

# 2006 AAF Cross Country Clinics



SERVING YOUTH THROUGH SPORT

## Beginning & Advanced Level Sessions Presented At Each Clinic

### Three Great Summer Cross Country Clinics:

- Saturday, June 17, 2006 @ Mt. SAC
- Saturday, July 15, 2006 @ Mt. SAC
- Saturday, August 19, 2006 @ Mt. SAC

*\*All clinics begin with registration at 8:00 AM and first sessions begin at 9:00 AM.*

The AAF Cross Country Clinics are the most popular cross country coaching clinics in the state attracting more than 750 high school coaches each year! Any coach or interested adult at any level may not only attend one, two or all three of these great clinics for **FREE** but each person will also find valuable information on every aspect of the sport of cross country delivered by some of the most successful elite, college and high school coaches in the nation.



#### **Beginning Level Clinics:**

The outstanding AAF Beginning Level Cross Country Coaches Curriculum will be offered at each one of the three clinics. This curriculum, which has been developed over the past decade by coaches who have guided their teams to championships at the Section, State and National levels, is considered to be the finest Beginning Level Cross Country clinic program of its kind anywhere.

Topics covered are “Recruiting and Building a Program”, “CIF Rules and Regulations”, “Basic Physiology of Coaching the High School Age Distance Runner”, and “Planning a Season-Long Training Schedule”.

#### **Advanced Level Clinic:**

Each of the three summer clinics will also have a completely different Advanced Level Clinic curriculum presented by the top college and high school coaches in the country.

June 17-*Focus will be planning, organizing and implementing an effective summer program*

July 15-*Focus will be advanced physiology of training elite distance runners*

August 19-*Focus will be in depth examination of the most successful programs in the country*

#### **Register & Get Clinic Schedules at [www.aafla.org](http://www.aafla.org):**

Bring your whole staff to one, two or all three of the clinics—**EACH CLINIC IS FREE FOR EVERY COACH OR INTERESTED ADULT!** You can register online at [www.aafla.org](http://www.aafla.org) (Select *Coaching Education* and then *AAF Coaching Clinics*) or mail the enclosed form. The first 150 coaches who pre-register will receive clinic directions and a copy of the clinic agenda in the mail prior to the clinic as well as a free gift at the clinic compliments of VS Athletics.

You can also check our web site, [www.aafla.org](http://www.aafla.org), to see the complete clinic agenda and a list of all of the presenters for each clinic, or you can call Jacqueline Hansen (323-730-4618) or Tim O’Rourke (626-890-1192) for more information.