

# 2022 SUMMER COACHES' CLINIC



**Friday & Saturday, June 10 & 11**  
**New Braunfels, Texas**



## Friday, June 10

- 12:30** Registration
- 1:30 – 2:30** Introduction / CCCAT Board of Directors  
RAY BACA / CCCAT Executive Director – Clinic Information  
TRACY NEELEY / BSN  
WILLIAM GRUNDY / TX.Milesplit.com  
ROBERT ONDRASEK / Top Tier Training Camps  
ARI PEREZ / Fleet Feet  
KEVIN McWATTERS / Enduro Timing  
CARL MCCARGO / TRACKBARN  
MIKE HOOTEN / Hooten Scholarship & Keepsake Shirts
- Raffle Tickets**
- 2:30 – 3:25** SUSAN ELZA & JOSEPH GARMON / UIL - *UIL Cross Country Update*
- 3:30 – 4:25** ROBERT ONDRASEK – TOP TIER TRAINING CAMPS – Paavo Training Intro.
- 4:25 – 4:40** **Break / Raffle**
- 4:40 – 5:35** MARLEIGH HEFFNER / TEXAS TECH – *Nutrition Optimization for Distance Runners: Simple, Effective, and Evidence-Based*
- 5:40 – 6:35** CARLY LITTLEFIELD / LOVEJOY HS - *Cultivating a Winning Program*
- Raffle Tickets**
- 6:40 – 7:40** HALL OF FAME INDUCTION - GREG CHRISTENSEN & STEVE GOLEMAN
- 7:45** CCCAT Social & Dinner / Sponsored by **TRACKBARN**

## Saturday, June 11

- 7:30 – 8:20** FCA Fellowship & Breakfast / Provided by ROBERT ONDRASEK / TOP TIER TRAINING
- Raffle Tickets**
- 8:30 – 9:25** FELICIA BROCK / COLLEGE STATION HS – *Strength Training for Distance Athletes*
- 9:30 – 10:25** RICK MILLER / GRAPEVINE HS - *Creating a Hard Rock Culture*
- 10:25 – 10:40** **Break / Raffle**
- 10:40 – 11:35** GLENN GRIFFIN / HOLIDAY HS – *HERO Running Culture*
- 11:40 – 1:00** COACHES OF THE YEAR PRESENTATION, CCCAT SCHOLARSHIP PRESENTATIONS & CCCAT GENERAL MEETING
- FINAL COACHES RAFFLE**

## 2022 SUMMER COACHES' VIRTUAL CLINIC



### **Tuesday, June 7**

9:00 – 9:50      Raithel Martin / Andrews HS - *Sports Medicine in Cross Country*

10:00 - 10:50      Josh Sybert / Eustace HS – *3A Eustace Cross Country*

### **Wednesday, June 8**

9:00 – 9:50      Matt Agüero / - Poteau HS, former Head CC & Track Coach at Oklahoma City Univ. - *What division best fits my athlete?*

10:00 - 10:50      Rachael Steil / Running in Silence - *Competition Cut Short: The Coach's Role in Eating Disorder Prevention & Discussion*

### **Thursday, June 9**

9:00 – 9:50      Koby Styles / Styles Athletic Performance, former Head CC Coach at Midwestern State University - *First year JH XC Training to Elite HS*

10:00 - 10:50      Brock Simmons / Denton HS – *Denton HS Cross Country*