

2023 OKLAHOMA TRACK
& CROSS COUNTRY COACHES
WINTER CLINIC
GRAND HOTEL AND RESORT
BETWEEN OKC AND SHAWNEE ON I-40

Pre-Registration - \$45.00 (\$60.00 after January 9TH)
Outstanding Lectures: Friday afternoon and Saturday morning
Business Meetings: Saturday Noon
Rules meeting to follow

Make checks payable to: O.T.C.A. TRACK CLINIC
Mail registration and fee to: Terry Neal 1021 West 9th Sulphur, OK 73086

THE CLINIC IS AT THE GRAND HOTEL AND RESORT

777 Grand Casino Boulevard Shawnee, Oklahoma 74804

ON I-40 BETWEEN OKC AND SHAWNEE

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1021 West 9th
Sulphur, OK 73086

2023 OKLAHOMA TRACK & CROSS COUNTRY COACHES WINTER CLINIC

GRAND HOTEL AND RESORT

Friday, January 13

12:00 pm - Registration Opens

2:30-3:15 - (1) James Hilliard/Julius Koger - Langston University - 100-400m Training
(2) Lane Fraily - Bishop Kelley - 1600 Relay - Training and Choosing the Team Members

3:30-4:15 - (1) James Hilliard/Julius Koger - Langston University - Long Jump Fundamentals
(2) Matt Kennedy - Rogers State - Individual and Team Goal setting

4:30-5:15 - (1) Ford Maston - Oklahoma Baptist University - Hurdles
(2) Kelly Beck - Culture and Program Building

6:00-7:30 - (1) Track Coaches Hall of Fame Inductions - 2023 Inductees:
Gerard Alexander-Beggs/Bristow; Kent Douglas-Edmond North;
Brad Farrow- Broken Arrow; Sherry McCulley-Grove/Coalgate; Lynn Minor-Broken Bow

Saturday, January 14

8:00 - 10:00 Registration Opens

9:00 - 10:15 (1) 100-400M TRAINING - Mart Leming - Tuttle; Ayodolle Ellis - Community Christian

Gerald Alexander - Beggs; Dennis Seifried - Weatherford

(2) HIGH JUMP PERFECTION - Keven Ritter - Yukon; Bryan Mathews - DeerCreek;
Shandy Wade - Wynnewood; Greg Hayes - Moore

(3) Official Certification - Tim Palesano

10:30 - 11:45 (1) 1600-3200M TRAINING - Cale Eidson - Madill; Brian Givens - Moore;
Matt Aguero - Poteau; Kendra Hoover - Mooreland

(2) SHOT PUT PERFECTION - Kyle Williams - Broken Bow; Phillip Koons - Ringling;
Chet Braudrick - Atoka; Zach Nelson - Fairview

(3) Starters Clinic - Monte Thompson, and Curtis Janko

11:45 DOOR PRIZE DRAWING

12:00 OCCTCA BUSINESS MEETING

12:30 TRACK RULES MEETING

SPEAKER INFORMATION BELOW:

Gerard A. Alexander

- * Graduate of Okmulgee High School class of 1979.
- * Attended Eastern Oklahoma Jr. College Wilburton ,Oklahoma 1979-1981
- . Outdoor National Champions Track & Field 1980.
- * Graduate of Central State University/UCO. I participated in track and field 1982-1985.
- * 5 time Collegiate All-American track and field. 1980-1985.

Coaching Career

- * Beggs High School- Head boys & girls Track, and Assistant football coach 1987-1998.
- * Bristow High school - Head boys and girls Track, and Assistant Football 1998-2005.
- . State Runner-Up class 4A boys track 2000.
- * Beggs high school Head Boys & Girls Track coach.
- . State Runner-Up 3A boys-2009.
- . State Champions 3A girls- 2013,2021 &2022.
- * OTCA Girls Coach Of The Year 2013.
- * Tulsa World Girls Coach of the Year 2013 & 2021.

Matt Aguero

Matt Aguero is in his second year as the head cross country and track & field coach at Poteau High School. Aguero spent the previous 17 years coaching at the college level. Aguero's teams won five NAIA cross country national titles. He has two runner-up finishes in indoor track and field and one at the outdoor track and field championships. Aguero's teams have finished in the top five nationally in cross country, indoor track and field, and outdoor track and field a total of 15 times.

