

**OATCCC CROSS COUNTRY CLINIC
SCHEDULE AND TOPICS**

FRIDAY - NOVEMBER 16, 2018

- 7:30 am - 8:30 am Registration, Coffee & Tea
Welcome & Door Prizes
- 8:30 am - 9:15 am Whitman - "Tech for Success"
How to use technology to organize your team
- 9:15 am - 10:15am McMillan - Building Blocks
How to build a successful training plan
- 10:15 am - 11:15 am McMillan - The Hybrid Runner
How an understanding of energy systems guides your training
- 11:15 am - 12:00 pm Alexander - We Are In This Together
Encouraging better communication among coaches
- 12:00 pm - 1:00 pm Lunch Break - Door Prizes
- 1:00 pm - 2:00 pm McMillan - Robot to Artist
What I've learned from the greatest coaches on the planet
- 2:00 pm - 3:00 pm McMillan - Lessons From McMillan Elite
From upstart team to National Champions
- 3:00 pm - ?? Round Table - Speakers and Championship Coaches

Evaluation Turn In

Door Prizes