



NIKE Sneaker Factory Cross Country Clinic

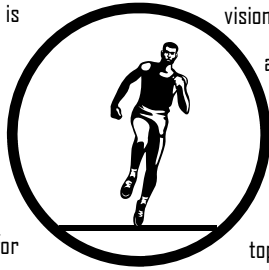


August 10-14, 8:00 am - 1:00 pm @ Millburn HS

About the Clinic

This summer running clinic will prepare incoming 9th–12th grade student athletes to be able to actively participate in cross country, but is open to any runner over the age of 14. We will work on coordination, endurance, speed, running economy, and the athlete's training base with the expectation of reducing over-use and related injuries. We will also educate athletes in stretching, stability, and strength techniques. This will prepare students for their high school team and for a future of successful running.

All athletes will be divided into groups of 10-15 runners based upon ability



Limited to 100 Participants! Sign up early!

and weekly mileage when the clinic starts. Each group will be under the supervision of one of our coaches and a current college athlete. Our college athlete coaches are former local high school standouts. Scheduled guest speakers include Dr. Rob Gilbert, Sport Psychologist at Montclair State University; Jason Jackson, Coach at Seton Hall University; and members of the Madison Medical team to address topics such as injury prevention and nutrition. Other topics include strength, conditioning, college running and recruiting, and motivation.

Fees:

Early Bird Special: Register by 7/1/09.....\$180 per person

Register after 7/1/09\$200 per person

Register as a group of 5+ teammates.....\$180 per person (Teammate registrations must be submitted together)

Lunch Option: Daily choice of select sandwiches, salads, and water, catered by Millburn Deli..... \$40 per person (Please include separate check payable to "Millburn Deli")

What to bring:

All athletes should wear running sneakers and appropriate running clothes. Be sure to bring a bag with an extra pair of sneakers, socks, shorts, and a shirt in case of wet weather or you feel the need to change in between workouts. We will run in the rain, so bring appropriate rain gear if it's raining. Stop by the Sneaker Factory if you need gear or if you want a free evaluation for new running shoes. We recommend bringing a water bottle.

Participants Receive:

- Technical Running T-Shirt (Register by 7/1/09 to guarantee T-shirt)
- Contest Prizes
- 15% Discount at Sneaker Factory, 25% discount on Mizuno Products
- Accelerade/Endurox Sports Drink During Workouts

Have questions? Contact....

Michael Conforti or Andy Vogel

Phone: 973-376-6094 Email: info@sneakerfactory.com

Go to www.sneakerfactory.com for clinic info & updates

We will start promptly at 8, so arrive on time!

Please arrive by 7:45 am on the first day for sign-in.

Daily Schedule (Example):

8:00–8:45am	Check in, prep for the day and warm-ups
8:45–10:15am	Running Workout & Demonstrations
10:15–10:30am	Snacks and Drinks (provided)
10:30–11:30am	Non-Running Workout
11:30–12:00pm	Lunch (Bring your own or Oscar's Option)
12:00–12:45pm	Guest Speaker with Q & A
12:45–1:00pm	Closing Remarks

Recommended for Clinic

If you ran Spring Track for your school, hopefully you have or will take some time off. You should follow your coaches' summer training plan. If you don't have one, contact us and we'll get you started. It's important to have a training base established before attending the clinic to reap maximum benefits and avoid injury

Former participants include Conference, County, Sectional, & Group Champions, as well as conference, county, group, and state team selections.

HIGHLIGHTS FOR 2009

- Great snack & lunch options
- More coaches & college athletes means smaller groups
- Options during some of our speaker sessions
- Group competition throughout the week.

The Staff

Jeffrey Kaye

Clinic Head Coach
Head Boys Cross Country Coach
Millburn High School
USATF Level I certified Coach

Paul Irwin

Cross Country Coach
Roselle Catholic High School
USATF Level I certified Coach

Amanda Sabatos

Cross Country Coach
Millburn High School

Chris Tafelski

Cross Country Coach
Westfield High School

Mike Conforti

Clinic Director
Owner—Sneaker Factory
USATF Level I certified Coach

Andy Vogel

Manager—Sneaker Factory
USATF Level I certified Coach

Neal Sharma

Cross Country Coach
Summit High School

Miriam Jackson

Cross Country Coach
Columbia High School
USATF Level I certified Coach

• Collegiate athletes assisting with the clinic workouts were each standout XC team members of Union, Essex, Morris and Somerset County high schools prior to competing for their universities XC team.

• A registered nurse will be on-site during clinic hours.

Location

We will meet each day at Millburn High School's track. Most of our running will take place in the nearby South Mountain Reservation, Old Short Hills Park, and the Hartshorn Arboretum. Non-running workouts will take place at MHS on the turf or in the gym in case of inclement weather.

We will run rain or shine — please be prepared in case of rain, as there will not be any rain-date or make-up sessions.

www.sneakerfactory.com