

4th Annual Middle School Cross Country Clinic

Where

Granada Park. (The site of the 2009 CYAA Championship)
20th Street and Maryland

When

November 12th @ 5:00pm – 6:00pm.
Come ready and dressed to run!

Who

Any middle school boy or girl interested in running cross country.

What do we do?

This is an instructional 60 min session that will include a practice run on the race course. Wear clothes and shoes designed for running.

Areas covered:

10 minutes - Warm-up and form drills

20-30 minutes - Walk/jog in CYAA Championship Course

20 minutes - Cool down and closing instruction. (Gatorade provided after run)

Who will be presenting?

Coach Dave Van Sickle, 20 year coach at Xavier (5 state titles and 3 runners up) & Coach Dr. Jeff Messer, Professor of Exercise Science at Mesa Community College and Co-Head Cross Country Coach at Xavier. Coach Messer has worked one on one with many of the top boys and girls in Arizona High Schools, helping them achieve incredible success in Cross Country and Track.

Purpose of this Clinic

To educate the athletes on proper warm-up and strategy of Cross Country racing. We will also provide a instructional tour of the CYAA Championship Course.

How do we sign up?

Just show up. Pay \$20 each participant will receive a copy of the notes and course map and a souvenir (and a cold Gatorade)

