



SUNDAY SEPTEMBER 8, 2013 MSTCA XC COACHES CLINIC

Sponsored by Saucony & Marathon Sports

The MSTCA has once again committed to bringing you some of the finest, most knowledgeable and successful XC coaches to speak on various topics such as: The Building of Team; Cross-Country Made Easy; Defining Your Own Coaching Style; Championship Season Preparation; Mental Prep/Visualization; Summer Training & Goal Setting; Sprinters & Non-Distance Runners on the Cross-Country Team; Running Biomechanics; ****NEW: Round Table Q/A Session****

Please visit: www.mstca.org for near future updates including list of clinicians; bio's; topics; scheduling; registration info; etc.

Clinic Director: Michael Glennon- mglennontrack@rcn.com

Clinic Director: Stephen Infascelli- steve.i@sauconyteam.com

SUNDAY
SEPTEMBER 8, 2013
9:00AM-3:00PM AT
REGGIE LEWIS
TRACK & ATHLETIC
CENTER

\$20 MSTCA MEMBERS
\$25 NON-MSTCA MEMBERS
\$35 AT DOOR

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A FREE COACHES
GIFT!!!

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Saucony[®]

