

ARIZONA TRACK & CROSS COUNTRY COACHES ASSOCIATION

TO: Arizona High School Cross-Country Coaches

FROM: Bruce Wilkison, *ATCCCA* President, Gilbert Christian High School
Jeff Messer, *ATCCCA* Vice-President & Treasurer, Xavier College Preparatory
Mike Elder, *ATCCCA* Board Member, Northland Preparatory Academy

DATE: July 29, 2010

RE: [Tenth \(10th\) Annual ATCCCA Cross-Country Clinic](#)

The tenth annual ATCCCA cross-country clinic will be conducted on Saturday, August 21st, 2010. ATCCCA Past President and Sandra Day O'Connor High School Head Cross-Country / Track-&-Field Coach Brian Dempsey will host the clinic at Sandra Day O'Connor High School (25250 N. 35th, Ave, Phoenix, AZ., 85083-2465, [623] 445 - 7100).

The registration fee for the 2010 clinic is \$45.00; this fee encompasses not only registration but also a continental breakfast, a catered lunch, and a free t-shirt.

The schedule for the 2010 clinic is as follows:

8:00 – 8:15 a.m.	-	Registration / Continental Breakfast
8:15 – 8:25 a.m.	-	Bruce Wilkison (<i>ATCCCA/Gilbert Christian High School</i>) <i>Welcome / Clinic Overview</i>
8:25 – 8:30 a.m.	-	Break
8:30 – 9:20 a.m.	-	Juris Green (<i>The Woodlands HS, The Woodlands, Texas</i>) – <i>The Highlander Training System</i>
9:20 – 9:25 a.m.	-	Break
9:25 – 9:55 a.m.	-	Margot Kelly (<i>Mile Split Arizona, http://az.milesplit.us/</i>)
9:55 – 10:00 a.m.	-	Break
10:00 – 10:50 a.m.	-	Kris Alexander (<i>Mesa Mountain View HS XC/Track Coach</i>) – <i>topic to follow</i>
10:50 – 10:55 a.m.	-	Break
10:55 – 11:35 a.m.	-	Jeff Guy (<i>ATCCCA / Desert Vista High School</i>) <i>Nike Cross Nationals (NXN) – Overview & Update</i>
11:35 – 12:10 p.m.	-	Lunch
12:10 – 1:00 p.m.	-	Brian Beltramo (<i>Coaches Ministry Director, Arizona Fellowship of Christian Athletes</i>) - <i>Texting, Leading, Coaching & Manipulating</i>
1:00 – 1:05 p.m.	-	Break

- 1:05 – 1:55 p.m. - [Juris Green](#) (*The Woodlands HS, The Woodlands, Texas*) - *What makes a program?*
- 1:55 – 2:00 p.m. - Break
- 2:00 – 2:30 p.m. - [Brian Dempsey](#) (*ATCCCA / Sandra Day O'Connor High School*)
2010 AZ HS Cross Country schedule, etc.
[Dean Visser*](#) (*AIA Tournament Coordinator for Cross Country*)
2010 Arizona State Cross Country Sectionals & Championship
- 2:30 – 2:35 p.m. - Break
- 2:40 – 3:25 p.m. - [Kyle Herrig](#) (*Triplex Training*) – *Slowing Down to Speed You Up*
- 3:25 - 3:30 p.m. - Conclusion / Adjournment

**Dean Visser has a very tight schedule on Aug. 21 and may speak at a different time*

•• PLEASE CHECK the arizonatrack.com site for updates ••

Please supply the following information and complete the form in order to ensure registration for the 2010 clinic.

