



# CHAMPIONSHIP CROSS COUNTRY AND DISTANCE RUNNING CLINIC

August 8, 2009 • Ames High School • Ames, IA

The Most Comprehensive Coaching Clinic in the Nation!

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## CLINIC SPEAKERS

### ROB CONNER

University of Portland Head Men's Track & Field and Cross Country Coach



Coach Conner is set to begin his 20<sup>th</sup> year as the head cross country and track & field coach at the University of Portland. During that time, the Pilots have earned national recognition as one of the most consistent distance running forces among NCAA Division I competition. In 2008, Conner led the Pilots to a seventh place finish at the NCAA Championships, which equaled the school's highest mark. In addition, it marked the fourth straight year Conner's squad finished in the top 20 at the NCAA Meet. Under Conner's tutelage, Senior David Kinsella placed fourth individually, bettering his own school record and becoming the first Pilot runner to earn multiple cross country All-America honors. Conner has helped guide the Pilots to 30 consecutive West Coast Conference cross country titles, the longest active conference winning streak in the nation. He has earned WCC Coach of the Year honors five times, including three of the last four seasons (1998, 2002, 2005-07). Conner also has been named the West Region Coach of the Year two times (1993, 2007). All but one year since 1991, Conner's team has been ranked in the national Top 25.

**Coach Conner's topics will be:**

- *Developing a Distance Running Culture of Excellence*
- *Training Formula for Success*

### STEVE JOHNSON

Wartburg College Head Men's & Women's Cross Country Coach

Coach Johnson has turned the Knights cross country program into a dominant force in Iowa collegiate cross country. Since 1991, Wartburg has won 20 Iowa Conference team titles, about twice the number of any other conference school. Wartburg



has also sent more teams to the national championships than any other Iowa college or university during that time span. In 1991, Wartburg became the first conference school to win both men's and women's team titles in the same year. Wartburg went on to duplicate that feat again in 1994, 1998, 2001, 2002 and 2005. Johnson has been honored as the Iowa Conference Coach of the Year 24 times, including sweeping both the men's and women's honor in 2005.

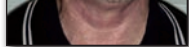
**Coach Johnson's topic is:**

- *Reaping the Benefits of Team Building*

### STEVE BOBENHOUSE

Fitness Sports Owner

Steve Bobenhouse has been the owner and operator of Fitness Sports in Des Moines for more than 35 years. He is an adjunct professor for the Des Moines University Podiatry School, and has been the race director for the Living History Farms Race for 25 years. Bobenhouse is a shoe consultant for six major shoe companies, and has done design work for Saucony Shoes.



**Steve Bobenhouse will be part of the roundtable discussion. The topic will be:**

- *Running Healthy: Injury Prevention & Care*

### VAN ROSE

Shawnee Mission Northwest (KS) High School

Boy's and Girl's Cross Country and Distance Coach



Kansas coaching legend Van Rose has led his boys' cross country teams at Shawnee Mission Northwest to 19 Class 6A State Championships. His girls' cross country teams have been State Champions 12 times. On eight occasions Northwest Cross Country Teams have finished the year ranked in the top 25 in the United States as determined by The Harrier magazine. The boy's team has run in the Nike Cross Nationals on two occasions.

**Coach Rose's topics are:**

- *Maximizing Your High School Workouts*
- *Running Healthy: Injury Prevention & Care*

### KIRK SCHMALTZ

Ames High School Girl's Cross Country and Track Coach

Currently the Vice President of the Iowa Track Coaches Association, Coach Schmalz



has built the Ames High Girl's program into a top contender year after year. Schmalz's cross country teams have qualified for State 25 out of 27, finishing as runners-up twice. He has also coached one individual state champ. As an assistant on the girl's track team, Schmalz was a part of five state championship squads. He has been honored as the Girl's Cross Country Coach of the Year, and is a 12-time Regional Cross Country Coach of the Year.

**Coach Schmalz's topic is:**

- *Recruitment and Retention for High School Success*

## CLINIC SCHEDULE

SATURDAY, AUGUST 8, 2009

### MORNING SESSIONS

- |            |   |
|------------|---|
| 8:30 a.m.  | <b>CHECK-IN</b>   |
| 9:30 a.m.  | <i>Reaping the Benefits of Team Building</i> (Steve Johnson)            |
| 10:30 a.m. | <i>Developing a Distance Running Culture of Excellence</i> (Rob Conner) |
| 11:30 a.m. | <i>Maximizing Your High School Workouts</i> (Van Rose)                  |
| 12:30 p.m. | <b>HICKORY PARK CATERED LUNCH</b>                                       |

### AFTERNOON SESSIONS

- |           |   |
|-----------|---|
| 1:30 p.m. | <i>Training Formula for Success</i> (Rob Conner)  |
| 2:30 p.m. | <i>Recruitment and Retention for High School Success</i> (Kirk Schmalz)   |
| 3:30 p.m. | <b>ROUNDTABLE DISCUSSION:</b><br><i>Running Healthy - Injury Prevention &amp; Care</i><br>Facilitators: Van Rose & Steve Bobenhouse |