

OKLAHOMA TRACK COACHES WINTER CLINIC

*Sooner Legends Inn & Suites
Norman, Oklahoma
JANUARY 12-13, 2018*

Pre-Registration - \$40.00 (\$45.00 after January 4)
Outstanding Lectures: Friday night and Saturday morning
Rules & Business Meetings: Saturday Afternoon

Hotel Reservations should be made directly to:

Sooner Legends Inn & Suites
1200 SW 24th Ave. SW (I-35 & Lindsey St)
Norman, Oklahoma 73072
405-701-8100 or 1- 866-715-3111

Mention O.C.A. clinic for clinic rate \$89- Clinic rate good until 12/29/2017

NAME _____ SCHOOL _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

Email _____ Phone _____

Make checks payable to: O.T.C.A. TRACK CLINIC

Mail registration and fee to: Terry Neal
1021 West 9th
Sulphur, OK 73086
(580) 618-0029

Pre-registration ends January 4, 2018.

Clinic t-shirts, hats, and notebooks for the first 100 registrants.

O.T.C.A. WINTER TRACK CLINIC

Sooner Legends

Inn & Suites Norman, Oklahoma

Friday, January 12

4:30 - 7:00 p.m.	Registration		
5:30 - 6:15 p.m.	(1) James Hilliard	Sprint	Langston University
	(2) Tex Rollins	Relays	Carl Albert HS
6:30 - 7:15 p.m.	(1) Rodney Price	Blocks/Hurdles	Wilburton HS
	(2) Ed Forester	Shot Put	Bethany HS/Southern Nazarene
7:30 - 8:15 p.m.	(1) Scott Kendricks	Coach/Father of 2016 Olympic Bronze Medalist	
	(2) Ed Forester	Discus	Bethany HS/Southern Nazarene
	(3) Charlie Wyatt	State Meet Referee	Official Certification
8:25 ó 8:55 p.m.	(1) Hall of Fame Presentation		
	Bill Whiteley- Lawton Eisenhower		
	Tom Snider- Edmond North		

Saturday, January 13

8:00 - 10:00 a.m.	Registration		
9:00 - 9:45 a.m.	(1) Frezer Legesse	Distance	Under Armour
	(2) Weight training		
10:00 - 10:45 a.m.	(1) Deb Mason	Common injuries	Physical Therapist ó
	(2) Billy Miller	Middle distance	Southern Nazarene University
	(3) Charlie Wyatt	State Meet Referee	Official Certification
11:00 ó 11:45 a.m.	(1) Scott Kendricks	Pole Vault-Coach/Father of 2016 Olympic Bronze Medalist	
	(2) Kevin Ritter	High Jump	Yukon HS
	(3) Rich Leitka	State Meet Starter	Starters Clinic

11:45 - 1:30 p.m. LUNCH BREAK

1:30 - 2:00 p.m.	(1) Randy Belicek OSSAA Rules		
	(2) Scott Kendricks Q&A ó with HS/JH Vaulters		
	An informal time you can bring your vaulters to talk to Scott		
2:00 - 2:30 p.m.	(1) Dennis Seifried O.T.C.A. Business Meeting Meeting		

SPEAKER INFORMATION BELOW:

2018 WINTER CLINIC SPEAKERS

Billy Miller

Begins his 18th season at Southern Nazarene University and his 14th season as the Head Coach of the SNU Cross-Country and Track and Field programs. Miller is a graduate of Putnam City High School in Oklahoma City and holds a bachelor's degree in health and physical education from Southwestern Oklahoma State University and a master's degree in education administration from Southern Nazarene University.

Under Miller, the Crimson Storm cross-country and track and field teams have produced 15 of the 22 national champions, 40 of the 81 All-Americans and 146 of the 157 that have earned CoSIDA Academic All-America, CoSIDA Academic All-District scholar-athlete, or academic all-conference honors in the history of the cross-country and track and field programs at SNU. His teams have also set numerous different school records in cross-country and indoor and outdoor track and field.

Miller began his coaching career at Weatherford (Okla.) High School as an assistant coach for cross-country & track and field. Miller served at Weatherford from 1996-1999, before coming to Southern Nazarene University.

He and his wife Amber currently reside in Yukon and have three sons, Colin, and twins, Aida and Austin, and a daughter named Kaylee.

Ed Forester.

I'm married to my wife, Debbie, have a daughter, Amme, two sons, Blake and Adam, and a stepson, Justin. My wife and I enjoy traveling and spending time with our children and grandchildren.

I went to high school and junior college in California and graduated from the University of Oklahoma.

For the last 42 years, I worked as a teacher and coach at Bethany Public Schools and for the last 15 of those years, I also coached at Southern Nazarene University. During my time coaching at these schools, I have been privileged to have worked with great coaches and great young men and women. It has been an honor to have coached many state placers, state champions, national qualifiers, conference champions and All Americans.

My goal in coaching has always been to give my athletes the knowledge and skills they need to improve daily and to be confident, successful individuals.

Frezer Legesse

Attended U.S Grant High School where I ran Cross Country and Track. I finish my education and my amateur athletic career at University of Oklahoma before going professional as an Under Armour Sponsored athlete. I have had the opportunity to work with some of the best distance running coaches including Dr. Robert Chapman

associate director of USATF sports science and medicine. I have learned a lot from all the great mentors I have had. I currently coach myself and the reigning Oklahoma Class 3A State Champions.

