



2013 CROSS COUNTRY COACHING CLINIC SATURDAY AUGUST 17

The Clinic will be held on the campus of Western Carolina University at the Camp Lab Gym and Camp Cordelia Building. All aspects of cross country training and competition to be covered. Cost of the Clinic is \$35.00 per coach.

****Make Checks out to: Western Carolina Track & Field****

Cash will also be accepted

Sample Itinerary for Clinic

12:30 p.m. - 1:15 p.m.

Check in (Camp Lab Gym- Track & Field/Cross Country Office/
Locker Room Facility)

1:20 p.m. - 2:10 p.m.

Developing a solid foundation for cross country
Preventing injuries and common aches and pains

2:15 p.m. - 3:05 p.m.

Setting up the program / Developing phases of the season

3:10 p.m. - 4:00 p.m.

Different types of training routines / Circuit training

4:05 p.m. - 4:55 p.m.

Work-outs that actually work, planned into your weekly routine

5:00 p.m. - 5:30 p.m.

Competition plan

5:30 p.m. - 6:00 p.m.

Questions & Answers

If interested in attending, please complete and return the attached
Registration Form. Send info to:

Danny Williamson

Track & Field Office

Western Carolina University

Cullowhee, NC 28723

Fax #: (828) 227-7079

Email: dwilliams@email.wcu.edu

Office Phone: (828) 227-2026

2013 WCU CROSS COUNTRY COACHING CLINIC REGISTRATION FORM

Name: _____

School: _____

School Address: _____

School Phone: _____

Personal Cell Phone: _____

Email: _____

Number of coaches from your school attending: _____

Area(s) of cross country that you are interested in learning more about:

****Make Checks out to:****

Western Carolina Track & Field

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