

# N. C. TRACK - CROSS COUNTRY COACHES ASSOCIATION

Founded 2002

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## 9<sup>th</sup> Annual NC Track & Field-Cross Country Coaches Association Clinic January 8 & 9, 2010

Sponsored by M-F Athletic Company and Ben L. Smith High School  
Ben L. Smith High School, 2407 S. Holden Rd, Greensboro, NC 27407

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

### Clinic Dates:

Friday, January 8, 2010 Registration: 4:30 – 9:00

Clinic Sessions: 5:45-9:00

Coaches Social: 9:00-11:00

Saturday, January 9, 2010 Registration: 7:30 – 1:00

Clinic Sessions: 8:30-6:00

Continental Breakfast/Lunch will be provided.

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

**Certification Offered:** National Federation High School Official Certification  
USATF Official Association Certification  
National Pole Vault Safety Certification  
Continuing Education Units (1.0 CEU)  
Over 40 hours of Track & Field Instruction offered in 2 Days

**Clinic Fee:** \$125.00 (**\$100.00 if pre-registered by December 15, 2009**)  
Make checks payable to: N.C. Track Coaches Association  
Registration fee includes lunch, Coaches Social, NCHSAA & National Federation Official Certification and membership in the NC Track & Cross Country Coaches Association. (If you are **ONLY** attending the NCHSAA Rules session on Saturday, January 9, the clinic fee is \$70.00)