Athletic Accomplishment

- 2016 U.S Olympic Trials qualifier/semi-finalist
- Ranked 6th in the U.S.A 2014 Indoor Track and Field for the Mile.
- 2013 Represented University Of Oklahoma at U.S.A Track and Field Championship
- 2013 Big 12 Indoor Champion (DMR)
- 2013 Big 12 Indoor Scorer (1Mile, 800m, DMR)
- 2012 NCAA First Team Indoor All-American (DMR)
- 2012 2nd Place Big 12 Cross Country Team
- [2012 5th place](#) NCAA Cross Country Team
- Oklahoma Program Record Holder- Distance Medley Relay
- NAIA All-American 2009 (4x800m), 2010 (1500m, 800m)
- 2012 Big 12 Indoor scorer (1000m, 1 Mile)
- Sooner Athletic Conference- First Team All-Conference Cross Country 2009, 2010

Coaching Awards

- 2015 Cross Country Hartland Conference Champion (NCAA DII)
- 2016 Cross Country Hartland Conference Runner-up (NCAA DII)
- Assisted student athletes in recording personal best times and school records.
- Coached an NCAA DII Second Team All-American.
- Oklahoma Class 3A Boys Coach Of The Year
- The Oklahoman All City High School Cross Country Coach Of The Year

JAMES HILLIARD

- **HEAD COACH - 26TH SEASON**
- Langston University
- James W. Hilliard, Jr. enters his 24th season leading the cross-country and men's & women's track field programs. He took over in the spring of 1991 and has watched the Lions track program grow from relative obscurity to gain recognition on the state, regional and national levels.
- His women's cross country teams produced the university's first NAIA women's cross country all-conference member and national qualifier Rosie Solano. Solano held the 5K cross country school record until Kenny Boquin wrote her name at the top of the record book on her way to becoming Langston University's first cross country NAIA All-American Scholar Athlete (3.92 GPA). In 2010 his women's cross-country team captured the school's first conference title. Since then the team has sent one team and four individuals to the NAIA Cross Country National Championships.
- Coach Hilliard's track & field teams have produced 54 All-Americans, 8 of them scholars while collecting 138 All-American honors (71 men and 67 women) and over 362 All-Conference athletes covering District-9, Oklahoma Intercollegiate Conference and the Red River Athletic Conference. He has

coached six individual national champions combining for nine titles, one relay champion. His women's teams have finished in the NAIA top 25 four times and the men six times.

- The Amarillo, TX native's family moved to Denver, CO when he was in the fifth grade where he went on to graduate from George Washington High School. Upon graduation he entered Langston University where he earned his Bachelor of Science in Industrial Technology and started working in public relations. He served as sports information director from 1983-2006 and head track & field/cross country coach from 1991 to present missing a one year term when Harold Johnson served as track coach. Coach Hilliard enjoys photography, traveling, being outdoors

Kevin Ritter

Graduated from Union High School

Bachelors from SWOSU

Masters from SNU

15 years coaching experience

15 coaching basketball

12 coaching track

I am currently the head basketball coach at Yukon High school

In the spring I coach the jumpers for the Track team.

2017

We had the #1 High Jumper in the world under 20 years old. He jumped 7'6 at the Yukon Classic. (Vernon Turner)

Tallyn Brazell (6'7)

Cole Bailey (6'6)

Tyler Dechant (6'4)

Jordan Williams (6'4)

We also placed 2nd and 4th in the LJ at state.

Vernon Turner 23'8

Jordan Williams 22'2.5

Rodney Price

Retired from coaching in the Spring of 2014. He was the Head track & Field and Cross Country coach at Scarborough High School in Houston Texas from 2012 to 2014.

In the fall of 2016 Price resumed coaching at Wilburton High school as volunteer assistant football and Head Track & Field coach.

Price served as the co- Head at the University of Oklahoma from 1997 to 2005, adding 37 All-American and 2 Olympians during his tenure.

From 1990 to 1997 Price served as the Head men's Coach at the University of Miami where he coached 4 All Americans and Including the National Champion and Olympic Bronze Medalist Davian Clarke. Price also was awarded the track coach of the year in Florida.

Price served from 1988 to 1997 as assistant Track & Field Coach at the University of Nebraska.

Price began his collegiate career at NEO spent 1986 to 1988 producing 7 NJCAA All Americans.

Price Coached and taught 7 years in Lubbock, and 2 years at McAlester High.

Rodney competed in Track at Eastern Oklahoma State where he was coached by Glenn Stone, Where he earned NJCAA All American Honors in the High Hurdles, High Jump, and relays. Price went on to compete at Texas Tech University during his Junior and Senior seasons.

Tex Rollins

Tex Rollins earned his Bachelors and Masters Degrees in Education at East Central State University. He was a football player who also ran track. He began his teaching and coaching careers at Byng where he was Gene Davis's assistant basketball coach.

In 1988 he was hired as an assistant football coach and teacher, as well as head girls track coach at Carl Albert High School in Midwest City. He drew on the track expertise of his friend, Dorsey Jack Reardon, to learn as much as he could about coaching track. Another coach whose influence and track knowledge Tex gained from was Jeep Johnson from Altus.

When the boys head track job at CAHS in 1995, Tex moved into that role. He has been fortunate to coach state championship track teams in 2002 and 2017 as well as two state runner-up teams. Coach Rollins is looking forward to coaching the track team in the spring of 2018.