Aguero was named the NAIA men's cross country coach of the year in 2018 and 2019. He has been named the Sooner Athletic Conference coach of the year a total of nine times.

In addition to national team championships, Coach Aguero has directed 38 individual and relay national champions. Most recently, Zouhair Talbi (2020 cross country, indoor 5000 and national record holder), Mark Shaw (2019 10,000 meters and 2017 & 2019 cross country), Oscar Kipkoros (2019 3,000-meter steeplechase), Aminat Olowara (12 individual national titles and two NAIA records), Mackenzie Wahpepah-Harris (2018 mile and 1,500 meters), and Michaela Werner (2017 marathon).

Chet Braudrick

I am in my 24 th year of coaching men and women's Track and field. Currently at Atoka where this is my 21 st year. I have also coached at Hugo for one year and Barnsdall for four years. I graduated and competed for Layne Doctorman at Noble high school in

1987. I graduated from Southeastern Oklahoma State by way of OBU and UCO, and ECU. I earned my Master's degree from Ashland University in Ohio.

Cale Eidson

My name is Cale Eidson, and I am in my 8th year as the head Boys and Girls cross country/track and field coach at Madill High school. I ran collegiately at East Central University in Ada, OK from 2010-2015 under Steve Sawyer, and attended high school at Calera High school.

Lane Frailey

Lane Frailey concluded 43 years of coaching in 2022 winning the 5A girls state championship at Bishop Kelley. He is a graduate of Jenks High School , Oklahoma State University and the University of Oklahoma, He began his coaching career in 1979 at Lexington (1979-1984) Followed by stops at Sulphur (1984-1987), Kellyville (1988-1997) Bixby (1998-2013) and Bishop Kelley (2014-2022). He was named OTCA and Tulsa World Track Coach of the Year in 2022.

Greg Hayes- Moore High School Jumps Coach

I began my coaching career in 2006 just two years after becoming a 4A State Champion in High Jumper at Weatherford High School. I Coached under Dennis Seifried and Tim Palesano at Weatherford for 5 years. In that time I was fortunate enough to coach my first State Champion High Jumper. During those 5 years we hosted the Great West Track and Field Camp where I had two more female attendees go on to win State the following seasons after attending the camp. I then moved to Kellyville High School under Kelly Anderson for two years and back to Western Oklahoma after that to start the program at Canton High School. In Canton's first year as a boys Track team we qualified 4 kids for State with two of them medaling in the 200M Dash. After just two years I returned back to Weatherford High as a Volunteer Coach to help the High Jumpers. In my first year returning to Weatherford a first year jumper not only qualified for State but became a State Champion. I have been very involved in working regional and state track meets the past few years and enjoy seeing the different jumpers compete at a high level. Recently I have taken the jumps position at Moore High School under the direction of Stefan Seifried.

Langston University Head Track and Field Coach James W. Hilliard, Jr.

James W Hilliard, Jr is in his 33 rd season leading the Langston Lions Track & Field teams. Coach Hilliard also served as head cross country coach for 25 years. During his time leading the Lions and Lady Lions, he has taken the track and field program to unparalleled heights which includes a total of 70 NAIA Women's Track and Field All-Americans and 84 NAIA Men's Track and Field All-Americans. In the 154 NAIA Track and Field All-Americans, Coach Hilliard has coached 12 NAIA

National Champions which includes the 2005 Women's 4x100m relay (Darneshia Sellers, Tasia Galbreth, Tatiana Simon, Dominique McDonald), Brandee Means in the 600m (2009- Indoor), Julius Koger in the long jump (2009-Indoor), Mario McCottrell in the 600m (2009, 2010, 2011-Indoor), William Moses in the high jump (2007, 2009 . Indoor, 2009 . Outdoor), Clyde Young in the 60H (2011 . Indoor) and David Walters in the 60m (2013). Most recently Zachaeus Beard won the NAIA 60m National title with a NAIA national and Dakota State facilities record time of 6.61 seconds.

