

4th Annual Jordan Cross Country Running Clinic

What: I will provide summer long distance training and education for rising 7th and 8th grade boy and girl athletes to prepare them for the upcoming cross country season.

Why: The secret to a fun and successful cross country season is proper training during the summer. I want your athlete to have fun and make long lasting friendships with fellow runners.

When: The sessions will take place every Monday and Wednesday starting on June 10th through July 31st. This excludes the week of July 4th.

Where: Most training will take place at Lakeshore Trail by the Homewood Soccer Fields and Veterans Park near Spain Park High School.

Who: The training leader is Will Jordan, a Vestavia Hills varsity graduate and a sophomore on the Samford University cross country and track team.

- 2023 Southern Conference All-Freshman Team
- 2 time 7A Cross Country All-State runner
- 10-time Varsity Cross Country and Track letterman
- 2022 7A Cross Country Team State Champion
- 2,600 training miles a year
- CPR Certified



Cost: \$275 per athlete: includes June and July training, weekly training plans, and unlimited texts and phone calls

(Just about \$20 per session)

Training: Typical training sessions will last around 1 hour. Depending on the day, training will include 3-5 mile runs or interval workouts on the track, and 2 mile time trials on the second and last sessions to mark improvement. Athletes will also be taught proper warmup routines, core strengthening, and stretching techniques.

Communication: I will make a group chat with all parents and athletes to communicate throughout the summer. I will also be available to your personal calls, texts and emails.

Registration: Please fill out and submit the Google Form that is linked towards the bottom of the website

Contact Information for Will Jordan (205) 305-2881, willnjordan1@gmail.com

FAQ's

Is this training program approved by my athlete's coach?

Yes! The clinic has been endorsed by Coach Williams from Pizitz and Coach Vincent from Liberty Park. Athletes from all schools are still welcome and encouraged to participate!

What are your qualifications for training middle school runners?

I consider myself a very experienced and dedicated runner. I have been coached by the best coaches in the state and hope to use that education to teach your athlete. I am a 4 year varsity cross country runner. I am also running DI cross country and track at Samford University. Lastly, I directed my clinic for the past 3 summers. It has been very successful and I received many positive comments on it from parents and athletes.

Have you directed this clinic before?

Yes I have! I have conducted my clinic for the past 3 summers and it has been very successful. There has been major improvement every summer. All results from previous summers are on the first page of my website.

When will you meet to train?

We will be meeting every Monday and Wednesday from June 9th through July 30th, excluding the week of July 4th.

Are your running routes safe?

Our two meeting locations for our 3-5 mile runs will be at Lakeshore Trail by the Homewood Soccer Fields and Veterans Park near Spain Park High School. Lakeshore is a well marked and very popular 5-mile trail away from all traffic. Veterans Park is a real cross country race course for middle school, high school and Division I college athletes that is also well marked with a wooded area and away from all traffic. Your athlete will race this course in the upcoming season. On our interval days on the track, we will meet at the Spain Park, Vestavia Hills, or Homewood track.

What do I need to bring?

All you need are running shoes, a watch with a timer if you have one, clothes for warm weather, and a **water bottle**. (Ask Will for suggestions on running shoes if needed).

Does my athlete need experience in running?

There is no experience needed. My goal is for your athlete to enjoy the sport, learn helpful running tips, and feel prepared for a successful cross country season. Your athlete will run with an appropriate pace group so that training is fun and his/her progress can be properly monitored.

What will you do in the event of inclement weather and will you make up canceled sessions?

If there is bad weather, I will do my best reschedule that session to later in the week so your athlete does not miss any important training sessions.

What happens if my athlete misses a training session?

While I will be sorry to miss your athlete, I will provide the weekly training plan for your convenience and your athlete can run that specific day's workout on their own. I understand that summer conflicts arise so my training program is designed for a few missed sessions.

What does the payment include?

The total payment of \$275 includes all training sessions in June and July, which includes 14 total training sessions. Weekly training plans and unlimited texts and phone calls are also included.

What is the personalized training plan listed on the website?

The personalized training plan is designed specifically to your athletes running ability for the time there is before the clinic starts. This would be beneficial for your athlete if you purchase it at least 1 month before the clinic starts. The training plan would give them a very great head start to summer training.

Can I pay for June and see how it goes and then pay for July if my athlete likes the training program?

Unfortunately no. This summer training is for 2 months to achieve the best results.

Is Will Jordan going to lead every training session?

Will is prepared to be at every session. However, if there is a last minute conflict, a qualified and experienced Samford University teammate will help lead training. Will would tell the substitute his specific training plan for the athletes for that session.

Will you track my athlete's improvement and time progression over the summer?

Yes! We will have a time trial at the second session and the last session which will mark their improvement. All parents/guardians are invited to come watch their athletes show off their improvement!