

**2023**

**3RD ANNUAL**

# OKLAHOMA

**COACHING SEMINAR**

## GET THE BEST FROM THE BEST

→ Train Smarter

→ Build Excellence

→ Collaborate

### EXCLUSIVES:

"TOYS FOR CATS"  
BLOCKS, BATONS, &  
HURDLES

"CREATING A FAMILY  
CULTURE"

"HURDLE PROGRESSION"

"STRUCTURING THE  
SEASON"

## FURTHER & FASTER TOGETHER

FEATURING: TONY HOLLER, KELSEY CARBAJO,  
STEVE GULLEY, JILL LANCASTER & CORY NELMS

SPONSORED BY:



**JULY 17TH - 20TH**

**NORMAN, OKLAHOMA**

# ⊕ SPEAKERS

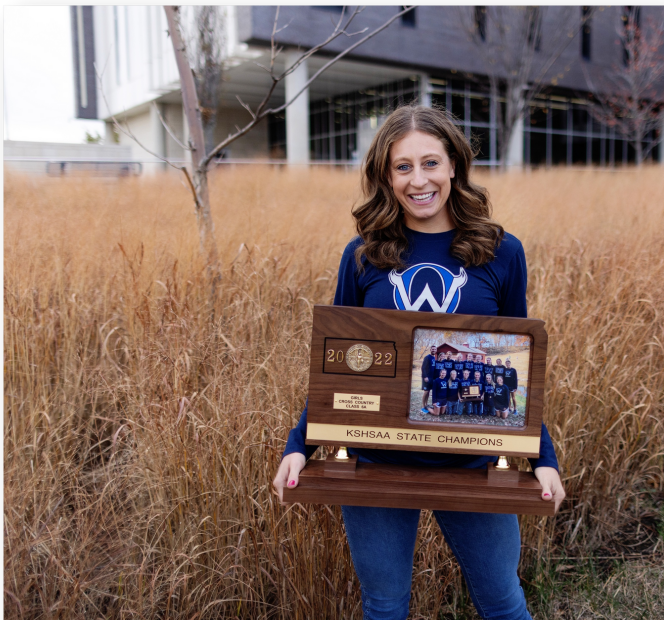


**TONY HOLLER**

## PROFILE: ⊕

### **Head Track & Field Coach at North Plainfield (IL)**

Tony Holler is the creator of the revolutionary "Feed the Cats." training philosophy that questions the traditional high-volume hard-work approach to athletic training. Feed the Cats is an essentialist training program combining low-volume and high outputs with a focus on "happy and healthy". The core of Feed the Cats is the idea that "Speed is the tide that lifts all boats". Coach Holler is a member of the Illinois Track & Field Hall of Fame. He taught Chemistry for 38 years and is currently in his 42nd year of coaching track.



**KELSEY CARBAJO**

## PROFILE: ⊕

### **Head Boys/Girls Cross Country and Asst. Track and Field Coach at Olathe West (KS) High School**

Kelsey Carbajo was the 2022 Kansas Coach of the Year, guiding the team to their 3rd straight Cross Country State Championship. The 2022 Olathe West Cross Country team was the first Kansas school to qualify for Girls NXN. In addition to the cross-country success, Coach Carbajo led the Girls 4x8 to back-to-back state championships in 2021 and 2022, running the fastest time in Kansas state history (9:17.01). Over the 5 year span, Coach Carbajo has built a winning culture, on and off the course/track. She emphasizes a team-first approach while having fun and making as many memories as possible. The team becomes an extension of each runner's family, doing everything they can with love for one another.

# ⊕ SPEAKERS



**STEVE GULLEY**

## PROFILE: ⊕

**Head Track & Field/Cross Country Coach  
University of Tulsa**

*Steve Gulley has been the Head Track & Field and Cross Country Coach at the University of Tulsa for 23 seasons. During his tenure at Tulsa, Gulley has built one of the top men's cross country programs in the southwest. A native Oklahoman, Gulley has coached collegiately for 35 years, with his only stints coming at Baylor University and Tulsa. Overall, Gulley has coached 25 conference champions, two individual national champions, 136 All-Americans and 16 Academic All-Americans.*



