

# LA84 Foundation

## Mt. SAC Cross Country Clinic Agenda, August 18, 2007

There will be two series offered at today's clinic featuring one presentation from each series being offered at every session during the day.

**Track 1: Beginning Series.** This series is designed for the beginning or inexperienced coach. It is recommended for coaches with five years or less of experience. Topics include the basic physiology of training a high school distance runner, how to construct a season long training plan, how to recruit and build your team, and all the things you need to know as a head coach to stay one step ahead of the CIF, your AD, and the principal.

**Track 2: Advanced Series:** This series is designed for the experienced coach who understands the basic physiology of training distance runners and who already has organizational and recruiting skills. Speakers will be presenting sessions that are specific and assume a common level of knowledge and a common vocabulary specific to the sport.

| <b>Time</b>   | <b>Session Topic</b>  | <b>Presenter</b>                         | <b>Location</b>       |
|---------------|---|--|-----------------------|
| 7:30 - 8:40   | Registration and Lunch Sign-ups.....  | All Staff .....                          | Building 9C Courtyard |
| 8:40 - 9:00   | Opening Welcome and Clinic Directions .....   | All Staff .....                          | 9C Stage              |
| 9:00 - 10:00  | <b>Beginning Series</b><br><i>101 Specific Tips for Building and Maintaining a Successful Cross Country Program ...</i> | <i>Tim O'Rourke .....</i>                | 9C Carpet             |
|               | <b>Advanced Series</b><br><i>Overtraining .....</i>   | <i>Dr. John Su, UCLA.....</i>            | 9C Stage              |
| 10:15 - 11:15 | <b>Beginning Series</b><br><i>Basic Physiological Principles of Training the High School Distance Runner .....</i>      | <i>Bill Tokar &amp; Ken Reeves .....</i> | 9C Conference         |
|               | <b>Advanced Series</b><br><i>Creating Traditions That Build and Sustain a Consistently Strong Program .....</i>         | <i>Jim O'Brien .....</i>                 | 9C Stage              |
|               | <b>or</b><br><i>Valencia High School - Cross Country Training Plan .....</i>  | <i>Pat Hadley.....</i>                   | 9C Carpet             |
| 11:30 - 12:30 | <b>Beginning Series</b><br><i>Rules, Dates, Forms: Staying One Step Ahead Of Your AD, Principal &amp; the CIF .....</i> | <i>Tim O'Rourke .....</i>                | 9C Conference         |
|               | <b>and</b><br><i>Basic Principles of Warm-up and Cool Down-Including Specific Stretches and Drills ...</i>              | <i>Peter Gallardo.....</i>               | 9C Conference         |
|               | <b>Advanced Series</b><br><i>Evolution of Training at Davis High - 1997 to 2007.....</i>                                | <i>Bill Gregg.....</i>                   | 9C Stage              |
|               | <b>or</b><br><i>Taking A Program from 6 runners to 60 And On To the Podium At the State Meet .....</i>                  | <i>Tyree Cruz.....</i>                   | 9C Carpet             |
| 12:30 - 1:30  | Lunch (Coaches may purchase lunches in the morning during registration)   | Everyone Invited                         | Building 9C Courtyard |

**Afternoon Agenda Is On Back!**

## ***LA84 Foundation Afternoon Agenda***

|             |  |                                     |                      |
|-------------|--|-------------------------------------|----------------------|
| 1:30 - 2:30 | <b><i>Beginning Series</i></b><br><i>Specific Steps To Construct a Season Long Training Plan</i>   | <i>Tokar, Reeves &amp; Gallardo</i> | <i>9C Conference</i> |
|             | <b><i>Advanced Series</i></b><br><i>Expectations of Excellence: Arcadia's High School's Distance Training Philosophy</i>                                 | <i>Jim O'Brien</i>                  | <i>9C Stage</i>      |
|             | <b><i>or</i></b><br><i>Coaching Philosophy, Policies, and Good Practices!</i>  | <i>Pat Hadley</i>                   | <i>9C Carpet</i>     |
| 2:45 - 3:45 | <b><i>Beginning Series</i></b><br><i>Constructing Your Season Long Training Plan</i>   | <i>Tokar, Reeves &amp; Gallardo</i> | <i>9C Conference</i> |
|             | <b><i>Advanced Series</i></b><br><i>Growing Your Team - Using Traditional Business Models to Build a Program</i>   | <i>Bill Gregg</i>                   | <i>9C Stage</i>      |
|             | <b><i>or</i></b><br><i>Peaking: How To Make Sure Your Team Runs Its Best Races in November</i>   | <i>Tyree Cruz</i>                   | <i>9C Carpet</i>     |
| 3:45        | <b><i>Turn in Your Completed Evaluations and Receive Your Certificate of Completion and Your Free LA84 Foundation Cross Country Coaching Manual!</i></b> |                                     |                      |

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TIFF (Uncompressed) decompressor  
are needed to see this picture.