

California Coaches' Alliance and Sports Basement of Walnut Creek  
present the

# 2009 Northern California Cross --CC--> Clinic

Saturday, July 25, 2009, Sports Basement, Walnut Creek

**featuring: top coaches, and the best damn clinic lunch on the face of the planet !**

8:00 a.m. at the door registration, 9:00 a.m. clinic

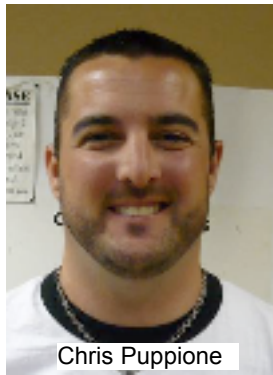
## **Bill Gregg, Davis Senior High School**

Bill has been the quiet force behind Davis High's rise to a state power. His teams are noted for being large and fast. Bill's resume includes several San Joaquin-Sacramento Section titles, and State Meet podium appearances.



Bill Gregg

## **Chris Puppione, Miramonte High School**



Chris Puppione

Chris has been coaching around the state for over a decade, with stops at Cardinal Newman in Santa Rosa, Paraclete High in Lancaster, Amador Valley in Pleasanton, University of California at Davis, and now Miramonte High in Orinda. He is also known as a student of the sport, with several on-line articles on nutrition and conditioning to his credit.

## **Peter Brewer, Northgate High School**

Peter is a long-time area coach and will be sharing insights on how to set up a high school cross country schedule while trying to balance the need for a season-long training plan and also fitting into the inflexible race schedule.



Peter Brewer

## **Athletes' Panel: Diana George, Livermore; Jacque Taylor, Casa Grande; Colleen Lillig, California (San Ramon)**

These top runners will share through a question-and-answer session what they felt made the difference in their running success. All of these girls are multiple NCS champions and State Meet finalists.



Diana George



Colleen Lillig



Jacque Taylor

### **Clinic Schedule:**

8-9:00	meet, greet, eat
9:00	Bill Gregg
10:30	Chris Puppione
12:00	lunch
1:00	Peter Brewer
2:00	Q & A with Diana George Jacque Taylor Colleen Lillig

### **Sports Basement:**

1881 Ygnacio Valley Rd  
Walnut Creek, CA 94598  
(925) 941-6100

**Clinic Cost:** free

**RSVP:** Peter Brewer [pcbrcrosscountry@yahoo.com](mailto:pcbrcrosscountry@yahoo.com)

**Liability Insurance:** The Coaches' Alliance offers a \$2 million personal liability insurance policy through its carrier for a very reasonable \$20.00 per annum. Team policies are only \$50.00, and include the whole coaching staff.