

# OKLAHOMA Cross Country & TRACK COACHES WINTER CLINIC Sheraton Midwest City Reed Conference Center JANUARY 17-18, 2020

Pre-Registration - \$40.00 (\$50.00 after January 9TH)  
Outstanding Lectures: Friday afternoon and Saturday morning  
Rules & Business Meetings: Saturday Afternoon

Hotel Reservations should be made directly to:  
Sheraton Midwest City Hotel at the Reed Conference Center  
5750 Will Rogers Rd,  
Midwest City, OK 73110  
405- 455-1800

**Mention O.T.C.A. clinic for clinic rate \$91- Clinic rate good until  
12/31/2019**

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

Mail registration and fee to: Terry Neal  
1021 West 9th  
Sulphur, OK 73086



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# O.C.C.T.C.A. WINTER TRACK CLINIC

*Sheraton Midwest City  
Reed Conference Center*

*Friday, January 17*

12:00 pm - Registration Opens

2:30-3:15 – (1) Robert Hacket – Weight training for track and field

(2) Jim Bob Coleman - Training the distance runner

3:30-4:15 - (1) Robert Hacket – Conditioning for track and field

(2) Scott Wilkerson - Pole Vault

4:30-5:15 - (1) Deborah John - Hurdles

(2) Dan Dotson - Trainer

(3) Official Certification      Charlie Wyatt

5:15-5:45 – (3) Track Coaches Hall of Fame Meeting (Hall of Fame Members)

5:45-7:30 – (1) Coaches Social and Ice Cream Bar and Drawing(s)

6:00-7:30 – (1) Track Coaches Hall of Fame Inductions

Terry Neal-Sulphur

Jeff Potter-Oklahoma Baptist/Official

Martha O'Rourke-Jenks/Lincoln Christian

Mark Heard-Elk City/Oklahoma Baptist

*Saturday, January 18*

8:00 - 10:00 Registration Opens

9:00 - 10:15 (1)Distance Panel – Matt Appelman, David Riden,

Kaleb Fisher, Kendra Hoover

(2)Jumps Panel – Tomi Lorah, Tyler Thompson,

Garrett Weir, Jim Blevins

(3)Official Certification -      Charlie Wyatt

10:30 -11:45 (1)Sprint Panel – Robert Garrison, Matt Hart,

Shannon Hilburn, Jake Jenson

(2)Throws Panel – Jered Hidlebaugh, Bryce Nelson,

Justin Savage, Mike Driskill

(3)Starters Clinic - Monte Thompson

**12:00 – DOOR PRIZE DRAWINGS**

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

1:30 - 2:00 p.m.      (1) Randy Belicek/Tim Palesano OSSAA Rules Meeting

2:00 - 2:30 p.m.      (1) O.C.C.T.C.A. Business Meeting

**SPEAKER INFORMATION BELOW:**

**Matt Appelman**

Ran at ECU 2004-08

Marietta since 2013

6 girls XC State Championships

3 boys “”

2 Boys Track State Championships

**Jim Blevins**

Coaching, 44 yrs. vaulter, long and triple jumper in college.

Coached four 23'+ long jumpers ,

High jumpers boys 7'1"- 2 over 6'8" girls- 5'4".

National certified HJ Official .

Certified and measured Hollis Conway's American record.

State champions in boys PV, HJ, LJ girls LJ, HJ.

