

Grove City College Cross Country Clinic

Wednesday, June 1st 6:00—8:00 pm

Grove City College, Hall of Arts & Letters, Room #110



27 Consecutive Conference Championships:

In addition to consistent team championships, in the past 12 years this program has also produced 1 Olympic Marathon Trials Qualifier, 2 NCAA Academic Elite -88 finalists, 4 All-Americans, 7 CoSIDA Academic All -Americans, 14 National Qualifiers, 14 Conference MVP's, 24 All-Region Runners, and 157 PAC All -Conference Runners.

Topic Covered:

- Breathing Based Training



Clinic Presenter:

Coach Severson will begin his 13th season as the coach of the Grove City College Cross Country teams this fall. He has been named PAC Coach of the Year 12 times and his unique methods have helped his athletes achieve consistent success.

He has a MA in Health & Physical Education, a BA in Athletic Training, is a Certified Athletic Trainer (ATC), Strength & Conditioning Coach (CSCS), Personal Trainer (NSCA-CPT), and a Fitness Nutritional Specialist (FNS); & he and his wife are the proud parents of six children.

This clinic is free and open to anyone. It is classroom-style, no running involved.

Contact: skseverson@gcc.edu or (724) 458-2123 for more information.