Master of Arts Program in Coaching and Athletic Administration (MCAA) is offering a Summer Intensive Course focused on *Advanced Theory and Strategy for Coaching Cross Country.*

This graduate-level class is designed for cross country coaches and will implement a combination of classroom learning and practical application.

This educational opportunity will be led by Tim Butler, Head Cross Country Coach at Dana Hills High School.

Four units of graduate level credit. Non-degree seeking students are cordially invited to enroll.

For further information about this educational opportunity, please contact
Dave Cowen – Conference Director (949) 214-3262, dave.cowen@cui.edu
Katie Carson – (949) 214-3266, katie.carson@cui.edu
COURSE SYLLABUS

MCAA 572 - Advanced Theory & Strategy for Coaching Cross Country
Instructor: Tim Butler
Email: Coachtimbutler@yahoo.com

Master of Arts in Coaching & Athletic Administration
Concordia University Irvine, CA
Term: Summer 2013; Units: Four (4)
Class Meetings: Monday—Friday, June 24-28, 2013

Course Purpose:
A professional collaboration designed for high school and college cross country and distance running coaches. Some topics will include: personal coaching philosophy, training theory, nutrition, injury prevention and rehab, strength training, motivation, and developing/improving your season/off-season periodization plan.

Requirements:
- Class attendance
- Three personalized projects that will immediately impact your upcoming season
- Please bring a copy of your coaching philosophy and yearly training plan

Course Materials:
Reference reading: InSideOut Coaching by: Joe Ehrmann

Policy on Academic Honesty:
This course seeks to empower students for independent learning, resourcefulness, clear thinking and perception; thus, all assignments should be genuine signs of individual achievement of which the student can be proud. Plagiarism and cheating will be treated according to the policy stated in the Student Handbook.

Day One, Morning Session
- Introduction: Instructor—Tim Butler: Goals/Objectives
- Projects explained
- Class survey
- Discovering/developing a personal coaching philosophy
  ⇒ Why do I coach (purpose)?
  ⇒ What do you do to accomplish your purpose?
  ⇒ Define success
  ⇒ Expected outcome(s)
- Assignment – design a working philosophy of coaching

Day One, Afternoon Session
- Guest Speaker: Marni Cota—Physical Therapist at AOS in Laguna Niguel
- Differences between coaching girls and boys
- Injury prevention and rehab
- Discuss individual rehab prescriptions

Day Two, Morning Session
- Guest Speaker: Tim O'Rourke—Mt. Sac Invitational Director/Arroyo HS Coach/Nationwide Race Announcer
- Discuss the most outstanding distance coaches in the US and their training methods
- The most successful high school coaches and programs in your state
  ⇒ Discuss their philosophies and training methods – how they are the same/different

Day Two, Afternoon Session
- The three principles of training
- Training methods: long runs, hill, interval, cruise intervals, tempo, threshold running.
- Beginners workouts, form running, training in the heat.
- And WHEN to use all of these methods!

Day Three, Morning Session
- Motivation – suggestions on how to get your runners to perform up to their potential. Forum discussion of motivational strategies by all/any attending coaches.

Day Three, Afternoon Session
- Racing preparation, racing tactics, race peaking
- Recruiting and how to promote your program - are numbers important?
- Fundraising – boosters; How are you funded?

Day Four, Morning Session
- Nutrition – what do I eat before/after workouts — before/after meets
  ⇒ How many calories do I need — iron levels?
  ⇒ Forum on destructive eating

Day Four, Afternoon Session
- Pre/post training activities — warm-ups/cool down
- Strength training
- Team rules – what and how many? Forum discussion

Day Five, Morning Session
- Summer camp — how long, location, cost, staff, materials, training, insurance, sponsor
- Other topics — Garmins, Nike nationals, e-mail exchanges, websites.

Day Five, Afternoon session
- Mental training
- Workshop for developing a seasonal training plan
- Assignment: Produce a periodization plan for summer and season/post season

(Schedule and speakers subject to change.)