



15th Annual



**Maine track cross country coaches association clinic
March 19 & 20, 2010**

University of Southern Maine - Costello Fieldhouse Gorham, Maine

Willie Banks
Former World Record Holder in the Triple Jump
58'11.5"
1983 World Championships Silver Medalist

Michelle Eisenreich
Brown University
Throws

Shannon Houlihan
Smith College
Sprints/Hurdles

Jim Giroux
M-F Athletic & Perform Better
Training Programs for Track & Field

Awards Luncheon **
Sat. Noon

Josh Bailey DPT CSCS
Orthopaedic Associates/Injury Prevention for Runners

**Coaches Social
Fri. Evening

George Mendros
Maine Rules Interpreter

More to come!
**** Distance ** Pole Vault ** Nutrition ****

Business Meetings: Cross Country – Fri. 5:15 p.m. Outdoor T&F – Sat. 8 a.m. Indoor T&F – Sat. 4:30
Submit agenda items in advance to appropriate liaison – check website www.sub5.com for info.

MTCCCA Logo Coaches Shirts will be available to order in School Colors. See attached order form from Ron Kelly.

CLINIC SPONSORS

*** Brady's Screenprint * George & Phillips Inc. * M-F Athletic * University of Southern Maine**

**Lodging
Special Rates**

Fairfield Inn
2 Cummings Rd. - Scarborough
(207) 883-0300
\$52.00 ME Track Clinic @ USM Rate

Comfort Inn & Suites
Scarborough
(207) 883-2700
\$69.99 ME Track Clinic Rate

Homewood Suites
200 Southborough Dr. - Scarborough
(207) 775-2700
\$109 – 118.00 ME Track Clinic Rate

Eastland Park Hotel
157 High St. – Portland
(207) 775-5411
\$80.00 USM Rate

Directions to the University of Southern Maine @ Gorham – Costello Fieldhouse

Take Maine Turnpike to Exit 47, Rand Road Westbrook, formerly Exit7b. Follow Rt. 25 west for 6.5 miles to Gorham. At the intersection of Routes 25 & 114 in Gorham Center, turn right onto Rt. 114. Continue on Rt. 114 to blinking light and turn left into campus. The fieldhouse is up the street on the right and parking is adjacent.

Clinic Registration

Name: _____ **Email:** _____

Address: _____

Home Tel: _____ **School Tel:** _____

School: _____

School Address: _____

_____ **I will be attending Saturday's Award Luncheon**

Registration Fee: \$75.00

All clinic registrants will receive a folder of clinic notes, luncheon admission, and the first 120 coaches registered will also receive a MTCCCA coaches' portfolio.

Please make checks payable to MTCCCA

If possible, please register by March 12th ~ it makes luncheon catering plans much easier.

Mail To: Karen Reardon
So. Portland H.S. Athletic Dept.
637 Highland Ave.
South Portland, ME 04106

For More Information:
Contact Karen Reardon @ So. Portland H.S.
reardoka@spsd.org or (207) 767-7705