

2022 OKLAHOMA TRACK & CROSS COUNTRY COACHES WINTER CLINIC

SHERATON MIDWEST CITY REED CONFERENCE CENTER

Pre-Registration - \$40.00 (\$50.00 after January 9TH)

Outstanding Lectures: Friday afternoon and Saturday morning

Business Meetings: Saturday Noon

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

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

THE CLINIC IS AT THE REED CONFERENCE CENTER, BUT THE HOTEL IS UNDER RENOVATION AND WILL NOT BE READY. THE HAMPTON INN IS JUST ACROSS THE PARKING LOT, WALKING DISTANCE, WE WILL BE STAYING THERE. USE THE LINK BELOW OR CALL 405-732-5500. <https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=OKCMWHX&groupCode=CHHOTC&arrivaldate=2022-01-14&departuredate=2022-01-15&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

Code=CHHOTC&arrivaldate=2022-01-14&departuredate=2022-01-15&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT

Mention O.T.C.A. clinic for clinic rate \$95- Clinic rate good until 12/31/2021

NAME _____ SCHOOL _____

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2022 OKLAHOMA TRACK & CROSS COUNTRY COACHES WINTER CLINIC

SHERATON MIDWEST CITY REED CONFERENCE CENTER

Friday, January 15

12:00 pm - Registration Opens

2:30-3:15 . (1) Zach Johnson . Cameron . Endurance Training
(2) Kendra Reeves . High Jump/ Long Jump Fundamentals

3:30-4:15 - (1) Zach Johnson . Cameron . How to be a better distance runner
(2) Ford Mastin . Shot Put/ Discus Essentials

4:30-5:15 - (1) Todd Ledford - Hurdles
(2) Mark Keil -SportsStrength . Strength and Conditioning for the Track Athlete

6:00-7:30 . (1) Track Coaches Hall of Fame Inductions
Strippy Biggers – Official, Chris Bunch – Spiro, Rex Cornelsen – Norman,
Terry Martin - Prague, North Rock Creek, Sheila Sturges - Jay

Saturday, January 16

8:00 - 10:00 Registration Opens

9:00 - 10:15 (1) SPRINT/SPEED DEVELOPMENT PANEL . Brandon Johnson, Paul Grant,
Lance Cobb, Emile Heitland

(2) POLE VAULT PANEL . Tod Perry,
Joel Daugherty, Stan Higdon

(3) Official Certification . Tim Palesano

10:30 -11:45 (1) STRENGTH/TRAINING PANEL . Bobby Wortham, Tim Buben,
Clarence Prevost, Leon Hurst

(2) TEAM BUILDING PANEL . Tim Palesano, Jim Coleman,
Lane Frailey, Cory Strayhorn

(3) Starters Clinic - Monte Thompson, Kurt Janko

12:00 -12:30 OCCTCA Business meeting

12:30-1:00 Track Rules meeting

SPEAKER INFORMATION BELOW:

Lance Cobb

Tuttle:

Junior High track coach 24 years

High school assistant 9 years

Head Boys and Girls Track Coach 3 years

4A Girls State Runner-up 2020

1996 boys discus state champ

1997 boys discus runner up

2021 boys and girls 4 x 100 state champs

2021 girls 4 x 400 state champs

2019 girls 100 hurdles state champ

2019 girls 300 hurdles state champ

2021 girls 100 hurdles state champ

2021 girls 300 hurdle state champ - current state record holder. 42.75

2021 Jim Thorpe girls track athlete of the year (Madi Surber)

Make sure Madi Surber gets on the bus!!!!

Jim Coleman

42 Years Coaching, 1980-2011 - Watonga High School,

2012-Present - Chisholm High School

32 State Championship Teams, 27 State Runner-Up Teams.

100+ Athletes have been State Champions.

OCA Hall of Fame, OCCTCA Hall of Fame

Ran Cross Country and Track at Oklahoma State University

TIM PALESANO

I was hired in the Fall of 1981 by Weatherford Public Schools and finished all my years as an educator in Weatherford, retiring in 2011. I spent 20 years as a classroom instructor and the last 10 as an administrator, as well as coaching duties.

