

# N. C. TRACK & CROSS COUNTRY COACHES ASSOCIATION

Founded 2002

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## 2016 CLINIC PRE-REGISTRATION STUDENT-ATHLETE 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: 1:00 – 7:00; Clinic Sessions: 2:45-8:00;

Saturday, November 12, 2016 Registration: 7:30 – 12:00; Clinic Sessions: 8:30-4:00  
Lunch will be provided.

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

**Clinic Fee:** \$40 (**\$25.00 if pre-registered by November 1, 2016**). **Make checks payable to the N.C. Track Coaches Association.**

Registration includes lunch and snacks. **This form is for student-athletes in high school or younger. College athletes must register as coaches.**

**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 \_\_\_\_\_  
(Please Print)

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

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

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

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

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

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Return form to: Edward W. Teasley, Clinic Director  
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