



MASSACHUSETTS STATE TRACK COACHES ASSOCIATION WWW.MSTCA.ORG

About This Clinic

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; Strength and Core work for the Cross-Country Runner; etc.

Contact Us

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WHO ARE WE?

The Massachusetts State Track Coaches Association (MSTCA) has been established and is a non-profit membership organization. Its purpose and principles are:

- To provide an organization that represents the interests of high school coaches of Cross-Country and Track & Field.
- To promote and foster Cross-Country and Track & Field as an integral part of education in the high school level.
- To develop and increase student-athlete participation in Cross-Country and Track & Field.
- To promote leadership and support for coaches and their programs through coaching education and certification.
- To promote, achieve, and maintain the highest standard of outstanding achievement of coaches, student-athletes and support personnel with sportsmanship.
- To provide assistance to the body of people who make up the athletic community of Cross-Country and Track & Field.



MSTCA 20 - XC - 13 COACHES CLINIC

*Sunday September 8th, 9:00am
ReggieLewisTrack/AthleticCenter*



Who are we?

Marathon Sports is a collection of individuals bound by a common thread: the love of all things that promote a positive, healthy lifestyle.

We stand by the motto "KEEPING YOUR LIFE IN MOTION."

We believe that the act of movement - walking, jogging, running; any activity in which the human body is the vehicle - is a FUNDAMENTAL element of personal wellbeing.

And we believe you should be able to do these things in comfort and injury-free. This is why, for over three decades, we have been committed to making sure the simple act of putting one foot in front of the other is as easy as it sounds.

www.marathonsports.com

visit www.sauconyteam.com to see what SauconyTeam can do for YOUR team!

MSTCA XC CLINIC SCHEDULE:

Sunday September 8th, 2013

830-900 Registration

900-915 Welcome

9:20-10:10

Session 1a: Kennedy Brothers (Common Injury Prevention)

Session 1b: Collin Peddie (The Right Fit)/ Norm Levine (Visualization to Aid Performance)

10:15-11:05

Session 2a: Julie Collins (Little Things are the Big Things- Drills & Strength Exercises)

Session 2b: Vin Connolly (Nutrition for the Runner)

11:10-12:00

Session 3a: Greg Zopatti (Developing a Seasonal Plan)

Session 3b: Mike Miller (Building a Team)

12:00-12:45

Lunch: Exchange Zone (Live-Questions & Answer Session)

12:50-1:40

Session 4a: Kennedy Brothers (Common Injury Prevention)

Session 4b: Collin Peddie (The Right Fit)/ Norm Levine (Visualization to Aid Performance)

1:45-2:35

Session 5a: Julie Collins (Little Things are the Big Things- Drills & Strength Exercises)

Session 5b: Vin Connolly (Nutrition for the Runner)

2:40-3:30

Session 6a: Greg Zopatti (Developing a Seasonal Plan)

Session 6b: Mike Miller (Building a Team)



XC Clinic Registration

Please return this form and payment to Michael Glennon by September 5th, 2013, to receive the lower registration rate. After this date you can still register at the door.

NAME: _____

SCHOOL: _____

EMAIL: _____

Check should be made out to MSTCA

\$25 Non Member _____ \$20 Member _____
\$35 at the door _____

Please let us know if you plan to purchase lunch

\$8.00 Box Lunch _____ (Sandwich, snack and drink) _____ Bring your own Lunch

Return this form and payment to:

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