



# WHITWORTH UNIVERSITY

## Coaching Clinic

**Date: Thursday, August 18th, 2011**

**Time: 8:30AM—2:00PM (HS/MS Coaching Clinic-5hrs)**

**2:30PM—6:30PM (Cross Country - 4hrs)**

**Cost: \$100 Both Clinics**

**\$65 HS / MS Coaching Clinic (lunch provided)**

**\$50 Cross Country Coaching Clinic (no lunch)**

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

### Clinic Topics and Objectives

Presented by Dr. Toby Schwarz - Head Cross Country / Track & Field Coach

- 1. HS/MS Coaching Clinic designed for coaches of all sports, PE teachers, or others interested in sports psychology, strength training, speed development, and agility coaching concepts.**
- 2. XC clinic designed for middle & high school cross country and distance coaches.**
- 3. HS / MS Coaching Clinic will include the following topics:**
  - Sports Psychology topics - Coaching the mental side of student athletes.
  - Speed Development Drills; Biomechanical principles of speed; Periodization of Speed; Strength Training (both weight and non-weight routines); Core Strength Training; Flexibility through Dynamic & Static Stretching; Injury Prevention; Nutrition; and Rest/Recovery.
- 4. Cross Country Clinic will include the following topics:**
  - Practice schedule design; workout development; periodization; core strength training; injury prevention; nutrition; rest/recovery; race strategy; and team building. Other area will be discussed if time allows. Specific workouts will be discussed.

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

**CONTACT INFORMATION:**

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