Coach Hilliard's teams led the way in establishing Langston's dominance in the Red River Athletic Conference where they won the RRAC Track and Field Championships eight times on the women's side (2005,2007, 2008, 2009, 2010, 2011, 2013, 2014), and four times on the men's side (2005,2008, 2010, 2013) and boasted 77 RRAC champions and over 300 All-RRAC selections. He also captured the 2010 RRAC Women's Cross Country Conference Championship.

His accomplishments earned him inductions in the 2022 Langston University Athletic Hall of Fame and the Red River Conference Athletic Hall of Fame.

Coach Kendra Hoover

Has over 15 years coaching experience coaching Cross Country and Track & Field. She has contributed to the success of numerous All State athletes, four team state championships, four state runner up team finishes and nearly a dozen top three state team finishes. During her tenure in Mooreland; she founded the Cross Country program in 2016 and has coached over 20 All State runners, 9 individual state champions, has several athletes competing at the collegiate level earning athletic & academic accolades, and the list continues to grow.

Personal Accolades

OCCTCA Boys

Cross Country Coach of the Year (2018, 2019).

OCA Region Boys

Cross Country Coach of the Year (2017, 2019)

NFHS Oklahoma Boys

Cross Country Coach of the Year (2019-2020)

NFHS Southwest Section

Boys Cross Country Coach of the Year (2019-2020).

Currently serving on the OCCTCA Board (Vice President).

Curtis Janko

Track Clinic Presenter 400+ Relays

Multiple School Conference & State Meet Records & State Championships

Co-Coach 2 OK State Champion Teams

Multiple All Americans & National Champions

Helped Coach 2 Olympians in 1988, Silver Medalist (400H) Along with World Championship Quarter Finalist 1987

Asst. Coach NAIA Outdoor National Champions (86-87)

Entering 40th year as Starter & Meet Administrator

Started Invitational Conference Meets in OK since 1992

Multi-Event NAIA National Outdoor Starter in 1992

Enid/Chisholm Indoor Starter since 2006

Meet of Champions co-starter since 2010

Head State Meet Starter since 2010

Matt Kennedy

Matt Kennedy wrapped up his second season with the Hillcats as the head coach of the cross country and track and field programs in 2022. This past season he oversaw great strides in all four programs.

In the Fall, the men's cross country team saw four of the top 8k times in school history fall and six of the top 10k times be set. On the women's side, freshman Jillian Skalicky set the school record in both the 5k and 6k during the season.

Kennedy joined Rogers State from Oklahoma Baptist, where he has served as Head Coach for the cross country programs and Assistant Coach for the Bison track & field programs.

Kennedy, a native of Wichita Falls, Texas, came to College Hill after spending eight and a half years with the Oklahoma Baptist program.

Under Kennedy's direction, the Bison won three-straight GAC Championships on the women's side. They also qualified for the 2017 and 2018 NCAA Division II National Championships. The women's program ranked in the USTFCCA Top 25 for 20 consecutive weeks and finished in the top five in the central region in three-consecutive seasons.

Kennedy took over the men's cross country program in 2018 and led them to a runner-up finish in his first season at the helm. Under his guidance, the men's program reached the Top 10 in the USTFCCA regional ranking for the first time in school history and recorded their best-ever finish at the regional meet with a 13th overall.

Prior to his return to Shawnee, Kennedy spent two and a half years as the head cross country and track & field coach for the women's program at Friends University. During his time in Wichita, Kennedy guided the women's team to the first conference track & field championship in school history in 2010 and then made it back-to-back championships in 2011. Kennedy swept the 2010 Kansas Collegiate Athletic Conference Indoor and Outdoor Coach of the Year honors. He was also named the KCAC Outdoor Coach of the Year in 2011.

Kennedy moved to OBU in 2006 from his alma mater, Midwestern State University in Wichita Falls, Texas, where he assisted with the women's cross country team during the 2005 inaugural season.

Prior to Midwestern State, Kennedy served for three seasons as the head track and field coach and two years as the Athletic Director at Wichita Christian High School in Wichita Falls, Texas.

