

# N. C. TRACK & CROSS COUNTRY COACHES ASSOCIATION

Founded 2002

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## 2016 CLINIC PRE-REGISTRATION COACHES FORM November 11 & 12, 2016

*JDL Indoor Fast Track, 2505 Empire Drive,  
Winston-Salem, NC 27103*

**Event:** 16<sup>th</sup> Annual NC Track & Field and Cross Country Coaches Clinic

**Clinic Dates:** Friday, November 11, 2016, Registration: 4:00 – 7:00; Clinic Sessions: 5:45-8:00;  
Coaches Social: 8:00 - 10:00 at JDL Indoor Fast Track

Saturday, November 12, 2016 Registration: 7:30 – 12:00; Clinic Sessions: 9:00-4:00  
Lunch will be provided.

**CEU:** *We are no longer offering CEUs.*

**Clinic Fee:** **\$150.00 (\$125.00 if pre-registered by October 22, 2016). Make checks payable to the N.C. Track Coaches Association.**

Registration includes lunch and membership in the NC Track & Cross Country Coaches Association.

**NOTE: (\$100.00 fee if you are only attending the NCHSAA Rules Interpretation Session on Saturday.)**

**Clinic Objective:** The objective of the clinic is to improve the knowledge of cross country and track & field with emphasis on training, conditioning and nutrition for **ALL** college, high school, middle school, AAU and USATF coaches and athletes.

Name \_\_\_\_\_ School/College/Club \_\_\_\_\_  
(Please Print)

E-mail Address \_\_\_\_\_

School Address \_\_\_\_\_

Home Address \_\_\_\_\_

City, State and Zip \_\_\_\_\_

Phone (W) \_\_\_\_\_ (Home or Cell) \_\_\_\_\_

Return form to: Edward W. Teasley, Clinic Director  
4336 Reedy Fork Parkway  
Greensboro, NC 27405