**Jim Bob Coleman**

Cross Country / Track at OBU 2000-2003

2 Time All-American Track while at OBU

This is my 12th Year as a Coach

Assistant Cross and Track Coach at Watonga 2006-2010

Head Cross Country Coach at Watonga 2012-Present

Individual Boy State Champion 2013

Girls XC Team State Champions 2019

Head Coach Track & Field 2015-Present

Girls State Track & Field Team Champions 2019

**Mike Driskill**

In the past 38 seasons I have had the great fortune to have some fantastic mentors who have shaped my career. Having Clyde Ellis of John Marshall and Mike Gray formerly of Duncan at the very start no doubt placed me on solid footing going forward. Eventually, this old distance runner fell into the wild wacky world of the throws! I am grateful for all the tips from Bob Campo of Bristow, Ed Wade when he was at Marlow, Courtney Gougler who I started coaching in 8th grade at Braman, my old cross country coach Paul Parent, Matt Parent, Sonny Feexico and an old fishing buddy Robbie Nichols who was the 1964 and 1965 state discus champion at Cleveland. I hope I have properly and effectively conveyed to my students what I have learned from each throws coach and have done the job justice! Along with many state placers I've been blessed to be a part of 7 different throwers lives who have combined for 11 state championships in the shot and discus.

**Daniel Dodson**

Daniel L. Dodson Ph.D., A.T.,C., has a doctorate in Health and Human Performance from Oklahoma State University. His research has been in the recovery and prevention of overtraining in athletes. He has a M.Ed. in Physical Education, as well as a B.S. in Health and Physical Education. He is a certified athletic trainer. He has been an athletic trainer for over 20 years on the international, collegiate and professional levels. He worked with the United States Olympic Committee at the 2004 Summer Games in Athens Greece. He has worked as a Head Athletic Trainer for the Harlem Globetrotters, Langston University, and Sky View High School. He has also worked as an Assistant Athletic Trainer for the United States Military Academy at West Point, and the San Francisco Giants as a Minor League Athletic Trainer. While a student in college he was an intern with the Indianapolis Colts. He currently volunteers with USA Track and Field and has done other volunteer work with the United States Olympic Committee.

### **Robert Garrison**

Altus High School Women's Head Track and Field Coach

- Graduated from Altus High School in 1985.
- Entering 27th year of coaching track and field- All in Altus.
- Served on the Women's Track Advisory Committee
- OCA Region 4 Track Coach of the Year- 2017
- Coached Altus Junior High to 4 Conference Titles in 5 years.
- Team State Championship in 2011
- Team State Runner-up in -2005, 2008
- 4 Individual 300 Hurdle State Champions
- 1 Individual 100 Hurdle State Champion
- Numerous top six medalists at state in the 100 and 300 Hurdles.
- Has had a 3200 Relay finish in the top 6 at State since 2012.
- 2019 Women's 1600 Relay State Champion
- 2019 Men's 400 Meter State Champion
- Mentor coaches were: Bob Hart, Chuck Roberts, Jeep Johnson and Lyn Hepner
- My son Nick is currently coaching cross country and track and field in Moore after 3 years in Cache.
- Daughter Bethany is a senior and is a 9 event state qualifier and a State Champion in the 1600 Relay.

### **Robert Hackett**

20+ Year NBA Strength/Speed Coach

Designed & Directed Strength and Conditioning Program at the University of Wisconsin

NCAA champion in the 100 and 200 meters

3X USA Olympic Trials qualifier

Set Badgers team records in the indoor

60 meters, 200 meters, outdoor 100 meters, 200 meters

### **Matt Hart**

I attended Thomas High school played Football, Baseball, and ran Track. During this time I was a part of many great teams, a state champion football team and two state champion track teams.

I attended Northwestern Oklahoma State University where I played football and earned my Bachelor degree in Sports Science in 2007 and my Masters degree in Administration from Southwestern Oklahoma State University in 2019.

I have been a Head track coach and a member of the OTCA for thirteen years and a member of the OTCA coaching both boys and girls teams throughout that time and the last twelve at Thomas High school in Thomas, Oklahoma.

In 2018 our boys team earned the Class A State Champion title and our girls team earned the Runner up title.

In 2019 we continued our success and the Boys team repeated as Class A State Champions with a clean sweep of all four relays and our girls also repeated as runners up and winning 4x200 and 4x400 relays.

