

Excel Rehab Tri-County Cross Country Championships

- When:** Saturday, October 24, 2009
- Who:** Anderson, Oconee & Pickens county schools
- Where:** Nettles Park
Clemson, SC
- Schedule:** 9:00 A. M. – Girls Varsity 5000-meter Race (limited to 8 runners)
9:40 A. M. – Boys Varsity 5000-meter Race (limited to 8 runners)
10:10 A. M. – Girls JV 5000-meter Race (unlimited entries)
10:50 A. M. – Boys JV 5000-meter Race (unlimited entries)
11:45 A. M. – Awards Presentation
- Awards:** 1) Awards will be given to the top 10 finishers in the varsity races and to the top 5 finishers in the JV races.
2) Team champion awards will be presented in the varsity races only.
- Entry Fees:** None
- Registration:** All teams must register online at www.sctrackworld.us or www.teamtraq.com by Tuesday, October 20. **Do not fax, mail or e-mail entries.**
- T-Shirts:** Moisture wicking race t-shirts will be sold for \$12 each on a first come, first served basis.
- Food** Breakfast and lunch will be available for purchase. Chick-fil-A of Clemson will be serving biscuits and sandwiches.
- Directions:** From Highway 123 take the Issaqueena Trail exit. Turn towards Pendleton. Go .5 miles and yield left onto Nettles Road. The park entrance is on your left just past the bridge.
- For More Info:** Call Dan Shonka @ 864.654.1400 (W) or 864.506.4052 (C)
Email: DanielShonka@pickens.k12.sc.us





Dear Coaches,

We are looking forward to serving you again this year at the Cross Country Meets hosted by Daniel High School at Nettles Park. Please let your students and families know that they can purchase Chick-fil-A at the meets this year again! We welcome your feedback on the menu selection along with our service and your experiences from last season.

Here is our menu and prices for this year:

<i>Chick-fil-A Sandwich</i>	\$3.25
<i>Chips</i>	\$1.25
<i>Coke, Diet Coke, or Sprite</i>	\$1.25
<i>Bottled Water</i>	\$1.25
<i>Chick-fil-A Meal Deal (includes Sandwich, Chips, and Drink) . . .</i>	\$5.50
<i>*All prices include tax</i>	

Thank you and we look forward to serving you!

Dixie Wilson

Community Events and Marketing

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www.ilovechickfila.com

EXCEL REHABILITATION & SPORTS ENHANCEMENT

Being Our Best, To Make You Better

Excel Rehabilitation and Sports Enhancement, LLC is a new multidisciplinary clinic in Clemson offering specialized care for Cross Country athletes of all levels. With equipment geared toward the rapid recovery of the running athlete and experienced care from a knowledgeable staff, **Excel** is prepared to aid athletes in recovery after injury and allow athletes to return stronger with a decreased risk of re-injury. Understanding the demands of the sport is important in helping athletes to recover and return to a high level of competition. **Excel** understands these demands from an inside perspective. **David E. Bright, MPT, MTC, PES** is the head physical therapist at **Excel** and is also a competitive cyclist. With a background in triathlon and completion of an Ironman triathlon, David knows first hand the pains and challenges an endurance athlete experiences competing in their sport. With a background and specialty in biomechanical analysis, David is able to offer a multifaceted approach to recovery. By understanding the alignment of the body and being able to restore improper alignment in the clinic by making customized shoe inserts (orthotics) for runners, **Excel** is able to offer a more rapid return to sport after injury and is able to allow increased comfort and efficiency for runners of all levels.

Through a Performance Enhancement Specialist (PES) certification from the National Academy of Sports Medicine, David is able to structure programs for athletes that are injured and for athletes that are looking to advance their speed and competitiveness. David also offers VO2 max testing and lactate threshold testing to allow amateur athletes the quality of testing professional athletes use to ensure optimal performance. **This testing is affordable and allows a scientific, black and white approach to training to allow a good athlete to become great.**



David E. Bright, MPT, MTC, PES

Physical Therapist, Manual Therapy Certified/Owner

Credentials: David E. Bright, MPT, MTC, PES is a licensed Physical Therapist with a Master of Physical Therapy from the University of Tennessee at Chattanooga (UTC). David has lived in the upstate area for 5 years and has past experience to include the Assistant Director and Director of Clemson Sports Medicine and Rehabilitation in Seneca, SC.

David received his Bachelor of Rehabilitation Science Degree from UTC in 2000, and completed the Physical Therapy program in 2002. He specializes in orthopedic care with an emphasis in foot and ankle problems with experience in custom orthotic fabrication and biomechanical analysis to identify body alignment problems. He completed a manual therapy certification in 2006 allowing specialized, hands on care for neck and back pain. He has also completed the Performance Enhancement Specialist Certification from the National Academy of Sports Medicine allowing sport specific conditioning and training.

David can be reached at dbright@excelrehabclemson.com with any questions.



www.excelrehabclemson.com

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