

# 2024 SUMMER COACHES' CLINIC



**Friday & Saturday, June 7 & 8**  
**New Braunfels, Texas**



## Friday, June 7

- 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  
**CARL MCCARGO** / TRACKBARN  
**MIKE HOOTEN** / Hooten Scholarship & Keepsake Shirts  
**MIKE WELCH** / Cowtown Timing
- Raffle Tickets**
- 1:30 – 2:25** **WES KIRTON / CANYON** - *Push -vs- Pull Training*
- 2:30 – 3:25** **JOSEPH GARMON & RAY ZEPEDA / UIL** - *UIL Cross Country Update*
- 3:30 – 4:25** **MARLEIGH HEFNER / TEXAS TECH** - *Nutrition for HS Athletes*
- 4:25 – 4:40** **Break / Raffle**
- 4:40 – 5:35** **PAUL DARDEN / RETIRED SUNDOWN HS** - *Advice from Successful & Retired*
- 5:40 – 6:35** **ROGER COOK / TCU** - *Preparing for the Next Level & What to Expect*
- Raffle Tickets**
- 6:40 – 7:40** **HALL OF FAME INDUCTION - PAUL DARDEN**
- 7:45** **CCCAT Social & Dinner / Sponsored by TRACKBARN & COWTOWN TIMING**

## Saturday, June 8

- 7:30 – 8:20** FCA Fellowship & Breakfast/ **STEVE REAVES** / Provided by **ROBERT ONDRASEK / TOP TIER TRAINING**
- Raffle Tickets**
- 8:30 – 9:25** **NICK TAYLOR / COLLEYVILLE HERITAGE** – *Creating Team Culture*
- 9:30 – 10:25** **JONATHAN LIRA / PLAINS** – *Plains XC: Program Building and Chasing the Perfect Training Method*
- 10:25 – 10:40** **Break / Raffle**
- 10:40 – 11:35** **ANDREW COOK / FLOWER MOUND** – *Cross Training for Cross Country Athletes*
- 11:40 – 1:00** **COACHES OF THE YEAR PRESENTATION, CCCAT SCHOLARSHIP PRESENTATIONS & CCCAT GENERAL MEETING**
- FINAL COACHES RAFFLE**

# 2024 SUMMER COACHES' VIRTUAL CLINIC



## Tuesday, June 4

**9:00 – 9:50** Jay Johnson / [coachjayjohnson.com](http://coachjayjohnson.com) – *Consistency is the key to a great XC season*

**10:00 - 10:50** Loy Triana / Burkburnett – *Meet Set Up, Registration, and Live Results with MileSplit*

## Wednesday, June 5

**9:00 – 9:50** Darla West / Andrews Middle School – *Culture & Dedication: Ideas on how to improve your middle school program*

**10:00 - 10:50** Jay Johnson / [coachjayjohnson.com](http://coachjayjohnson.com) – *June Through October: Here's the Plan*

## Thursday, June 6

**9:00 – 9:50** Keith Pierce / McKinney Boyd – *Culture Counts: McKinney Boyd XC*

**10:00 - 10:50** Kevin Spruill / Montgomery Lake Creek