school cross country and distance coaches.
2. All-Sports clinic designed for coaches of all sports, PE teachers, or others interested in improving the speed and conditioning of your athletes and students.
3. Cross Country Clinic will include the following topics:
 - Practice schedule design; workout development; periodization; core strength training; injury prevention; nutrition; rest/recovery; mental preparation; race strategy; and team building. Other areas will be discussed if time allows. Specific workouts will be discussed.
4. All-Sports Clinic will include the following topics:
 - Low impact conditioning (warm-ups and cool-downs); core strength training; flexibility through dynamic & static stretching; strength training (both weight and non-weight routines); plyometrics (both upper and lower body); speed development drills; biomechanical principles of speed; periodization of speed, injury prevention; nutrition; & rest/recovery.
5. Attendees of both clinics will receive a packet of over 200 sample exercises, workouts, and routines.

**IF YOU ARE AT ALL INTERESTED PLEASE CONTACT
COACH TRAVIS USING THE CONTACT INFO BELOW.**

CONTACT INFORMATION:

Travis Howell
Head Assistant Track & Field Coach
thowell@whitworth.edu
(509) 777-3455

Mailing Address:
Travis Howell / Track & Field
Whitworth University
300 W. Hawthorne Road
Spokane, WA 99251

