

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 20, 2019

Pre-registration: \$35.00 if registered by June 22rd; \$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

Additional speakers to be announced.

Matt Agüero, Head Coach at Oklahoma City University

Head Cross Country and Track Coach at Oklahoma City University. Coach Agüero has coached 32 individual national champions and numerous All-Americans. He has also coached 4 cross country team champions in his 15 years of collegiate coaching.

Zachary Fears, Director of Sports Performance at Southeastern Oklahoma State University

Fears earned his undergraduate degree in exercise science from Central College in 2010 and added a Master's from Winona State in 2013. He also possesses certifications from the Collegiate Strength and Conditional Coaches Association, the National Strength and Conditioning Association and the United States Association of Weightlifting. He has worked with the 2018 Women's National Champion Track and Field Program as well as the 2017 Men's runner-up while serving as the Director of Strength and Conditioning at Lincoln University. Lincoln possessed a number of individual and relay national champions as well. Prior to Lincoln, Fears worked with the Cross Country and Track and Field team at Missouri Southern State University. While there, he worked with a number of national champions in various events but the outstanding athlete, Vincent Kiprop, was a 2x national champion in the 10k, 1x national champion in the 5k, as well as the 2016 XC Champion.

Kendra Hoover, Mooreland Public Schools, Mooreland, OK

Coach Kendra Hoover has over 12 years coaching experience coaching Cross Country and Track & Field. She has contributed to the success of numerous All State athletes, three team state championships, three state runner up team finishes and nearly a dozen top three state team finishes.

Since starting the Cross Country program in Mooreland (2016), Coach Hoover has been named the Region Cross Country Coach of the Year twice and was recently selected as the OCCTCA Boys Cross Country Coach of the Year following an outstanding third season of Mooreland Cross Country in which they brought home their first team title in program history.

Coach Hoover teaches Junior High and High School Mathematics for Mooreland Public Schools. She and her husband, Keith, reside in Waynoka.

Denver Stone, Kaufman ISD, Kaufman TX

I have 17 years of head cross country and track coaching experience with both boys and girls. The first 5 years, I was at Eustace ISD and the last 12 years have been at Kaufman ISD. I'm not sure what you were looking for, but here is what my kiddos have been able to accomplish over the years.

Cross Country

- * 31 District team championships
- * 12 Regional team championships
- * 6 teams to medal at the state meet
- * 1 state championship
- * Current streak of 10 years in a row with a boy's team to advance to the state meet
- * 4 Regional Individual Champions
- * 60 All Region Runners
- * 19 All State Runners (Top 10 finish)

Distance Track

- * 9 Regional Individual Champions
- * 23 distance kids advanced to the state meet
- * 7 state medalist