

Cross Country Clinic

for

High School, Middle School, Elementary and Club Coaches

Cost: Free

Date: Sunday, August 13, 2017

Location: Foothill Technology High School

100 Day Rd. Ventura, CA 93003

Sign up: Contact Charlie Feyh

Email: **Charles.feyh@yahoo.com**

Phone: 805-665-7408

**Tentative Schedule**

9:30:       Registration:  Day of clinic registration available

9:45:           Introduction:

10:00:           Progressive Training #1: Setting up a training program

11:00:         Putting on a home meet

12:00:         Progressive Training #2: Workouts and workout plans

1:00:         Nuggets of information to be successful at CC (panel discussion)

2:00 PM:     Questions and Answers

Open: Advanced sessions upon request.

**Presenters**

Ken Reeves:     Foothill Technology Cross-Country Coach

Bill Tokar:         Ventura High School Girls’ Cross-Country Coach

Kevin Smith:       Former Oak Park Cross-Country Coach

Tim O’Rourke Possible speaker—Coordinator of the LA84 CC and T&F coa