NAME: _____ SCHOOL: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

Email address: _____

_____ I am enclosing a check for \$45.00 *OR*

_____ I plan on attending and will register on Saturday, August 21st, 2010

Please make checks payable to the ATCCCA. Registration information and / or payment may be mailed to the following address:

Jeff Messer
ATCCCA Vice President & Treasurer
268 N. Rock Street
Gilbert, Arizona 85234

We invite questions to be addressed to any of the following contact sources:

[Brian Dempsey](#) dempseyaz@cox.net
[Mike Elder](#) elder.coach@gmail.com
[Jeff Guy](#) jguy5048@aol.com
[Jeff Messer](#) messerjeff@yahoo.com

[Dusty Sullivan](#) dusty.sullivan@tuhsd.org
[Bruce Wilkison](#)
bwilkison@gilbertchristianschools.org

SPEAKER BIOGRAPHICAL INFORMATION:

Coach Juris Green:

Head Cross Country and Track Coach, The Woodlands HS

Hometown: The Woodlands, TX

USATF Level II Certified - Endurance 2008

Personal: Wife - Catherine of 14 years

Dad to 3 girls: Tyne-7, Jae-5, Catelynn-1

Head CC/Track Coach Woodlands High School 2009-present.

- Texas State Cross Country Champions: 2009
- NXN: 3rd place
- Top Seniors in 2009
 - Tommy Sanderson- 1:56, 4:14, 9:10
 - Tyler Bradley- 1:56, 4:18

The Woodlands High School- Assistant Coach CC/Track 2002 – 2009.

- Texas State Cross Country Champions: 2003, 2004, 2006, 2007, 2008
- NXN Qualifiers: 2004(7th), 2006(12th), 2007(4th), 2008(4th)
- *2008 Reed Connor: NXN Individual Champion
- Top seniors in 2008/2009
 - Reed Connor- 1:54, 4:08, 8:54
 - Drew Butler- 1:50, 4:05, 9:01

Head CC/Track Coach McCullough Junior High (7th-8th – feeder school to The Woodlands HS) 2004 – 2008.

- Implemented cross country class bringing enrollment to 140 in four years

The Woodlands High School cross country history:

- District Titles: 31
- Regional Titles: 27
- State Titles: 16, 2nd 6 times, 3rd 3 times
- 32 Consecutive trips to Texas State Cross Country Championships
- Footlocker National Finals: 9 individuals qualified 12 times
- US #1 Team in the nation (via Marc Bloom) 2003

Education:

- Graduated: De Montfort University, Leicester, England - BSc. Biotechnology
- University of Arkansas: 1991-1995. I was part of a team that won the NCAA XC Championships

Coach Kris Alexander:

Biographical information to follow

Coach Brian Beltramo:

Brian Beltramo is the Coaches Ministry Director for the Arizona Fellowship of Christian Athletes.

His diverse coaching experiences include soccer with the U6 Coed Soccer - CCV Stars, football with the U6 Flag Football - CCV Stars, basketball as freshman boys basketball coach at Arcadia High School, and baseball as varsity baseball coach at Desert Christian High School.

His strong, ongoing involvement with the Fellowship of Christian Athletes initiated in 1997, he maintains a strong interest in the unique motivational challenges specific to modern-day student-athletes, and he articulates a very specific goal / vision that will be embodied in his presentation:

“My goal is to see coaches across Arizona seize their platform and become “double win” coaches. The definition of a double-win coach is a coach who not only wins a ton of ballgames but also wins their players to a lifelong adventure of serving Jesus Christ because of the way coaches acted, competed, and lived out the Bible in a tangible way for all to see.”

Kyle Herrig:

Kyle Herrig owns and manages his business, Triplex Training, which offers services to clients that will assist them in reaching their fitness potential.

Kyle began at Iowa State University where he received his Bachelor of Science degree in exercise and sport science. During his time there, he served as an athletic trainer with various sports teams; responsible for prevention, maintenance, and rehabilitation of athletic injuries. Kyle became a Certified Athletic Trainer (ATC) and then received a Master of Science degree from Utah State University in exercise and sport science.

After becoming a Certified Strength and Conditioning Specialist (CSCS), Kyle then moved to Arizona where he worked with Dobson High School, Chandler-Gilbert Community College, Arizona State University, and the Functional Performance Center. While finding his passion in the sport of triathlon, Kyle then earned the title of USA Certified triathlon coach. Through Triplex Training, Kyle is focusing on helping individuals with functional and corrective exercise, injury prevention and rehabilitation, improving efficiency and asymmetry, and general health and fitness.