

2023 SUMMER COACHES' CLINIC



Friday & Saturday, June 9 & 10
New Braunfels, Texas



Friday, June 9

- 12:00 Registration
- 1:00 – 1:30 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
MIKE WELCH / Cowtown Timing
Raffle Tickets
- 1:30 – 2:25 NCAA DIVISION 1 COACHES PANEL / TBA
- 2:30 – 3:25 JOSEPH GARMON / UIL - UIL Cross Country Update
- 3:30 – 4:25 JONATHAN TATE / BOERNE CHAMPION – *Cross Country the Charger Way*
- 4:25 – 4:40 **Break / Raffle**
- 4:40 – 5:35 PAAVO PANEL – *More Info. on PAAVO from a panel of coaches that have success with it*
- 5:40 – 6:35 NATHAN SMITH – *Sports Psychology for Runners*
Raffle Tickets
- 6:40 – 7:40 HALL OF FAME INDUCTION – ROBERT ONDRASEK
- 7:45 CCCAT Social & Dinner / Sponsored by TRACKBARN

Saturday, June 10

- 7:30 – 8:20 FCA Fellowship & Breakfast / Provided by ROBERT ONDRASEK / TOP TIER TRAINING
Raffle Tickets
- 8:30 – 9:25 ARI PEREZ / FLEET FEET – *What's the best shoe for each of your athletes*
- 9:30 – 10:25 JUSTIN LEONARD / SOUTHLAKE CARROLL – *Maintaining Program Standards and Excellence*
- 10:25 – 10:40 **Break / Raffle**
- 10:40 – 11:35 JEREMY DYE / KINGWOOD HS – *Philosophy to Process Training*
- 11:40 – 1:00 COACHES OF THE YEAR PRESENTATION, CCCAT SCHOLARSHIP PRESENTATIONS & CCCAT GENERAL MEETING
FINAL COACHES RAFFLE

2023 SUMMER COACHES' VIRTUAL CLINIC



Tuesday, June 6

9:00 – 9:50 **Tony Holler / Feed the Cats** – *Injecting Feed the Cats into Cross Country*

10:00 - 10:50 **Denver Stone / Kaufman HS** – *Finishing the Race Strong*

Wednesday, June 7

9:00 – 9:50 **Nick Schneigert / University of Dallas** - *Training Between the Seasons (what to do between XC and Track, then Track to XC season)*

10:00 - 10:50 **Jacob Phillips / Dallas Baptist University** – *Proper Periodization of the Fall Cross Country Season*

Thursday, June 8

9:00 – 9:50 **Eric Krepps / Celina** – *Celina XC: Program Building Through Consistency and Culture*

10:00 - 10:50 **Steve Magness /Author: “Do Hard Things”** - *Building Tough Teams and Individuals*