

TRACK & FIELD CROSS COUNTRY COACHING CLINIC

FEBRUARY 3-4, 2012



RED LION HOTEL – AURORA, COLORADO
303-695-1700 \$89 Room Rate

(\$10 of every registration is for membership in the USTFCCA)
Pre-registration (CHSCA Members) **\$40** per coach
Registration at the door (CHSCA Members) **\$50** per coach
CHSCA Dues **\$70** per coach (you must be a member to attend)
Out of state coaches **\$75** per coach

**YOU MUST BE A MEMBER OF CHSCA
TO ATTEND THE CLINIC**

Name of school or organization _____

Address _____

City _____ State _____ Zip _____

Please list all the coaches you are paying for:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

**MAKE ALL CHECKS PAYABLE TO:
CO HIGH SCHOOL COACHES ASSN**

You Must Be a Member of the
Coaches Assn to Attend the Clinic

Please mail your check and this form to:

**CHSCA
PO Box 5745
Peoria AZ 85385**

Office Use Only
Check No. _____

CLINIC SPEAKER LINEUP



FRIDAY, FEBRUARY 3, 2012

3:00 PM REGISTRATION & SOCIALIZE . . . VISIT EXHIBITORS

5:00 PM

Arapahoe Amanda Schick
Douglas Brent Vaughn
Jefferson Chris Faust
West Wing Cindy McGuire

Coaching the Female Athlete
Two Mile Training and Race Strategy
Relays
Applications for Massage Therapy in Performance

6:00 PM

Arapahoe Jim Ryun
Douglas Drew Morano
Jefferson Amanda Schick
West Wing Dr. Rick Bettger

My Workouts for the Mile as a High School Senior
200/400 Training and Racing
Hurdles Drills and Techniques for Both Races
Litigation for Coaches - Civil and Criminal Issues

7:00 PM

Arapahoe Ruth Wysocki
Douglas Matt Hemingway
Jefferson Mac Wilkins
West Wing Pat Manson

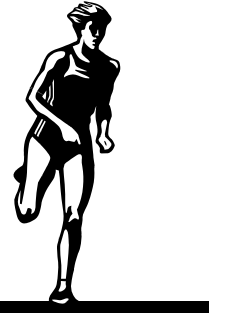
Training and Racing for the Mile
High Jump
Discus Session I
Pole Vault

8:00 PM

Arapahoe Jim Ryun
Douglas Drew Morano
Jefferson Mac Wilkins
West Wing Aaron Moser

Distance Training Question & Answer Session
100/200 Training and Racing
Discus Session II
Long Jump

9:00 PM COACHES HOSPITALITY & SOCIAL



SATURDAY, FEBRUARY 4, 2012

6:00 AM CONTINENTAL BREAKFAST SPONSORED BY THE CLINIC & THE CO HIGH SCHOOL COACHES ASSN

7:15 AM LATE REGISTRATION IN LOBBY

8:00 AM

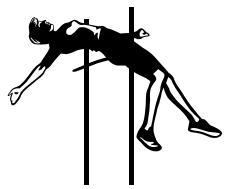
Arapahoe Aaron Moser
Douglas Mac Wilkins
Jefferson Paul Quere
West Wing CHSAA Meeting

Warm-up Drills and Warm-down Thoughts
Shot Put Session I
Training the Endurance Athlete Through High School
All Meet Directors

9:00 AM

Arapahoe Matt Hemingway
Douglas Mac Wilkins
Jefferson Ruth Wysocki
West Wing Tom Southall

Triple Jump
Shot Put Session II
Training and Racing for the 800
Paralympic Coaching



10:00 AM General Session, Awards, Rules Sessions for Officials and Coaches, General Discussion