



Clinic Location

Devon Boathouse
725 S Lincoln Blvd
Oklahoma City
OK 73129

Date-February 25th, 2012

Admission-High School of 10 and Coach-\$100
Individual-\$20
Contact-Conor Holt at cholt@okcu.edu

Morning Clinic

9am-Brendon Gilroy-Head Track/Cross Country Coach –McNeese University
'Drills for distance running'

9:30am-Dr. Jason Miller-PhD, CSCS*D, USAW
'Strength Training for the High School Distance Athlete'

10am-Dr. Jack Daniels-'High School Running and Designing a Training Plan for Cross
Country'

11am-Dr. Tom Coniglione--'Running injuries-treatment and prevention'

11:30am-Dr. Jack Tracy-PhD-Sports Psychologist-'Preparing your mind for the 5k race'

12 Noon-Conor Holt-Head Coach Track/Cross Country-Oklahoma City University
'Recruiting 101-what College Coaches look for in High School Athletes'

Afternoon Clinic

1pm-Dr. Jack Daniels-'Marathon Training-How to get the best results'

1:30pm-Question and Answer with Dr. Daniels

2pm-Camille Herron-Elite Female Runner-2:37 marathon
'Doing the little things'

2:30pm-Mark Bravo-Author of 'Momentum'
'Running Forever: Perspective'

3:00pm-Tim Thompson-Ok Runner Store
'Choosing the right shoe to train in'