

## August 13, 2022 Mt. SAC Foundation Cross Country Clinic Agenda

There will be two series offered at today’s clinic featuring one presentation from each series being offered at every session during the day.

**Track 1: Beginning Series.** This series is designed for the beginning or inexperienced coach. It is recommended for coaches with five years or less experience. Topics include the basic physiology of training a high school distance runner, how to construct a season long training plan, how to recruit and build your team, and all the things you need to know as a head coach to stay one step ahead of the CIF, your AD, and the principal.

**Track 2: Advanced Series:** This series is designed for the experienced coach who understands the basic physiology of training distance runners and who already has organizational and recruiting skills. Speakers will be presenting sessions that are specific and assume a common base level of knowledge and a common vocabulary specific to the sport.

Time	Session Topic	Location
8:00 - 8:40	Registration and Lunch Sign-ups .....	Hilmer Lodge Track Stadium – Heritage Hall
8:40 - 9:00	Opening Welcome and Clinic Directions .....	Hilmer Lodge Track Stadium - Heritage Hall
9:00 - 10:20	<b>Beginning Series</b> “101 Great Tips To Recruit Runners & Build Your Program Into a Perennial Powerhouse” - Tim O’Rourke.....	Track Stadium Classroom
	<b>Advanced Series</b> “Breaking Records While Building Women” – Diljeet Taylor.....	Heritage Hall
10:40 - 12:00	<b>Beginning Series</b> “Basic Physiology and Training Principles for Coaching a Successful Cross Country Team: Pointing Your Program in the Right Direction” – Mark Evans & Rob Evans .....	Track Stadium Classroom
	<b>Advanced Series</b> “The Culture: Creating a Positive Environment Where Personal Success Is Key” – Daniel Ozan .....	Heritage Hall
12:00 - 12:45	Lunch: Purchase your lunch at registration area before 9:00 AM to have it delivered to clinic	
1:00 - 2:00	<b>Beginning Series</b> “The Things You Must Know/Do/Follow To Keep Your Principal, AD and the CIF Happy” - Tim O’Rourke.....	Track Stadium Classroom
	<b>Advanced Series</b> “The Myth of What It Takes To Be A Successful Distance Runner” – Diljeet Taylor.....	Heritage Hall
2:15 - 3:15	<b>Beginning Series</b> “Developing Your Program for Success: Creating a Training Calendar From June to November” – Mark Evans & Rob Evans.....	Track Stadium Classroom
	<b>Advanced Series</b> “The Plan: Mileage is King (Queen): Just Don’t Let it Dethrone You-The Blueprint to a Successful Season” – Daniel Ozan .....	Heritage Hall

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