2019-US Track and Field and Cross Country Coaches Association Boys track coach of the year- Oklahoma

**Jared Hidlebaugh**  
**Moore High School - Throws**  
**High School**  
**Weatherford HS Class of 2002**

2001 Discus - State Placer State and Shot Put - State Qualifier.

2002 Regional Champion both throws, State Placer 3rd in Discus and 4th in Shot Put

Member of the 2002 State Champion Track Team

HS Throws Coach- Brent Bell

**Track and Field Coaching**

2004 - 2010 Assistant HS Track Coach @ Weatherford,OK

Assistant Coach - 2006 Boys State Runners-up Team

2011, 2012 Co-Head HS Boys and Girls Track Coach @ Woodward, Ok

2014 Assistant Track Coach @Clinton, OK

2015- Present HS Assistant Coach @ Moore High School

Assistant Coach - 2017 Girls State Runners-up Team

I have Coached 8 combined State Champions, 15 Combined State Placers, and 13 Combined State Qualifiers. Five of my former throwers are currently throwing in college.

**Personal**

I am married to my beautiful wife, Michelle. We have two kids Avery and Cord. I have been teaching for 9 Years and been coaching the 3 same sports, Football, Wrestling, and Track, for 16 years. Currently, I teach Social Studies at Highland East Jr. High in Moore, OK; where I am also the Head 7th & 8th Football and Head JH Wrestling coach. In the Spring, I go to Moore HS to coach the throwers.

**Shannon Hilburn**

Head Track and Field Coach at Bristow High School for 14 years.

3 Boys State Championships: 2013, 2018, 2019

2 Boys State Runner-Ups: 2012, 2017

2018 Tulsa World Track Coach of the Year

2018 OCA Track Coach of the Year

Level 1 USA Track and Field Certified Coach

USA Track and Field Certified Strength and Conditioning Coach

**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, four team state championships, three state runner up team finishes and nearly a dozen top three state team finishes. Her Mooreland boys Cross Country team claimed their second team title with their back to back State Championships this season and last. In track, her distance crews have contributed to several state championships and placers in the 800m, 1600m, 3200m and 3200m relay, as well as a state meet record

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 selected as the OCCTCA Boys Cross Country 2018 Coach of the Year.

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

## **Jake Jensen**

The Adams Course- Speed and Strength Coach (1997-1999)  
University of South Alabama- Sprint Coach (2001-2002)  
Williamson High School Mobile, AL - Sprint Coach (2002-2003)  
Geno Pierce's Performance Course- Director of Speed Development (Allen, TX 2006-2007)  
Jenks High School- Assistant Sprint Coach (2007)  
Putnam City West High School- Head Coach (2008), Defensive Backs Coach (2007-08)  
Rice University- Consultant to Football Strength and Conditioning Staff ( 2012-2013)  
Athlete Inc.- Director of Speed Development (2015-2016)  
Guthrie High School- Assistant Coach (2019) Head Coach (Current Position)

My Coaching Mentors- Randy Helms (Putnam City North), Steve Patterson( Oklahoma Legend), Joe Dial (ORU), Brad Bowman ( South Alabama and TCU), Paul Doyle (Doyle Management Group)

Current NFL Players I have trained- Luke Willson (Seattle), Chris Boswell (Pittsburgh)  
Former NFL Players I have trained- Jared Kaaiohelo, Billy Bajema, Chris Chamberlain, Jermelle Cudjo, Antonio Smith, TJ Rushing, Trevon Hartfield  
Former CFL Player I trained- Romby Bryant

Most Notable Track and Field Athlete I have coached - Arthur Davis of Williamson High School. Alabama State Champion 100,200,400 and current state record holder in the 200 and 400(46.58)

Notable Track and Field Athletes I have trained with as an athlete- Dwight Phillips- Olympic Gold Medalist in Long Jump, Terrence Trammell- Olympic Silver Medalist in the 110 Hurdles, Danielle Carruthers- World Silver Medalist in the 100 Hurdles, Irish Olympians- Peter Coghlan, Karen Shinkins and Ciaran McDonagh

