

# N. C. TRACK - CROSS COUNTRY COACHES ASSOCIATION

Founded 2002

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## 2011 CLINIC PRE-REGISTRATION FORM

**The Most Comprehensive Track & Field-Cross Country Clinic held in  
USATF Region 3** (Georgia, North Carolina, Potomac Valley, South Carolina, Virginia).

**Event:** 10<sup>th</sup> Annual NC Track & Field-Cross Country Coaches Clinic sponsored by M-F Athletic Company and Ben L. Smith High School.

**Clinic Dates:** Friday, January 7, 2011, Registration: 4:30 – 9:00; Clinic Sessions: 5:45-9:00;  
Coaches Social: 9:00-11:00 at Drury Inn & Suites, 3220 High Point Road, Greensboro, NC

Saturday, January 8, 2011 Registration: 7:30 – 1:00; Clinic Sessions: 8:30-6:00  
Lunch will be provided.

**Clinic Objective:** The objective of the clinic is to improve the knowledge of cross-country and track & field with emphasis on training, conditioning and nutrition for **ALL** college, high school, middle school, AAU and USATF coaches and athletes.

**Official's Certification:** *If you are seeking National Federation High School Official's Certification, bring your track & field rule book with you to the clinic. We will provide books for USATF Certification. There is an additional \$25.00 fee for USATF Certification.*

**CEU:** 1.0 Continuing Education Units

**Clinic Site:** Ben L. Smith High School, 2407 S. Holden Rd, Greensboro, NC 27407

**Clinic Fee:** \$125.00 (\$100.00 if pre-registered by December 15, 2010) **Make checks payable to NC Track Coaches Association.** Registration fee includes coaches social, lunch and membership in the NC Track & Cross Country Coaches Association.  
**(\$100.00 fee if you are only attending the NCHSAA Rules Interpretation Session on Saturday.)**

**Mail Registration to:**

DePaul Mittman, Clinic Director  
6204 Bay Hill Court  
Greensboro, NC 27410

Name \_\_\_\_\_ School/College/Club \_\_\_\_\_

(Please Print)

E-mail Address \_\_\_\_\_

School Address \_\_\_\_\_

Home Address \_\_\_\_\_

City, State and Zip \_\_\_\_\_

Phone (W) \_\_\_\_\_ (H) \_\_\_\_\_