

Important details:

Clinic participants may attend either of the two sessions or sign up for both!

The fee for each 4-day session is \$175 per child or register for both sessions at a discounted rate of \$325 per child.

A liability waiver must be signed and submitted to head counselors before participation. (A waiver and registration form will be provided upon committing to the clinic).

For further questions and to receive an application packet please contact us at:

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*Staten Island
Running Clinic
Summer 2011*



Office of Intercollegiate Athletics

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Staten Island Running Clinic Summer 2011



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*“The miracle isn’t that I finished.
The miracle is that I had the
courage to start.”*

Ready.....

Who: Youth grades 6 - 12
Head counselors Robert Russo
& Christine Pagano

What: Two 4-day summer sessions: the focus of each will be on track & cross country, respectively.

When: July 23-26, Aug 13-16
Weekdays 5pm-8pm, Weekends 8am-11am

Where: College of Staten Island track and facilities.

Why: To introduce beginners to the basic techniques of running; enhance and strengthen skills of those active in the sport.

Topics: running basics, warm-ups / cool-down, drills / plyometrics, stretching, resistance training, building a training program, nutrition, injury prevention, the importance of teamwork.

**Attendees must come prepared to run and participate in activities; some topics will also be covered through lectures/discussions.*

Set.....

Who Are We?



ROBERT RUSSO

Third-year Head Coach of the College of Staten Island's Men's & Women's Cross Country Teams. Competed in cross country and track & field for Tottenville High School and Wagner College. He is now an active member of the Staten Island Athletic Club.



CHRISTINE PAGANO

Second-year Assistant Coach of the College of Staten Island Men's and Women's Cross Country Teams. Former St. Joseph Hill Academy XC, T&F coach. Competed in cross country and T&F for St. Joseph Hill HS and Wagner College. She is now an active member of Staten Island Athletic Club. Registered nurse, CPR certified for adults and pediatrics.

Guest Speaker: Dr. Shawn Williams



USA Track & Field certified coach and competitive runner. A guest speaker at conferences on performance enhancement and injury prevention including the USA Olympic training center. He has earned certifications in clinical biomechanics of posture and pediatric chiropractic.

Go!!!

Let's get started!

Studies show 17% of American children ages 2 to 19 are overweight, fewer than 8% of elementary schools and 64% of middle schools provide daily PE classes. (American Academy of Pediatrics Counsel on Sports Medicine and Fitness).

It is shown that children who begin running carry on the healthy habit into adulthood, according to Teri McCambridge, MD, chair of the American Academy of Pediatrics Counsel on Sports Medicine and Fitness.

Benefits of youth running include increased physical fitness, greater self esteem, more energy, better concentration, decrease in depression, healthier sleep patterns, and learning teamwork.