



**Coaches,**

We are in preparation for our 4<sup>th</sup> ANNUAL SOUTHEASTERN OKLAHOMA HIGH SCHOOL CROSCOUNTRY COACHES CLINIC.

**It will be held July 17<sup>th</sup> and begin at 9:00 am and we will serve lunch around noon. Following lunch will be an afternoon session.**

We are excited to host again after a year off due to Covid -19. We will still follow any necessary social distancing precautions and all state, local and universities mandates for safety.

We would like to have an accurate account of coaches planning to attend. This guides our facility planning and provides an estimate on the number of meals needed.

In the past we had pre-registration which gave us a pretty good idea on numbers. This year, we will not pre-register but on arrival to the clinic you will register/pay. The cost is **\$40 per coach**. You can make checks payable to *SOSU Cross Country Clinic*.

***\*If you would, please reserve your spot by July 14<sup>th</sup> by email so we can provide a great day of camaraderie and instruction in a safe environment.***

***In the email please include your full name, school affiliation, and a contact phone number.***

**We look forward to seeing you!**

**Coach Ron Hair**  
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## **CLINIC SPEAKERS**

### **Kelly Beck**

#### ***Piedmont High School***

Kelly Beck going into his 7<sup>th</sup> year as head coach at Piedmont High School in Piedmont, Oklahoma. Teaching and coaching is his second career. He spent 20 years in manufacturing management before going into education. Piedmont is consistently one of the best teams in Oklahoma 5A Cross Country. In the last 4 years, the boys have won 2 state titles and finished runner-up twice. He led the Wildcat boys to win the Class 5A State Championship in 2018 and his girls' team placed 3<sup>rd</sup> that year. In 2019, his team placed 2<sup>nd</sup> for the boys and third for the girls in the Oklahoma State Championship meet. Beck's Piedmont boys team captured the 5A State Championship again this year in 2020. Beck was named the 2018-19 OSSAA Boys Cross Country Coach of the Year. Additionally, during this past track season, Piedmont had the champion in the 1600 and the 3200 in both boys and girls!

### **Cale Eidson**

#### ***Madill High School***

Eidson graduated from Calera High School in Calera, OK in 2010 before attending East Central University in Ada, OK. At ECU, he ran cross country and track for 5 years for Coach Steve Sawyer where his team was Great American Conference Champions in 2011, 2012, and 2014, as well as being a part of the 2011 national qualifying team that placed 11th. Eidson been the head cross country/track and field at Madill High School for 6 years and has experienced success with his girls' team achieving class 4A cross country state runner-up in 2019, and a boys team that was 3rd that same year. Eidson loves competition in any form; and he believes sports like cross country and track and field are some of the purest forms of competition!

### **Jennifer Geogaine**

#### ***Prosper High School***

Jennifer Geogaine has been coaching Cross Country as well as Track & Field for the past 18 years. Her passion is to help all her athletes become better people first and teach them life lessons through athletics. Throughout her career she has opened 2 high schools, had 11 state appearances including the last four years in a row, 2 Nike Cross National Appearances, and 2 individual state champions. Coach Geogaine has been an active member of the Texas Cross Country Coaches Association for 15 years and has served on the board the past 8 years. She has also served on the Texas Girls Coaches Association (TGCA) All Star and All- State Committee. She was names 2018 Cross Country Coaches Association of Texas (CCCAT) Coach of the Year and 2019 Texas Girls Coaches Association Cross Country Coach of the Year.

## **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.

## **A.J. Rahar**

### ***Southeastern Oklahoma State University***

Rahar was hired as a full-time assistant sports performance coach in December of 2020 after completing his Graduate Assistantship here at Southeastern. Before coming to Southeastern, A.J. spent time as a part time assistant strength coach at Newberry College in South Carolina and completed an internship at the University of South Florida prior to that. During his time at Southeastern he has been in charge of creating and implementing training for a number of teams on campus, but remained steady with creating plans for our women's basketball, cross country, and track and field programs for the past two and half years. A.J. earned his Bachelor of Arts from Alma College in 2011 while competing all four years on the football team. He earned his Masters of Science from Southeastern Oklahoma State in 2020. He possesses certifications from the National Strength and Conditioning Association, USA Weightlifting Association, and Functional Range Conditioning.

## **Panel on Preparing Athletes for College**

**Cherrie Wilmoth**- SOSU Associate Athletic Director & Compliance Officer

**Stephanie Heald**- SOSU Assistant Coach

**SOSU Student Athlete Representative**