

SOUTHEASTERN OKLAHOMA STATE CROSS COUNTRY

HEAD COACH: RON HAIR



Southeastern Oklahoma State University | 425 W. University, Durant, OK 74701 | Coach Hair Ph. 580-745-2480

SOUTHEASTERN OKLAHOMA HIGH SCHOOL CROSS COUNTRY COACHES CLINIC

Coaches Clinic Information

Date: Saturday, July 22, 2017

Pre-registration: \$35.00 if registered by June 23rd; \$45.00 after June 23rd (includes breakfast, lunch and clinic handouts)

Durant Hotels:

Hampton Inn and Suites, 3199 Shamrock Lane, Durant (580)924-0300

Holiday Inn Express and Suites, 613 University Place, Durant (580)924-9777

LaQuinta Inn and Suites, 417 Criswell Blvd, Durant (580)924-2200

NAME _____ SCHOOL _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL _____ PHONE _____

Make checks payable to: SOSU Cross Country Clinic

Mail registration and fee to: Ron Hair

425 W. University

Durant, OK 74701

(940) 704-7477

rhair@se.edu

Schedule
Saturday, July 22
Site: SOSU Campus/TBA

8:00 – 8:30	Coffee/pastries
8:30 – 9:00	Welcome
9:00 – 12:00	Sessions 1-3
12:00 – 1:00	Lunch provided
1:00 – 4:00	Sessions 4-6

CLINIC SPEAKERS

Stefanie Slekis is in her fourth year as the Head Cross Country Coach and an Assistant Coach for Track and Field at the University of North Texas.

- Coached 27 Individual All-Conference USA Cross Country honors, 8 Individual All-Region South Central honors, one Individual NCAA Cross Country Nationals Qualifier
- Her distance runners have set 10 Men's & Women's Indoor and Outdoor Track & Field records: Women's Outdoor 5,000m, Women's Indoor Mile, 5000m, Distance Medley Relay & Outdoor 3000m Steeplechase and 10000m; Men's Indoor Distance Medley Relay, 800m, and 5000m and men's Outdoor 5000m.
- Slekis was also named the 2014 Men's Conference USA Cross Country Coach of the Year after the North Texas men won the 2014 Conference USA Cross Country Team Championship.

Matt Appelman has been the Head Cross Country Coach at Marietta High School for 5 years and is a graduate of East Central University.

- Ran XC-04 through 08 at ECU and earned Lone Star All Conference XC
- Marietta girls have won 4 consecutive State Championships
- Boys have won 2 consecutive State Championships
- NFHS Oklahoma Girls Coach of the Year 2014
- NFHS Oklahoma Boys Coach of the Year 2016
- Oklahoma Coaches Association XC Coach of the Year 2015 and 2016

George Lutkenhaus is the Assistant Athletic Director at Northwest ISD, a graduate of the University of North Texas and Lindsay High School.

- Four year letterman in Cross Country and Track at the University of North Texas
- Master's Degree in Kinesiology with emphasis in Exercise Physiology and Biomechanics
- Former Head Cross Country / Head Girls Track Coach at Era High School, Sanger High School, and Northwest High School

- Multiple District Championships in Cross Country and Track & Field
- Multiple Regional Champions and Regional Record Holders in Cross Country & Track & Field
- Regional Team Championship in Cross Country
- State Runner-ups in Cross Country
- 18 Total State Cross Country and Track & Field UIL State Medalist
- 27 NCAA signees over a 15 year coaching career
- Multiple Boys sub 10:00 in 3200m, multiple Boys sub 4:20 in 1600m, multiple Boys sub 2:00 in 800m, multiple Girls sub 11:00 in 3200m, multiple Girls sub 5:10 Milers, plus 1 sub 5:00 Miler, multiple Girls sub 2:18 in 800m, multiple Boys sub 15:30 in Cross Country, multiple Girls sub 19:00 in Cross Country

Dr. Michael Reed Ph.D. is an associate professor in the Department of Kinesiology at Southeastern Oklahoma State University.

- He is in his 10th year at Southeastern
- Earned a Bachelor of Arts in Physical Education from Oklahoma Baptist University, a Master of Science in Kinesiology from Oklahoma State University, and Ph.D. in Kinesiology from Texas Woman's University with an emphasis in exercise physiology and nutrition.
- He is a member of American College of Sports Medicine and the National Strength and Conditioning Association. Mike coached cross country and track on the junior high, high school and college level from 1981 – 2004.

Hassie Grgurich has been at Decatur Middle School for 5 years where she is the Girls' Athletics Coordinator and Cross Country/Track coach and also teaches 7th grade Science.

- Hassie grew up in Keller, Texas where she began her running career at an early age and was coached by Hall of Famer, Coach David Park.
- She earned a Cross Country scholarship to Midwestern State University from 2006 to 2010. In her 4 years at MSU, she and her team garnered back-to-back Lone Star Conference Titles and a showing at the NCAA Division II National Cross Country Championships.
- After graduation in 2010, she began her teaching and coaching career in Hico, Texas where she coached a two-time top 10 UIL State finisher.
- In 2012, she began her tenure at Decatur as the middle school cross country and track coach, also having the opportunity to coach alongside David Park. In her five years at DMS, the cross country program has grown to over 130 runners.
- Still an avid runner, she has competed in several half marathons and placed 7th overall women at the 2016 Cowtown Marathon. Hassie and husband of three years, Marcus, who also teaches and coaches in Decatur, have a 6 month old daughter named Gentry.

Loy Triana graduated from Texas Tech University and has been coaching for 25 years.

- Head girls cross country coach at Burkburnett High School for 13 years
- Head girls track coach for 5 years

2ND ANNUAL SOUTHEASTERN OKLAHOMA STATE UNIVERSITY INVITATIONAL CROSS COUNTRY MEET

When: Saturday, September 16, 2017

Who: Junior High and High School Teams

Where: New Southeastern Cross Country Course, Durant OK

Contact: Ron Hair, rhair@se.edu (580)745-2480

