

36th Annual



## Cross Country Clinic

November 6, 7, 8, 2008

### Crowne Plaza

5700 East 28<sup>th</sup> Street SE, Grand Rapids, MI 49546

Rate: \$89

Call now for reservations

800-496-7621

Keynote Speaker:

Jack Daniels

*"Daniels Running Formula"*

Spencer Wood

*"Mental Skills & Toughness Training"*

Grand Valley State University Coaches

*Coaches Education Series*

Dr. Steven Nizielski

Dept of Biomedical Sciences

Dr. Ross Sherman

Assoc Professor of Exercise Physiology

Dr. Tonya M. Parker

Asst Professor in the Movement Science Dept

Dr. Shari Bartz

Program Director – Athletic Training Education

Dr. Brian Hatzel

Assoc Professor – Athletic Training Education

Dr. Rick Albrecht

Sport Leadership Program – Dept of Movement Science

MITCA Speakers

Don Dickmann, Petoskey HS; Lisa & Rick Shaw

State Championship Coaches Panel

Don Sleeman, AA Pioneer; Todd Schenck, NorthPointe Christian

Mike Woolsey, Jackson Lumen Christi

Fee: \$90 (before October 29) \$100 at the door

Contact: Jerry Lasceski, 1691 North Hinson Rd.  
Fairgrove, MI 48733-9503