

**OATCCC CROSS COUNTRY COACHES CLINIC
TIME LINE AND TOPICS**

FRIDAY - NOVEMBER 19, 2021

- 8:00 am - 9:00 am Registration
Coffee & Tea Served - Welcome
- 9:00 am - 9:45 am John Kuzio - OHSAA
Discussion, Q and A on Ohio Cross Country
- 9:45 am - 10:30 am Matt Schock – Seneca East
Getting Others to Buy into your Program
- 10:30 am - 11:15 am Lee Sternberg and Tom Loy – East Canton
Achieving Success on a Division 3 Level
It's all a Confidence Game
- 11:15 am - 12:00 pm Jessie Magoto - Minster
Mental Toughness: Training athletes to gain confidence in distance
running and life
- 12:00 pm - 1:00 pm Lunch Break and Door Prizes
- 1:00 pm - 2:00 pm Howard Russ - Beavercreek
MOJO Culture - Creating #1 Culture
- 2:00 pm - 3:00 pm Jessie Magoto
Put Down the Watch: How to adjust your workouts to help athletes
maximize their potential
- 3:00 pm - 4:00 pm Howard Russ
Individualized Training Plan for each of your Athletes
Is that even possible
- 4:00 pm - ??? Speaker Question and Answer Round Table

Evaluation Turn In