

N. C. TRACK - CROSS COUNTRY COACHES ASSOCIATION

Founded 2002

DePaul Mittman, Executive Director
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2010 CLINIC PRE-REGISTRATION FORM

Event: 9th Annual NC Track & Field-Cross Country Coaches Clinic sponsored by M-F Athletic Company and Ben L. Smith High School.

Clinic Dates: Friday, January 8, 2010, 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 9, 2010 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 do not have extra books for the session. We will provide books 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, 2009) **Make checks payable to NC Track Coaches Association.** (Registration fee also includes lunch and membership in the NC Track & Cross Country Coaches Association.).

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) _____