

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 21, 2018

Pre-registration: \$35.00 if registered by June 22nd; \$45.00 after June 22nd (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

CLINIC SPEAKERS

Scott Monnard, Norman High School OK

Coach Scott Monnard will begin his 21st season coaching, all of which have been at Norman High School. He serves as the boys and girls head cross country coach, as well as the boys and girls head track and field coach for Norman. In cross country he has been part of one state championship team (2017) and four state runner-up teams for the girls (2000, 2013, 2015, 2016), as well as one state championship team (2011) and one state runner-up team for the boys (2010). He was recently named the 2017 USTFCCCA Oklahoma Girl's Cross Country Coach of the Year, as well as the 2017 OTCA Girl's Cross Country Coach of the Year. He is a four-time COAC Cross Country Coach of the Year, and has his USATF Cross Country Specialist Certification.

Logan Kelly, Lovejoy High School TX

Logan Kelly is the Head Boys Cross Country, Assistant Girls Cross Country, and Head Girls Track and Field Coach at Lovejoy High School, TX. Coach Kelly is the 2017 Cross Country Coaches Association of Texas (CCCAT) 5A Boys Coach of the Year and the 2017 U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Texas Boys Cross Country Coach of the Year.

- 2017 UIL 5A Boys State Cross Country Champions
- 2017 UIL Region II 5A Boys Cross Country Champions
- 2017 UIL District 15-5A Boys Cross Country Champions
- 2017 UIL District 15-5A Girls Cross Country Runner Up and Regional Qualifiers

Coaching Organizations:

2015 Cross Country Coaches Association of Texas Region II representative

2016 Cross Country Coaches Association of Texas Secretary

2017 to present Cross Country Coaches Association of Texas Vice President

Texas High School Coaches Association Member and Board of Directors

Texas Track and Field Coaches Association Member

USA Track & Field Association Member

Kyle and Betty Davis

Kyle Davis, ATC, Indianapolis Colts Assistant Athletic Trainer

Kyle Davis is in his 9th year with the Colts, his seventh as a full-time Assistant Athletic Trainer. Davis previously served as a seasonal intern during the 2008 and 2009 seasons. He earned a bachelor's degree in Athletic Training from East Central University in 2006 and a Master's Degree in Education from ECU in 2008. Davis's primary role as an ATC is to treat and diagnose injuries in and out of season, cover all workouts, practices, games home and away. This includes evaluation, strength training, gait analysis, and functional progression to return to activity. Davis has run both the Rock – N- Roll Nashville Marathon in 2007 and OKC Memorial Marathon in 2008. He continues to run 4 days a week during the offseason.

Betty Davis, PT

Betty Davis has worked with ATI Physical Therapy for the past seven years. ATI is an outpatient orthopedic clinic that commonly treats diagnosis such as: Back/Spine Injuries, Sports Related Injuries, Pre and Post Surgical Conditions, Overuse/Repetitive Stress Injuries, Knee Injuries, Foot/Ankle Injuries. She earned a bachelor's degree in Biology with a minor in Spanish from East Central University in 2008 and Physical Therapy Degree from Angelo State University in 2010. Davis ran cross country and track in high school and went on to run cross country for East Central University from 2004-2008. Currently seasonal walk/jogger.

Jill Lancaster, Northwestern Oklahoma State University

Prior to joining the Northwestern Oklahoma State University staff, Lancaster was the Director of Men's and Women's Track and Field at Division I Troy University over the course of the 2008-2014 seasons. Lancaster was the Co-Head Men's and Women's Track and Field Coach at the University of Oklahoma from the year 1997 to 2005. Her first head coaching position came in 1988 when she held the position of Head Women's Track and Field and Cross Country coach until 1993 at Toledo University. She also held two other assistant Track and Field or Cross Country jobs at other major Division I schools including Kansas State and the University of Kansas. Lancaster has coached several athletes throughout her illustrious Division I career who have advanced to the NCAA Outdoor Track and Field Championships. A ground-breaking athlete in the state of Oklahoma herself, Lancaster was a three-time AIAW Division 1-A All-American Selection in the 600-meter dash, mile and two-mile relays. Lancaster still holds the all-time school record for the outdoor 400-meter hurdle with a time of 59.03. Following her collegiate career for the Sooners, Lancaster placed 14th at the 1988 United States Olympic Trials in the Heptathlon. In 2009 she was named as one of the Top 10 Female Athletes of the Century by the Drake Relays and in 1988 she was inducted into the Drake Relays Hall of Fame. Lancaster holds a Level II Track and Field Coaches Certification in endurance as well as a Level II Track and Field Coaches Certification in jumps.

Brock Hime, Northwestern Oklahoma State University

Hime was recently hired to lead NWOSU distance group. He ran for Cowley College and was a NJCAA All-American and part of the 2010 NJCAA Cross Country National Championship team. He competed for the University of Arkansas at Little Rock where he was an All-Conference athlete earning a degree in Sports Management as well as a Masters. He has competes in ultra-marathons from 50k-100miles and is USATF Level I certified.

Clinic Presentations

Coach's Toolbox, Injury Prevention Strategies from the Perspectives of an Athletic Trainer and Physical Therapist – Kyle and Betty Davis

TBA - Logan Kelly

Creating a Championship Culture – Scott Monnard

Speed and Power Enhancement for Distance Runners – Jill Lancaster

Phases of Training - Base to Peak – Brock Hime