## **Deborah John**

- \*Founder of Dynamic Athletic Performance & Speed (DAPS) Training
- \*Certified Speed, Agility & Quickness Specialist
- \*Massage Therapist
- \*Fitness Trainer
- \*Miss Health & Fitness 2018 | Semi-Finalist
- \* Track and Field Athlete-100m Hurdles

## **PRACTICAL EXPERIENCE:**

- \*Oklahoma College of Massage Therapy- Massage Therapist
- \*University of Oklahoma - Massage therapist (Football & Women's & Men's Gymnastics Teams)
- \*Oklahoma State University- ( Women's Soccer Team Massage Therapist)
- \*OKC Thunder -( Massage Therapist)
- \*Southwestern Oklahoma State University- Speed & Conditioning Coach Women's Softball team
- \*Weatherford High School- Volunteer Hurdles Coach
- \*DAPS Training & Hurdles Camp- Coach
- \*Elite Edge Athletic Performance Camp- Athletic Performance Coach
- \*DJFIT- Online Fitness Coach
- \*FIT Factory Elite Gym- Group/ Personal Fitness Trainer

### **Athletic Accomplishments:**

- \*4x National Champion 100m Hurdle | Trinidad and Tobago
- \*2017 IAAF World Championships Qualifier, London Stadium, London UK
- \*2017 27th Memorial Geert Rasschaert Flanderscup 100m Hurdle Champion | Ninove Belgium
- \*2017 Brussels Grand Prix 100m hurdles Champion | Brussels, Belgium
- \*2017 Nassau Blue Marlin Track and Field Classic, 100m Hurdles, silver medalist| Freeport, Bahamas
- \*2017 La Chaux-de-Fonds 100m Hurdles, bronze medalist| La Chaux-de-Fonds, Switzerland
- \*2017 Folksam Grand Prix, 100m Hurdles, Finalist | Gothenburg, Sweden
- \*2015 North American, Central America and Caribbean Games (NACAC) 100m Hurdles Finalist
- \*2014 Commonwealth Games, 100m Hurdles Semifinalist and 4x100m Relay Finalists
- \*2014 NCAA All-American
- \*NDSU Women's Track and Field Record Holder in the 60mH, 100mH and 4x100m relay events
- \*2013 Summit League Indoor Track Athlete of the Year
- \*7x All-Summit League Team Honors
- \*4x Indoor Summit League Conference Champions | 2010-2013
- \*4x Outdoor Summit League Conference Champions | 2011-2014
- \*3x Summit League Indoor 60m hurdles Champion | 2011-2013
- \*2x Summit League Indoor 60m dash Champion | 2011-2012
- \*2x Summit League Outdoor 100m hurdles Champion | 2013-2014
- \*3x Summit League Outdoor 4x100m relay Champion | 2011, 2013, 2014
- \*3x NCAA D1 Regional Qualifier in Women 100mh | 2011, 2013, 2014
- \*Women's 100m Hurdles, silver medalist | 2013 Trinidad and Tobago National Championships
- \*Women's 4x100m Relay, bronze medalist | 2009 Pan American Junior Championships
- \*Women's 4x100m Relay, bronze medalist & 4x400 m relay 4th place | 2009 Carifta Games
- \*Women's 4x100m Relay, gold medalist & Women's 100m, silver medalist| 35th Hampton International Games HCS (2009)
- \*Women's 100m, silver medalist| Trinidad and Tobago National Senior Championships (2009)

### **Tomi Lorah**

I currently reside in Elgin, Oklahoma, where I have lived since 1997, with my husband of 29 years, Curtis Lorah. We have four sons, ranging in ages from 13-27.

I became the head girls track coach and head boys and girls cross country coach in 1997. I have been coaching for 22 years. I am currently still the head girls' track coach and girls' cross country coach for Elgin.

