

# **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

## **4<sup>th</sup> ANNUAL SOUTHEASTERN OKLAHOMA HIGH SCHOOL CROSS COUNTRY COACHES CLINIC**

### **Coaches Clinic Information**

Date: Saturday, July 18, 2020

Registration is on-site and is \$40.00 per individual (This includes breakfast, lunch, & clinic handouts). No pre-registration this year due to possible future Covid-19 issues/restrictions.

### **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

For any questions contact:

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## **CLINIC SPEAKERS**

### **David Parks**

#### ***Decatur High School***

David Parks is the head Cross Country coach for Decatur High School in Decatur Texas. He has coached 27 UIL state qualifying teams, 16 of which were state podium teams! Additionally, he has coached numerous individual state champs. Coach Parks has led his team to 6 state titles. In 2013 he was chosen as the southwest United States coach of the year. Coach Parks was also inducted into the Keller ISD Sports Hall of Fame for his contributions to cross country and track and field.

### **Zack Snow**

#### ***Royce City High School***

Zach Snow is the head cross country coach at Royce City High School in Royce City, TX. He has worked as a public educator and coach since 2010. Along with his duties as a running coach, he also services as a district administrator as Director of CTE, STEM, and Innovation. Coach Snow and his wife, Susan, recently celebrated their 19th anniversary and have two sons, Jacob (15) and Eli (13). In his spare time, Coach Snow enjoys running and fishing and also serves as Community Pastor at a local church in Royce City.

### **Toby Hummingbird aka Coach Ladybird**

#### ***Union High School***

Coach Hummingbird has coached for the past 20 + years. She has coached in several schools around the Tulsa area. She currently coaches cross country and track at Union High School in Tulsa, Oklahoma. Previously, she coached in Coweta, Wagoner, and at Tulsa's Metro Christian Academy. Coach Hummingbird has coached two girls teams to State Championships at Coweta, as well as, a boys team to State runner up. She has always had a team or teams compete at Oklahoma's State Meet and multiple boys girls on the podium. Coach Hummingbird has earned Coach of the Year several times as well as a National Qualifier Coach of the Year. Toby has been married for 30 years to Coach Darron Hummingbird and has three daughters: Dakota, an All American in Hammer- Graduated from OBU, now in Guest Relations at First Baptist Church in Broken Arrow, Montana a Thrower who graduated from OBU, now coaches at Tecumseh, and Arizona, a distance runner currently at UCO. In her spare time, she is an avid runner and cyclist and enjoys competing in Duathlons and road races especially 10kms.

### **Other speakers to be added**