

ARIZONA TRACK & CROSS COUNTRY COACHES ASSOCIATION

TO: Arizona High School Cross-Country Coaches

FROM: Brian Dempsey, *ATCCCA President, Sandra Day O' Connor High School*
Jeff Messer, *ATCCCA Vice-President & Treasurer, Xavier College Preparatory*
Mike Elder, *ATCCCA Board Member, Northland Preparatory Academy*

DATE: July 17th, 2009

RE: **Ninth (9th) Annual ATCCCA Cross-Country Clinic**

The ninth annual ATCCCA cross-country clinic will be conducted on Saturday, August 22nd, 2009. ATCCCA President and Sandra Day O'Connor High School Head Cross-Country / Track-&-Field Coach Brian Dempsey will host the clinic at Sandra Day O' Connor High School (25250 N. 35th, Ave, Phoenix, AZ, 85083-2465, {623} 445 - 7100).

The registration fee for the 2009 clinic is \$45.00; this fee encompasses not only registration but also a continental breakfast, a catered lunch, and a free t-shirt.

The schedule for the 2009 clinic is as follows:

- 8:00 – 8:15 a.m.** - **Registration / Continental Breakfast**
- 8:15 – 8:25 a.m.** - **Brian Dempsey (ATCCCA /Sandra Day 'O Connor High School)**
Welcome / Clinic Overview
- 8:25 – 8:30 a.m.** - **Break**
- 8:30 – 9:20 a.m.** - **Adam Kedge (Albuquerque Academy, Albuquerque, NM):**
Albuquerque Academy Cross-Country Training
- 9:20 – 9:25 a.m.** - **Break**
- 9:25 – 9:55 a.m.** - **Margot Kelly (Mile Split Arizona, <http://az.milesplit.us/>)**
- 9:55 – 10:00 a.m.** - **Break**
- 10:00 – 10:50 a.m.** - **Roger Bristow (Rio Rico High School, Rio Rico, AZ):**
Rio Rico High School Cross-Country Training
- 10:50 – 10:55 a.m.** - **Break**
- 10:55 – 11:35 a.m.** - **Jeff Guy (ATCCCA / Desert Vista High School)**
Nike Cross Nationals (NXN) – Overview & Update
- 11:35 – 12:10 p.m.** - **Lunch**
- 12:10 – 1:00 p.m.** - **Brian Beltramo (Coaches Ministry Director, Arizona Fellowship of Christian Athletes):** **Motivating the 21st Century Student-Athlete**

SPEAKER BIOGRAPHICAL INFORMATION:

Coach Adam Kedge:

Adam Kedge is the boys head cross country and track coach at Albuquerque Academy in Albuquerque, New Mexico. In his 19 years of coaching he has served as both a head and assistant coach. As a head coach his teams have won nine state championships in cross country and seven in track and field. Since taking over as head coach in 1998, Kedge has built his Academy Chargers into a national power in cross country including a national ranking as high as #1 (*twice*) by The Harrier High School Cross Country Report. During Kedge's tenure, runners from Albuquerque Academy have won the 7 individual state titles, produced two Foot Locker All-Americans, and one USA Team World Junior Cross Country representative.

Highlight for 2008 - 2009 were double state titles (*XC and Track*), qualifying to Nike Cross Nationals (*4th time in 5 years*), and the outstanding performance of All-American and two time national decathlon record holder Curtis Beach.

Coach Kedge has been married for 19 years to his wife Lisa and is the very proud dad of Lauren - 16, Aric - 11 and AJ - 9.

Coach Roger Bristow:

Personal: Wife: Karen, Children: Aeoleone (16), Aiden (1)

Graduated from Black Hills State University, Spearfish, South Dakota 1984

Bachelor's degree in Education (Physical Education, Mathematics, Coaching)

Competed in Cross Country and Track as a walk-on 1982-1984

Master's degree from Northern Arizona University (Secondary Ed, Physical Education) 2001

Assistant Coach, Todd County High School, Mission, South Dakota 1984-1986

Boys Class A Cross Country State Champions 1984

Head Coach Boys & Girls Cross Country & Track, Tombstone High School, Arizona 1987-2002

Started Cross Country Program in 1987

Boys Region Cross Country Champions 1995-2002

Girls Region Cross Country Champions 1997-1998, 2000-2002

Boys 2A Cross Country State Runners up 1997, 1998

Boys 2A Track & Field State Runners up 1998, 1999

Girls 2A Cross Country State Runners up 1998

Girls 2A Track & Field State Runners up 1995, 1998, 2000

Boys 2A Cross Country State Champions 2002

Assistant Boys & Girls Cross Country & Track, Rio Rico High School, Arizona 2003-2004

Head Coach Boys & Girls Cross Country & Track, Rio Rico High School, 2005-present

Boys Region Cross Country Champions 2003-2008

Girls Region Cross Country Champions 2004-2008

Boys Cross Country State Runners up 2003 (3A), 2004 (3A), 2005 (4A), 2007 (4A)

Girls 4A Cross Country State Champions 2007

Boys 4A Cross Country State Champions 2006, 2008

Arizona Coaches Association Cross Country Coach of the Year: 1996, 1998, 1999, 2003

Coach Brian Beltramo:

Brian Beltramo is the Coaches Ministry Director for the Arizona Fellowship of Christian Athletes.

His diverse coaching experiences include soccer with the U6 Coed Soccer - CCV Stars, football with the U6 Flag Football - CCV Stars, basketball as freshman boys basketball coach at Arcadia High School, and baseball as varsity baseball coach at Desert Christian High School.

His strong, ongoing involvement with the Fellowship of Christian Athletes initiated in 1997, he maintains a strong interest in the unique motivational challenges specific to modern-day student-athletes, and he articulates a very specific goal / vision that will be embodied in his presentation:

“My goal is to see coaches across Arizona seize their platform and become “double win” coaches. The definition of a double-win coach is a coach who not only wins a ton of ballgames but also wins their players to a lifelong adventure of serving Jesus Christ because of the way coaches acted, competed, and lived out the Bible in a tangible way for all to see.”