### **During my time as a head coach, I have received the following honors:**

2000-3a State Runners-Up Boys Team/Cross Country

2001-3a State Runners-Up Boys Team/Cross Country

2014-4a State Runners-Up Girls Team/Cross Country

I am the mid-distance/distance coach for boys and girls track and field as well as the high jump coach.

I have been blessed with many athletes that work hard to achieve honors in distance and high jump throughout the years.

### **High Jump Recognitions:**

2007 4A Boys State Runner-Up High Jump

2008 4A Boys State Champion High Jump

2017- 5A Girls State Champion High Jump

2017- 5A Boys State Runner-Up High Jump

2018- 5A Boys State Champion High Jump

2019-5A Boys State Champion High Jump

**Bryce Nelson**

Graduate of Washington High School 2004

Played College football at NEO A&M and University of Central Arkansas

I have been at Tecumseh for 8 years

Head Middle School Boys track coach for 3 years

High School throws Coach going on 5 years.

4 state qualifiers each of the last 4 years

I have been the FCA sponsor at the high school for 8 years

Married to my wife Liz and have 2 kids, Nolan (5) and Charlie (3).

**David Riden**

I am who I am and where I am because The Lord made plain to me how lost and aimless I was, saved me, and keeps me on His plan to this day.

Shortly after, I met Heather, who is now my wife of 8 years this past November and the best thing on Earth to happen to me, and I love her dearly. We currently have 3 children: Titus (5 1/2), Emmett (2 3/4), and Lois (1 year). They are the source of my greatest love, satisfaction, and challenge, all rolled into one.

I am in my 16th year at Deer Creek High School, teaching and coaching.

I have been the head boys xc coach all 16 years, the head girls xc coach 12 years, and the head boys & girls track coach 9 or 10 years (can't remember exactly).

During my coaching career, I have been blessed with great kids, great families, great assistants, and some success along the way. It has involved some building, some winning, some rebuilding, and always reflection. Above all, I take joy in the lasting relationships and memories, casting a vision and believing we can see it through. I've learned that I really love constantly learning and evolving--in coaching for sure but in all areas of my life--as a husband, as a father, as a believer.

**Justin Savage,**

Has been coaching 27 years, 25 as a throwers coach with the last 5 at Chisholm High School.

I have been a part of 10 State Championship teams and 6 Runner-up teams.

I've had 9 State Champions and numerous kids that have been top 3 in shot and discus.

**Tyler Thompson,** Putnam City West T&F.

I am entering my 5th year as a track coach all at PC West.

I coach long jumps and sprint relays for our program.

I am also the head volleyball coach here at West.

In the building I am a special education teacher.

**Garrett Weir**

I graduated from Bristow high school in 2011. During my time there I was a 4A State champion in the 110 hurdles and two time state champion in the long jump, as well as USATF Youth Outdoor Championships runner-up in long jump.

-I was a long/triple jumper at OBU 2011-2014.

-I am currently the head cross country and assistant track coach at Glenpool High School.

**Scott Wilkinson**

2018-2019 Broken Arrow High School

2019 6A Boys State Champions

2019 6A Girls State Runner Ups

2019 OTCA Men's Coach of the Year

2006-2017 Shawnee High School

Head High School Track & Field Coach

- Head Girls Coach 2006-2017
- Head Boys Coach 2011-2017
- 5A Girls State Champions 2012, 2009
- 5A Girls State Runner Ups 2014, 2013, 2011
- 5A Girls 3rd Place 2016, 2015, 2007
- 5A Boys Runner Ups 2009
- 5A Boys 3rd Place 2017
- 76 All – State Athletes

2001-2005 Shawnee High School

Assistant High School Track and Field Coach

- Girls State Meet 5A Pole Vault Record Holder
- 5A Boys State Champions 2005
- 5A Boys State Runner Ups 2009, 2004

2001-2003 Shawnee High School

Assistant Cross Country Coach

- 2002 5A Boys State Champions
- 2001 5A Boys State Champions