

WISCONSIN **2021** CROSS COUNTRY COACHES ASSOCIATION CLINIC SCHEDULE



FRIDAY, JAN. 7, 2022

9:30am-6:00pm Check-in & Registration

10:30 Welcome and Introductions

10:40 SPEAKER, MATT GIFFORD
Strength & Conditioning for
Distance Runners

11:40 Break, Visit Vendors

12:00 DISTRICT MEETINGS

12:45 Break, Visit Vendors

1:45 WCCCA Awards

2:25 WCCCA BUSINESS MEETING

3:25 Break, Visit Vendors

3:45 KEYNOTE—MICK BYRNE

5:00 Break, Social Hour

6:00 WCCCA
HALL OF FAME
DINNER AND AWARDS

8:30-11:00 Coaches Social

SATURDAY, JAN. 8, 2022

6:45 Coaches Run

8:00-10:00 Check-in & Registration

8:00 Continental Breakfast

8:30 STEVE WEHRLEY & COMPANY
Lombardi's Tactics for Running

9:45 Break

10:05 SPEAKER ABBEY BUBOLZ
Nutrition for Runners

11:05 Break

11:25 MULROONEY/HANSON PANEL

12:45 Closing and Give Aways



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