

The Running School's
3rd Annual Coaches Clinic
Sunday August 24th, 2008

Camp Chipinaw, White Lake NY
(2 hours from Manhattan - 15 Minutes from Monticello, NY)

The Running School (www.therunningschool.com) will once again be sponsoring a FREE Coaches Clinic to be held in conjunction with our New York based High School Cross Country Camp that is being held for the 37th Consecutive year, the last 16 years at picturesque Camp Chipinaw (www.campchipinaw.com).



WHARTON PERFORMANCE

Please e-mail Bart Sessa @ therunningschool@aol.com for further information or to register, it's fast and easy. Feel free to pass this information to any of your friends in the coaching community.

Schedule

9:00-10:00 AM - Check-In and Breakfast

10:00AM - 12:30 PM Session #1 and #2

Lunch Break

2:00 - 4:00 PM Session #3 and #4

Our Clinic will feature some of the best our sport has to offer. The clinic has been a tremendous success over the past few years and this year will be no exception. ALL coaches are invited, whether you have athletes at The Running School or not. We can provide a bed and meals the night before and / or after the clinic if you wish, make a weekend of it. Take another step to you becoming a better, informed coach.

Our Clinicians feature some of the best in the business.

Session 1 and Session 3 - Pete Rea - Coach of Zap Fitness - www.zapfitness.com

- Pete's presentation - "Periodization Success for All Athletes" will surely make you think about your approach to setting up your season and year.

- Pete will also be moderating a small group discussion with our **Reebok Elite athletes**.

Bobby Curtis

Katie MacGregor

Alli Grace

Thomas Morgan

(See therunningschool.com for athlete bios)

Session 2 and Session 4- Jim Wharton - Track Mechanic - www.whartonperformance.com

Check out recent article on armorytrack.com (<http://ny.milesplit.us/articles/18883>)

Leader of **The Team Behind Your Dreams** and "The Body Shop" feature in Runner's World.

- Jim will be taking you through his revolutionary Active Isolated Stretch and Strengthening Routine. The exercises Jim has developed along with his son Phil have been **used by athletes in the past 8 Olympic Games**. Injury prevention is the key to high school athletics Jim is amazing!!!

- By popular demand Jim will also be making a presentation on practical Nutrition for the High School Athlete.

Saturday's Evening activity will feature our Reebok elite athlete's in a round table discussion. It will include opening comments by each of the athletes and question and answer session. (Learn from some of America's best athletes) Zap Fitness Head Coach Pete Rea and 2000 NCAA Cross Country Champion Keith Kelly will keep the session rolling while I'm sure giving away some cool prizes. **Sunday's Evening activity** will be our 37th Annual Talent Show. Sure to impress!!

All attendees of the clinic will receive a number of giveaways from The Running School and Reebok.

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