



2025 OCA Summer Clinic Speakers

Marriott- Council Oak Salon A

Monday, July 28

9:00- 9:50am	TRK - Mike Driskill Building Programs From Scratch
10:00- 10:50am	TRK - Aaron Partridge Improving VO2 Max & Anaerobic Threshold
11:00- 11:50am	TRK - David Garmon Hurdles: Technique, Toughness, and the Winning Mindset
1:00- 1:50pm	TRK/XC - Kendra Hoover Built Different: Developing Champions and Programs That Endure
2:00-2:50pm	TRK/XC - Athletic Net & Milesplit Bring your laptops, rosters, etc... help for coaches & timers

Tuesday, July 29

9:00- 9:50am	TRK - Living Legends: John Pickens & Jill Lancaster Moderator: Terry Neal
10:00- 10:50am	TRK - John Arthur & Dalton Stout, Bethany
12:00- 12:50am	OCCTCA Board & Advisory Board Round Table Discussion
1:00- 1:50pm	OSSAA Cross Country Rules Meeting
2:00- 2:50pm	OCCTCA Business Meeting



OCCTCA Board & Advisory Board Meeting Agenda

Tuesday, July 29, 2025

Marriott Southern Hills, Council Oak Salon A- 12pm

NOTE: The OCCTCA Board may discuss, vote to approve, vote to disapprove, vote to table or decide not to vote on any item on this agenda.

1. Call to Order
2. Verify the posting of the meeting notice, agenda and verify a quorum (roll call)
3. OCCTCA Round table discussion, if anyone has anything that they'd like to add to the New Business during the Business Meeting.
4. Advisory Committee Meeting, open discussion.



OCCTCA Business Meeting Agenda

Tuesday, July 29, 2025

Marriott Southern Hills, Council Oak Salon A- 2pm

NOTE: The OCCTCA Board may discuss, vote to approve, vote to disapprove, vote to table or decide not to vote on any item on this agenda.

1. Call to Order
2. Verify the posting of the meeting notice, agenda and verify a quorum (roll call)
3. Consent Agenda
 - a. Minutes of June 3, 2025 Board Meeting
 - b. Approve the financial report
4. Recognize OCCTCA Scholarship Recipients and their coaches.
5. Recognize XC Coach of the Year 2024
6. Coach of the Year Selection: Track 2025
7. Advisory Committee
 - a. Review application/ election process, elections by class.
 - b. Review job responsibilities & expectations
 - c. Positions up for selection
8. OSSAA Update/ Recap
 - a. Cross Country
 - i. Regionals
 - ii. State Championship
 - b. Track & Field
 - i. Modify the Regional Timed Finals schedule (running events only)
 - ii. 3 Class State Championship
 - iii. Class B Discussion
9. New Business
 - a. Indoor Track
 - b. Additional Items discussed during the Round Table Discussion (Tuesday, July 29 12pm)... ALL coaches are **STRONGLY ENCOURAGED** to attend, bring the OCCTCA & Advisory Boards your concerns, suggestions & valued input!
10. Adjournment