From 2003 to 2007 Kennedy was responsible for the resurrection of the Wichita Falls Track Club. During this five-year period, the club's enrollment increased from 28 to a record-setting 92, with 105 athletes enrolling the following year. In addition, the number of athletes qualifying for the Texas Amateur Athletic Federation Track and Field State Championships more than doubled. This included a historic 32 state qualifiers in 2007 and the club's first TAAF Local, Regional, and State Athlete of the Year.

Kennedy is a Level 1 USA Track & Field Certified Coach and a member of the United States Track & Field and Cross Country Coaches Association. Kennedy holds a Bachelor's of Science Degree from Midwestern State University, graduating in 2006. He earned a Master's of Education Degree from East Central University in 2018.

Langston University Assistant Coach Julius Koger

Julius Koger is in his fifth year as assistant coach for sprints, jumps and relays with the Langston Lions. The Austin, Texas native joined the Lions Track & Field program in 2007 season and quickly worked on becoming one of the most decorated men's track & field athletes in school history. Koger was a nine-time All-American for the Lions and holds the distinction of being the first long jump national champion in Langston University history. Adding to that accolade, Koger holds the school record for the outdoor 200m (20.88) and is a member of the school record 4x100m relay (40.42), and both the indoor (3:13.73) and outdoor 4x400m relays (3:08.67). He was conference champion in multiple events and was named Red River Athletic Conference MVP. Julius was also inducted into the 2022 Langston University Athletic Hall of Fame.

From 2015-2017, Koger took his talents to the middle school classroom where he taught sixth, seventh and eighth grade mathematics where he utilized a team approach to identify and implement strategies promoting student success. He served as the Head Track & Field Coach at then Northeast Academy High School where he guided the 2A team to a top five finisher in the 100 and 200 meters at the State Meet.

In the fall of 2018, Koger returned to his alma mater to assist his former Head Coach James W. Hilliard Jr and has continued to pursue coaching excellence. He has effectively trained athletes to improve technique by developing and implementing individual training modules for athletes that provided regular performance feedback. In his short tenure, Koger has developed national level student-athletes on both the women's and men's side. To date he has coached 12 NAIA All-Americans and one national champion in the indoor 60m dash. He has earned his USATF Level I and USATF Level II certification in Jumps, Sprints, Hurdles and Relays and continually researches ways to improve those he coaches.

Philip Koons,

I have been coaching since 1986. I have been a head football coach and strength and conditioning coach for 28 years. I started coaching track as an assistant in 1986 and have been a head coach in track for 29 of those years for both boys and girls, including 23 years at Tuttle and the last 4 seasons at Ringling High School. During that time, I have been fortunate enough to coach multiple placers/champions in multiple events. Strength and conditioning is the foundation of all the sports I coach for both boys and girls . football, track and powerlifting. For me, it is the foundation for success and is instrumental in the way I train athletes.

Multiple Regional Track Championships Boys and Girls

Have coached regional placers and champions as well as state placers and champions

in sprints, hurdles, relays, pole vault, long jump, shot put and discus

2010 OCA Track Coach of the Year

2010 Region 5 Track Coach of the Year

2011 Class 4A Girls State Runner-Up Track, Tuttle

2022 Class A Boys Track State Championship (Ringling's 1 st in school history)

2022, 2021, 2019 Class A Track Regional Champions
2022 National Track Coach's Association Boys Track & Field Coach of the Year
2022 Oklahoma Coach's Association Hall of Fame Inductee

Ford Mastin

OBU track and field coach Ford Mastin is an 11-time NAIA National Coach of the Year with 10 NAIA national championships since starting with the Bison in the 1996-97 seasons.

Highlight years have include 2007 when the women won the Indoor National Championship and the men won the Outdoor National Championship, and 2013 when both men and women's teams captured Indoor National Championships. Along with the Team Championships came National Coach of the Year awards to bring Mastin's total to 10 - one each in 1998, 2005, 2010, 2011, 2012, 2014 and 2015, and two in 2007 & 2013.

On the national level, the Bison women have won seven team national championships, have finished as runners-up five times and have two third-place finishes. Since the 2005 indoor season, Mastin's women's 4x400 meter relay teams have won 16 of a possible 19 relay national championships, including an incredible 11 titles in a row (outdoor 2007-outdoor 2012). The relay teams' first miss since 2007 was a runner-up finish indoors as the Bison captured the team national championship.

