

6th Annual Whitworth University Cross Country Coaches Clinic

Date: Saturday Aug 22, 2009

Time: 8:30am – 2:00pm

Location: Whitworth University – Spokane, WA
(Weyerhaeuser Hall – Room 111)

Clock hours: Five (5) WIAA approved clock hours will be provided.

This highly attended and received clinic is designed to provide both new and veteran high school/middle school cross country and track and field distance coaches with increased knowledge in the areas of practice schedule design, workout development, periodization training, core strength training, injury prevention, nutrition, rest/recovery, mental preparation, race strategy and team building. Other areas will also be provided if time allows. **Specific workouts will be discussed.**

Information will be presented in both lecture form (PowerPoint) and through demonstrations and discussion.

Each coach will be provided a packet of notes, including **examples of workouts** that may be used or adapted to their specific program. A DVD of drills and exercises for core strength and speed development will also be made available at a special clinic attendee price.

Lunch will be provided and is included in the registration fee.

This is a great opportunity to add to your current knowledge base and to help jump start your season. This is also a great opportunity for your entire coaching staff to attend together and provide some new ideas and common knowledge.

Cost: \$75 (includes lunch, 5 WIAA clock hour fee, notes and registration fee)

Contact: Travis Howell, Assistant Cross Country/Track and Field Coach
Whitworth University
(509) 777- 3455
thowell@whitworth.edu

If you are at all interested, please call or email so we can reserve a spot for you.

Please pass on this information to other coaches or interested individuals.