

# OAT&CCC

## CROSS COUNTRY COACHES CLINIC

Friday, November 16, 2018

**Holiday Inn, 2800 Presidential Dr., Fairborn, OH 45324**  
**SPECIAL CLINIC ROOM RATES CALL: (937) 426-7800**

Cost: \$50.00 - Clinic, Lunch, Notes

Late Fee: \$60.00 - NO EXCEPTIONS!

**DEADLINE IS THURSDAY, NOVEMBER 15**

Clinic T-Shirt to first 150 registered, compliments of Dave Bartels - Blue Star Sportswear

**Check OATCCC.com for more information or additions**

**Ticket Leap Registration Available**

### Speakers

**Greg McMillan MS** - Amby Burfort, Runners World: "Greg McMillan is one of the best and smartest distance running coaches in America" Greg has a Masters Degree in Exercise Physiology where his research focused on the determining factors of distance running performance. A student of the sport since he began running in high school, he continues to apply advances in sports science to his training programs. His mentors include the late, great Arthur Lydiard (who he toured with on Lydiard's last US tour), Olympic Coach Dr. Joe Vigil, world-famous Italian coach Gabrielle Rosa, the Lydiard Foundation's Nobby Hashizume, Peak Running Performance founder Guy Avery and USA Track & Field physiologist Dr. David Martin. Throughout his coaching career, Greg has been successful at helping a wide range of athletes. Coaching Accomplishments: A complete outline is on the OAT&CCC website.

**Anjanette Arabian Whitman** - Head cross country and track & field coach at Lutheran West High School which is in Rocky River, Ohio. Anjanette has been coaching for twenty years. She has her USATF Level 2 certification. Anjanette has led cross country teams to the Ohio High School State meet every season from 2004 to 2011 and outside of those years coached individual State qualifiers in 2002, 2003, 2014, 2015 and 2017. The 2009 team set a new State Meet record low score of only 28 points for all divisions and both genders in Ohio. That team also competed at the Nike Cross National Championships in Portland, Oregon in 2008 & 2009, finishing 5th in 2009. Overall, she has coached 4 State Champion Teams and 2 State Runner-Up Teams. A total of 36 of her athletes have competed at the collegiate level. Complete outline is on OAT&CCC website.

**Kevin Alexander** - Troy High School Head Cross Country Coach since 2005. Team was runner-up in 2016. In 2017 he coached Morgan Gigandet to a State Championship in Division One with a 17:30.9. He is a program builder and motivator!

### PLEASE COMPLETE AND RETURN WITH PAYMENT

Name \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Address: \_\_\_\_\_

**Mail Form with Check for \$50.00 Payable to OATCCC:**

**Carson R. Cheek - Clinic Director**

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