

USATF-Niagara XC Camp Clinic Weekend August 2022

Clinic Title: USATF NIAGARA XC CAMP CLINIC WEEKEND

Clinic Overview: Understanding the Science (as we know it currently) behind training and racing can give you and your athletes an edge over the competition. Each of your training sessions should have a distinct purpose based in science. This clinic will give you the basics for determining an effective training and racing strategy for you and for your athletes. Most of the material that will be presented will be based on the works of Dr. Jack Daniels, Ph.D.

Clinic date: August 20, 2022

Location: Groton Jr. Sr. High School, 400 Peru Rd., Groton NY 13073

Directions: email (sweeks@groton.cnyric.org) if you are unable to GPS this location

Times of Registration: 9:30am-10

Times of Clinic: 10am-Noon (plus conversation as desired)

What to bring: bottled water

What to wear: Comfortable Clothing (no exercise is planned)

Level of material: High School Athletes, Coaches at all levels

Teaching Method: Instructional materials (charts, etc.) will be distributed. Lecture with questions and conversations throughout. The presentation will be done using slideshows, charts, tables, and referencing given materials. It is hoped that the volume of the presentation will be driven by what the attendees desire to know.

Clinic Topics: The science of competitive running (Training, Racing, Warming up, etc.)



USA
TRACK & FIELD SM

Clinician Biography: Scott had the great fortune to have trained and raced collegiately under Dr. Jack Daniels, Ph.D @ SUNY Cortland. Post collegiately, Scott has raced at the highest level of competition and against some of the best runners that this country has ever seen (i.e. Johnny Gray (800 meter AR(former)), David Krummenacker (1000 meter AR(former))). As a Masters Runner, Scott has won numerous national titles on the track and on the road. Scott was #2 in the world in 2012 at 800 meters (M40) being outranked only by Anthony Whiteman (Great Britain) who ran an amazing 1:48.22 in that year (and incidentally also ran a 3:58.79 mile in that year...at 40 years old!!). Scott has coached Track & Field & Cross Country for nearly 30 years at the Groton Central School District. All of these successes (including the coaching successes), Scott owes largely to having worked closely with Dr. Daniels and having used his scientifically proven methods.

Contact information:

email: sweeks@groton.cnyric.org

Call/ Text: 607-423-1511

*****Registration Form*****

Name

Address

City

State/Zip

Email address

Circle one: athlete/student coach/adult

Fees enclosed: Early Registration by August 17, 2022 ---- Free to Coaches, Athletes, Parents, etc (email Scott to official register)...**Please include all information above**

After August 17, 2022 --- \$10 Cash or Check made payable to
"Groton Sports Boosters - Cross Country"
(please bring the fee to the clinic)

****Please note:** There is generally a fee for these clinics, but for this inaugural year, I am putting on this clinic for free. **Any donations to "Groton Sports Boosters - Cross Country" will be gladly accepted the day of the clinic.**

****Also note:** If you register the day of the event, it is possible that there may not be handouts/ materials made ahead of time for you.

Waiver: *In consideration for the opportunity to participate in this event I hereby remiss, release and forever discharge the sponsoring organizations, their members and any other persons staffing this event in any capacity for any claims and demands as a result of participation in this event. I also certify that I am/have trained sufficiently for this event and that I am in good physical condition.*

Signed _____ Parent must sign if under 18 _____