**JILL LANCASTER**

## PROFILE: ⊕

**Head Track & Field/Cross Country Coach  
Northwestern Oklahoma State University**

*Jill Lancaster just completed her 7th year at Northwestern. Prior to arriving at Northwestern, Lancaster was the Director of Men's and Women's Track & Field at Division I Troy University from 2008 – 2014. Prior to her position at Troy, Lancaster was the Co-Head Men's and Women's Track & Field Coach at the University of Oklahoma from 1997 – 2005. As an athlete at Oklahoma, Lancaster was a three-time AIAW Division I-A All-American selection in the 600-meter dash, mile and two-mile relays. After her collegiate career, Lancaster placed 14th in the U.S. Olympic Trials in the Heptathlon.*

# ⊕ SPEAKERS



**CORY NELMS**

## PROFILE: ⊕

**Track and Field/Cross Country  
Strength & Conditioning Coach  
University of Oklahoma**

*Cory Nelms is currently serving as the strength and conditioning coach at The University of Oklahoma for the track & field program. His coaching career has expanded over the course of nine years as both strength and conditioning and track & field coach, respectively. Prior to The University of Oklahoma, he had coaching stints at The University of Miami, Ave Maria University, and Florida International University. Nelms has had 4 Olympians, 1 NCAA Champion, 36 NCAA All-Americans, 16 Big 12 Champions, and 9 ACC Champions under his athletic performance implementation. Nelms graduated from The University of Miami with B.S. and M.S. degrees in Exercise Physiology.*

# ⊕ SESSION SCHEDULES

## JULY 17TH:

**9:00a - 10:15a/Tony Holler**  
"The Revolution Starts Now"

**10:30a - 11:45a /Cory Nelms**  
""S&C Considerations for Track & Field and Cross Country"

**1:15p - 2:30p/Tony Holler**  
"Sprint the 400"

**2:45p - 4:00p/Cory Nelms**  
"Strength & Power Training for Youth and High School Athletes"

## JULY 18TH:

**9:00a - 10:15a/Tony Holler**  
"Feed the Cats: LIVE Speed Session"

**10:30a - 11:45a/Kelsey Carbajo**  
"Creating a Family Culture"

**1:15p - 2:30p/Tony Holler**  
"Toys for Cats: Blocks, Batons, Hurdles"

**2:45p - 4:00p/Kelsey Carbajo**  
"Distance Training:  
800/1600/3200/5K"

## JULY 19TH:

**9:00a - 10:15a/Tony Holler**  
"Lessons Learned"

**10:30a - 11:45a/Kelsey Carbajo**  
"Building Trust Within Your Program"

**1:15p - 2:30p/Tony Holler**  
"Coaching a Track Team, A to Z"

**2:45p - 4:00p/Kelsey Carbajo**  
"Mental Aspect of Running"

## JULY 20TH

**9:00 - 10:15/Jill Lancaster**  
"Hurdle Progression Teaching"

**10:30a - 11:45a/Steven Gulley**  
"Structuring the Season"

**1:15p - 2:30p/Jill Lancaster**  
"High Jump Technique Drills"

**2:45p - 4:00p/Steven Gulley**  
"Tempo & Rhythm Work"



# INFORMATION

## WHEN?

JULY 17TH - 20TH

## WHERE?

**NORMAN NORTH HIGH SCHOOL**

NANCY O'BRIEN CENTER

1801 STUBBEMAN AVE. NORMAN, OK 73069

**FURTHER &  
FASTER TOGETHER**

## COST & REGISTRATION

### Pre-Registration Costs:

One Day: \$50

Two Days: \$60

Three Days: \$80

Four Days: \$100

### Walk-up Costs:

One Day: \$60

Two Days: \$75

Three Days: \$100

Four Days: \$125

\*\*DISCOUNTS GIVEN TO COACHES THAT BRING  
MULTIPLE COACHES FROM THE SAME SCHOOL.

\$



**venmo**

@DESTINY-WARRIORNHSXCBOOSTER



### \*MAIL CHECK

**ATTN: SCOTT MONNARD**

3101 E. ROCK CREEK ROAD

NORMAN, OK 73071



### REGISTER VIA EMAIL:

SMONNARD@NORMANPS.ORG



### QUESTIONS?

SCOTT MONNARD

(405) 420-5951

\*PAYABLE TO NORMAN HIGH TRACK  
BOOSTER CLUB