

BASIC INFO:

Name: _____

Phone Number: _____

Email: _____

Address: _____

City: _____

State, Zip Code: _____

PERSONAL INFO:

Grade level in the 2016-2017 school year and School: _____

Sex: _____ Age: _____

Allergies: _____

RUNNING INFO:

Best 1600m (1 mile) time: _____

Best 3200m (2 mile) time: _____

Current mileage per week: _____

Waiver:

In consideration of acceptance of this entry into The Mid-Ohio Valley running clinic. I hereby waive, release and discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against the Williamstown school district, it's volunteers, the city of Williamstown, and any other people or organizations which are affiliated in any way with The Mid-Ohio Valley running clinic for any and all injuries suffered by me by participating in this event. I attest and verify that I am physically fit and sufficiently trained for participation in this event.

Signature of participant or parent/guardian if under 18: _____

Date: _____

COST is only \$40 a person. Make checks out to the

Williamstown Cross Country.

Send registration and payment to 189 Elmwood Hts. Rd., Williamstown, WV, 26187 Attn.: Michelle Hesson

Registration can also be done from 8-9am morning of clinic in Williamstown cafeteria.



2016 Mid-Ohio Valley Running Clinic

Hosted by the Williamstown XC team

If you have and questions, feel free to contact

Michelle Hesson

Phone: 304-482-4621

E-mail: cec4331@gmail.com

**JUNE 25TH
FROM 9AM TO 9PM**

**2016
Mid-Ohio
Valley
Running Clinic**

**The Clinic will be held at
Williamstown High School
cafeteria**



**Designed to meet all the running needs
of all male and female runners in the
Mid-Ohio Valley in grades 6th through
12th in the 2016-2017 school year.**

Speakers

Itinerary for clinic

Subject to change

8-9am Registration in high school café

9-10am Introductions and discuss clinic goals

10-11am Session #1/ Rod O'Donnell

11-12am Session #2/ speakers on weight training and core

12-1pm Lunch

1-2pm Session #3/ Dugan Hill

2-3pm Session #4/ guest speakers on nutrition and hydration

3-4pm Session #5/ Brian Hesson

4-5pm Divide into appropriate running pace groups for group run

5-6pm Dinner catered by Da Vinci's

6-7pm Session #6/ to be determined

7-9pm Pool party at Williamstown Healthy Lifestyle Pool

Rod O'Donnell, a standout distance runner at Belpre High School who previously has served as the head cross county and track and field coach at Caldwell and Hudson high schools in Ohio and an assistant track coach at Marietta High School. He as also coached at Kent State University, Marshall University and the University of Rio Grande, and is currently over the PHS boys program.

O'Donnell's credentials are impressive. In 16 years of coaching high school cross country, he mentored eight district and six regional championship teams. His squads made 11 appearances at the Ohio state meet, claiming two state titles as well as a runner-up and a third-place finish. He also served as the coach for 2002 Ohio Division I state champion Wesley Smith, who competed in the national championship in San Diego, where he finished second.

O'Donnell is a member of the Ohio Association of Track and Cross Country Coaches Hall of Fame (2005 inductee) and the Marshall University Athletic Hall of Fame (2009).

Dugan Hill is the current coach at Caldwell High School Cross Country. Dugan Hill has been a part of this school's cross country team for 24 years. In 1996, Hill became a member of the Ohio Association of the Track and Cross Country Coaches Hall of Fame.

Dugan Hill is a graduate of Caldwell High School. He became a cross country coach for Caldwell in 1976. Dugan Hill is the type of coach that not only maps out routes for his team to run, but up until a knee injury, he ran with his teams every day. Now he rides a bike while they run. With Dugan Hill as coach the Caldwell Redskins won the Division III Cross Country title six times during the years 1987 to 1992.

Brian Hesson currently serves as the women's and men's head cross country coach at Ohio Valley University. Hesson was a member of Caldwell High School's Class of '93 and remains to date one of Ohio's most decorated cross country and track athletes. A 17 time All-Ohio athlete, Hesson was the premiere distance runner in the State of Ohio from the fall of 1990 to the spring of 1993. Winning eight individual State titles and earning All-American status three times at the Kinney (now Footlocker) National Championships, he also helped Caldwell High school teams to a winning streak of eight consecutive State Championship titles in cross country.

Hesson then went on to run for the University of Alabama where he earned his degree in Criminal Justice. In 1994 he made the U.S. Junior National Team, and continued to be a vital part of the Alabama distance program, attaining All-SEC honors in cross country and track and was a three time NCAA Championship qualifier. Following the 1997-1998 season, Hesson was recognized by the University of Alabama with the Career Achievement Award.

Phyllis Brown is an Elite personal trainer, certified in exercise therapy, fitness nutrition, youth fitness, and personal training. She is an avid runner that has ran the Boston marathon, Tough Mudder, NYC marathon and many other races. She has taught personal training classes at Washington County Career Center and currently provides classes and training in nutrition and fitness.

Dylan Brizendine graduated from St. Mary's High School in 2011. He was a three sport athlete in high school. He earned All State in baseball and football. He played baseball at Ohio-Valley University. He graduated with honors with a degree in sports management. He has become a personal trainer and competes in men's physique competitions.

Kylie Brizedine graduated from Williamstown High School in 2012. She was a state qualifier and record holder for the shuttle hurdle, 4x100m, and 4x200m relays. She graduated from West Liberty University with honors with a degree in exercise physiology. She is currently a certified personal trainer. She will be attending West Virginia University starting in June to obtain her Doctorate in Physical Therapy.

Dr. Jonas Phares is a Chiropractor who is dedicated to helping athletes to perform and function at their best. At a very young age he was drawn to athletics as they played a major role in his life as an athlete, as well as his decision to become a Chiropractor. Dr. Phares is a graduate of Wirt County High School. He then went on to West Liberty University where he studied Microbiology and was a 4 year participant for the Hilltopper baseball team. After undergraduate school Dr. Phares went on to attend Parker University where he obtained his Doctorate of Chiropractic. During his time at Parker, Dr. Phares was able to learn and study from some of the best Doctors in the world who are at the forefront of athletic performance, rehabilitation, and function. He has had the privilege of working with athletes from many different sports and at all levels ranging from young children to professional athletes. Dr. Phares has served for many high schools as well as the team Doctor for the University of Charleston.

Cost of clinic is \$40 a person which covers the clinic, lunch and dinner, and the pool party. Scholarships available for qualifying individuals. Make checks out to

Williamstown Cross Country.

There will be tee-shirts available for purchase at an additional cost.