

2026 SUMMER COACHES' CLINIC



Friday & Saturday, June 5 & 6
New Braunfels, Texas



Friday, June 5

- 12:00 Registration
- 1:00 – 1:30 Introduction / CCCAT Board of Directors
RAY BACA / CCCAT Executive Director – Clinic Information
TRACI NEELEY / BSN
WILLIAM GRUNDY / TX.Milesplit.com
ROBERT ONDRASEK / Top Tier Training Camps
TOM MEDFORD / Lonestar Awards
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 COVARRUBIAS / LANCASTER – *Building a Competitive Program with Shared Athletes*
- 3:30 – 4:25 **TBD**
- 4:25 – 4:40 **Break / Raffle**
- 4:40 – 5:35 DAVID PARK / Retired DECATUR – *What I learned and what I would do different*
- 5:40 – 6:35 THOMAS VALLES – MCFARLAND USA – *Champions Can Come from Anywhere*
- Raffle Tickets**
- 6:40 – 7:40 HALL OF FAME INDUCTION – DAVID PARK
- 7:45 CCCAT Social & Dinner / *Sponsored by MIKE WELCH & COWTOWN TIMING*

Saturday, June 6

- 7:30 – 8:20 FCA Fellowship & Breakfast/ DAVID PARK / DECATUR / Provided by ROBERT ONDRASEK / TOP TIER TRAINING
- Raffle Tickets**
- 8:30 – 9:25 ROUND TABLE – GARY BILLINGSLEY, RICK MILLER, and SUSIE WALTERS– *Training Philosophies*
- 9:30 – 10:25 AMY GOODSON / “MS, RD, CSSD, LD, Sports Dietitian and owner of The Sports Nutrition Playbook – *Running On Empty: How Coaches Can Identify and Address REDS in Runners*
- 10:25 – 10:40 **Break / Raffle**
- 10:40 – 11:35 TOM KENNEDY – BRIDGELAND - *Bridgeland Program*
- 11:40 – 1:00 COACHES OF THE YEAR PRESENTATION, CCCAT SCHOLARSHIP PRESENTATIONS & CCCAT GENERAL MEETING
- FINAL COACHES RAFFLE**

2026 SUMMER COACHES' VIRTUAL CLINIC



Tuesday, June 2

8:00 - 8:50 Jeff Boele - Elevated Performance / Colorado - *Classifying and Implementing Ancillary Training - How to Do All the Other Stuff!*

9:00 - 9:50 Jess Parker - Blinn Junior College – *From the Ashes, A Culture Reborn Through Training*

Wednesday, June 3

8:00 – 8:50 Kelse Bruce – Midwestern State University – *Developing Potential*

9:00 – 9:50 Marleigh Hefner - PhD, RD, LD, CNSC / Texas Tech – *High School Cross Country Athlete Nutrition: Balancing Budget with Performance*

Thursday, June 4

8:00 – 8:50 Ashley Baston - Wake Forest University – *Eating Disorders*

9:00 – 9:50 Lori Tilson - Austin Bowie HS – *Building Community and Culture*