

# 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 <b>Raffle Tickets</b>
1:30 – 2:25	JOSEPH GARMON & RAY ZEPEDA / UIL - <i>UIL Cross Country Update</i>
2:30 – 3:25	JASON COVARRUBIAS / LANCASTER – <i>Building a Competitive Program with Shared Athletes</i>
3:30 – 4:25	ZACH DANIEL / WEST TEXAS A&M – <i>5k Training: A Systematic Approach</i>
4:25 – 4:40	<b>Break / Raffle</b>
4:40 – 5:35	DAVID PARK / Retired DECATUR – <i>What I learned and what I would do different</i>
5:40 – 6:35	THOMAS VALLES – MCFARLAND USA – <i>Champions Can Come from Anywhere</i> <b>Raffle Tickets</b>
6:40 – 7:40	HALL OF FAME INDUCTION – DAVID PARK
7:45	CCCAT Social & Dinner / <i>Sponsored by MIKE WELCH &amp; COWTOWN TIMING</i>

## Saturday, June 6

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

# 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 Bastron - Wake Forest University – *Sports Psychology***

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