The Bison have captured two team national championships, have finished as runners-up four times, have 13 third-place finishes and have nine national fourth-place finishes. In the Sooner Athletic Conference, the Bison women dominated, winning 16 consecutive conference championships. The women's cross country team won 13 out of the last 18 SAC titles. The men's track team won 14 out of 16 conference championships, including eight in a row, while the men's cross country teams have won 10 out of the last 18.

Since arriving in 1996-1997, the OBU cross country and track programs have produced more than 400 All-American awards under Mastin, who was named OBU's Most Promising Teacher in 2001. He has garnered countless conference and regional Coach of the Year honors and was inducted into the Oklahoma Track Coaches Association Hall of Fame in 2008, the Oklahoma Baptist University's Athletic Hall of Fame in 2009 and the NAIA Hall of Fame in 2014. He won the SAC Coach of Character Award in 2012-13 and the NAIA Coach of Character Award in 2014.

Mastin, who has a master of divinity degree from Southwestern Theological seminary and a master of education degree from East Central University, is a third generation Bison . a 1977 graduate of OBU. He lettered in track from 1973-1977 and was Team Captain and Most Valuable Athlete in his senior season.

His coaching career began at Texas Christian University as assistant track and head cross country in 1979. He became teacher and coach at Happy Hill Academy in 1980-1981. From 1982-1996, Mastin served as track, cross country, and assistant football coach at Prague High School in Oklahoma. While there, he coached 13 All-State award winners. He was named Oklahoma Track Coach of the year and USA Track and Field representative of Olympic development in Oklahoma in 1994.

Ford and his wife, Terri, have three children, Linsey, Trevor, and Kaeley.

Bryan Mathews

Coach Bryan Mathews started his teaching and coaching career at Putnam City North where he coached girls basketball and tennis. Coach Mathews moved to Deer Creek in 2014 where he began coaching cross country and tennis, he transitioned from tennis to track in 2020 where he has worked with sprinters and jumpers. He loves coaching track because of the sports simplistic approach to test the human limits, how fast can you run? How high or far can you jump? How far can you throw an object? Coach Mathews has been married for 10 years to Megan and has 3 children, Solomon, Magnolia, and Greta.

Zach Nelson

My name is Zach Nelson, I currently reside in Fairview, OK with my wife and two girls where I am currently the Head Strength and Conditioning Coach for 6th-12th grade athletes. My other duties include head middle school football coach, assistant high school football coach, head powerlifting coach, and middle school and high school throwing coach for the past 5 years. I received my Bachelors in Health and Sports Science from Northwestern Oklahoma State University and Masters in Exercise Science from the University of Central Oklahoma.

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

20 years of high school coaching
4 years of college coaching

Current positions

Yukon - Head boys basketball and assistant track coach
Southwestern Christian University - Assistant track coach (Sprints/Hurdles/Jumps)

High School High Jumpers

9 athletes who have cleared 6'4 or higher

6 athletes who have cleared 6'6 or higher

2 athletes who have cleared 6'10 or higher

Current National Record holder Vernon Turner cleared 7 foot or higher 24 times in his high school career, PR was 7'6.

Monte Thompson

Retired/ current public school administrator. Has been starting track meets for the last 40 years. Averages 25 track meets per year (high school, junior high, and both in state and regional AAU meets also) State starter for the past 15 years. Lead state starter for the past 6 yrs.

Shandy Wade

Head Track Coach, Wynnewood High School

Graduated from Sulphur High School 2011

Graduated from ECU 2020

Sulphur High track assistant 2020-2021

Dickson High track assistant 2021-2022

Wynnewood High Head track coach 2022-2023

Kyle Williams

My name is Kyle Williams I am Broken Bow born and raised, I have been in the coaching profession now for 2 years going into my 3rd year. I coach 3 sports , Football, Wrestling and Track. I coach the throwers here for Duce Lee. I graduated from BBHS in 2010 and went on to Southeastern in Durant to play football and earned a Safety degree. I graduated in 2014 and went into oil and gas work out of college then started a family and decided to move home and go into coaching. I always wanted to coach and finally got a chance to come home and do it. If you have any questions just let me know, thanks.