In 1983, I founded the Cross Country program in Weatherford and won state team titles in 1985 and 1989.

David LaCour was Weatherford's first XC State Champion winning the title in 1985.

XC HONORS: 2 State Team Titles, 4 Runner-ups, 5 Individual State Champions, 30+ All Staters and 11 Honorable Mentions.

TRACK AND FIELD HONORS: 2 State Team Titles, 2 Runner-ups, numerous State champion individuals and relay teams.

Region 1 Coach of the Year (3 times), 1985 Oklahoma Coach of the Year, 1985 National Coach of the Year Nominee, OCCTCA Girls Track Coach of the Year (2005), OCCTCA Hall of Fame Inductee (2012), Weatherford Chamber of

Commerce Roots and Wings Award (2012), Weatherford Athletic Hall of Fame Inductee (2014) (2015) (2021)

I currently serve as OSSAA Rules Interpreter and certified official for Track and Field and XC Meets. Also serve on OCCTCA board.

Co-owner of Classen Coffee Company in OKC

Kevin Ritter

I currently have 16 years of track coaching experience at various levels ranging from middle school track, high school track and college track.

I am currently an assistant coach for Southwestern Christian University and coach the jumpers as well as the hurdlers. In 3 seasons we have had 10 national qualifiers in the high jump, 10 national qualifiers in the LJ, 2 national qualifiers in the 110 hurdles, and 1 national qualifier in the 110 hurdles.

I am also currently an assistant coach at Yukon high school where I work with the sprinters, relays and jumps. Last season we were able to qualify for the finals of the 4x100 and 4x200, medaling in the 4x200. We also had a young man break the school record (10.69) in the open 100m.

As a jumps coach, we currently hold the state record (7'6) and state meet record (7'4.5) in the boys HJ. One young man qualified for and attended the Olympic trials before his senior year had started.

We have had 2 boys long jump over 23 feet as well as 6 boys who have jumped 6'4 or higher.

Bobby Wortham:

Graduated Marlow High School 1982 played Football and baseball

Graduated East Central 1988 Played football.

Married to my wife Robin we have 3 children Caleb,Drew,Anne and I have 4 grandChildren.

Jobs:

Electra High School Texas-Football Basketball and Baseball

Chickasha High School- Football,Wrestling and Track.

Allen High School Texas-Football and Girls Track

Pilot Point High School Texas-Football,Baseball,Track and Powerlifting

Marlow High School-Football,Baseball,Track and Cross Country.

Teaching the last 19 years weight training for our Marlow Athletes.

Coaching Accomplishments:

1995 State Powerlifting Champions Chickasha

2012 Oklahoma Track Coaches Association Cross Country Coach of the Year

2013 Oklahoma Coaches Association Regional Coach of the Year.

2015 Oklahoma Coaches Association Regional Track Coach Of the Year.

2014 State Champion Boys Track

2015 State Champion Boys Track.

I am glad I made the choice to become a coach. I have worked with some great coaches and some amazing people over the years. Thankful for my wife who was left home taking care of the kids while we chased that next win. To all the athletes over the years whom we were able to share the tough times and the memorable moments in each of our lives.

BRIAN WORTHINGTON

HEAD COACH - 3RD SEASON

PHONE

405-574-1323

EMAIL

bworthington@usao.edu

BIO

Brian Worthington brings a over 30 years of coaching experience to USAO from coaching at the national and club level in England, and more recently working with Bishop McGuinness Catholic High School in OKC.

Worthington has been awarded the highest coaching certification for middle and long distance running by UK Athletics the governing body for track and field, road running and cross country in the United Kingdom. As part of the national endurance coaching system he has coached athletes who have competed in the European and Commonwealth games including, a 2:14 marathoner, as well as European champions and World Silver medalists in the 800m at the Masters level.

Originally from Birmingham, England, he competed for Birchfield Harriers and has coached and competed in World Masters Championships and big city marathons on all 5 continents. With PR's of 15:01 in the 5k and 2:41.17 in the marathon in his mid 30's Worthington brings both the coaching experience, and personal understanding, of how to set goals and meet objective to reach your potential.