

# 2025 SUMMER COACHES' CLINIC



**Friday & Saturday, June 6 & 7**  
**New Braunfels, Texas**



## Friday, June 6

- 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  
CARL MCCARGO / TrackBarn  
TOM HEIM / XGRAIN  
MIKE WELCH / Cowtown Timing
- Raffle Tickets**
- 1:30 – 2:25 JOSEPH GARMON & RAY ZEPEDA / UIL - UIL Cross Country Update
- 2:30 – 3:25 JASON GRENIER / NORTHWEST NELSON – Bryon Nelson Distance Training
- 3:30 – 4:25 MEREDITH PARMLEY / MEMORIAL HERMANN SPORTS MEDICINE - *The Coach's Role in Preventing and Identifying Under Fueled Runners*
- 4:25 – 4:40 **Break / Raffle**
- 4:40 – 5:35 CASSIDY LINTON / TOTAL ATHLETE 365 – *Developing The Total Athlete: Building Mental Strength for Athletic Success*
- 5:40 – 6:35 DR. DEREK RIEDEL / UNIVERSITY OF THE INCARNATE WORD – *Coaching the Well Rounded Middle Distance Athlete*
- Raffle Tickets**
- 6:40 – 7:40 HALL OF FAME INDUCTION – DALE KEEN
- 7:45 CCCAT Social & Dinner / *Sponsored by MIKE WELCH & COWTOWN TIMING*

## Saturday, June 7

- 7:30 – 8:20 FCA Fellowship & Breakfast/ WADE FLOYD / Provided by ROBERT ONDRASEK / TOP TIER TRAINING
- Raffle Tickets**
- 8:30 – 9:25 GARY BILLINGSLEY / TILDEN MCMULLEN – *Starting from Scratch: Training Principles for Developing a Championship Program*
- 9:30 – 10:25 MATT SPEARS / CANYON JH – *Winning Starts in Junior High: Building Champions with Training, Consistency, and Culture*
- 10:25 – 10:40 **Break / Raffle**
- 10:40 – 11:35 BRETT GUEMMER / GARMIN – *Using Technology Already in your Program*
- 11:40 – 1:00 COACHES OF THE YEAR PRESENTATION, CCCAT SCHOLARSHIP PRESENTATIONS & CCCAT GENERAL MEETING
- FINAL COACHES RAFFLE**

# 2025 SUMMER COACHES' VIRTUAL CLINIC



## Tuesday, June 3

8:00 - 8:50 Kevin Waters / Bridgeland – *Building Depth*

9:00 - 9:50 Anthony Branch / A&M Consolidated – *Coaching Today for Tomorrow's Success*

## Wednesday, June 4

8:00 – 8:50 David Muller / Willow Springs Middle School, Lovejoy ISD – *Racing Toward Retention: Developing an Engaging Middle School XC Program*

9:00 – 9:50 Brandon Clemmons / Big Spring – *Coaching Burnout to Coaching Buy In.*

## Thursday, June 5

8:00 – 8:50 TBD

9:00 – 9:50 TBD