

2024 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
Track and Cross Country Coaches Hall of Fame Inductions - Friday 6:00 pm
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
CALL(405) 964-7777

Mention O.C.C.T.C.A. clinic for clinic rate \$99- Clinic rate good until 12/31/2023

NAME_____

SCHOOL_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

Email_____

Phone_____

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1021 West 9th
Sulphur, OK 73086

2024 OKLAHOMA TRACK & CROSS COUNTRY COACHES WINTER CLINIC

GRAND HOTEL AND RESORT

Friday, January 12

12:00 pm - Registration Opens

2:30-3:15 – (1) ROBERT GARRISON
(2) JARRETT KECHEL

3:30-4:15 - (1) LISA WILSON
(2) JILL LANCASTER

4:30-5:15 - (1) KENT DOUGLAS
(2) JEFF POTTER

6:00-7:30 – (1) **Track and Cross Country Coaches Hall of Fame Inductions - 2024 Inductees:**

Dan Caram - Midwest City, Edmond Memorial

Stan Higdon - Luther

Ed Forester - Bethany, Southern Nazarene, Southwest Covenant

Pete Kron - Oklahoma University

Bret Rider - Forgan, Texhoma, Turpin, Beaver, Guymon

Saturday, January 13

8:00 - 10:00 Registration Opens

9:00 - 10:15 (1) 800-1600M TRAINING - Elzy Miller, Jason Schroeder, David Spears, Adam Forester

(2) DISCUS PERFECTION - Bo Forrow, Mike Driskill, Courtney Gouglar, Tim Buben

(3) Official Certification – Tim Palesano

10:30 -11:45 (1) ADVISORY BOARDS -TRACK AND CROSS COUNTRY

(2) LONG JUMP PERFECTION - Tim Gillispie, Mark Cox, Cameron Etheridge,
KortnetOzment

(3) Starters Clinic - Monte Thompson, Curtis Janko

11:45 DOOR PRIZE DRAWING

12:00 OCCTCA BUSINESS MEETING

12:30 TRACK RULES MEETING

-----SPEAKERS BIOS BELOW-----

John David "J.D." Martin (born March 19, 1939) is an American former track and field athlete who competed in the pole vault and decathlon. His greatest achievement was a decathlon gold medal for the United States at the 1963 Pan American Games. He set a games record of 7335 points in the process, also a personal record. His personal record for the pole vault was 4.75 m (15 ft 7 in). His best finish nationally was third in the decathlon at the 1961 USA Outdoor Track and Field Championships.

Raised in Erick, Oklahoma, at collegiate level he competed for the Oklahoma Sooners and won the NCAA Men's Division I Outdoor Track and Field Championships in 1960. He quickly moved into coaching and served as the track and cross country running coach at the University of Oklahoma from 1964 to 1997. Over this period, he was coach to two Olympic gold medallists, 22 individual national champions and 171 collegiate All-Americans. He was inducted into the Oklahoma Sports Hall of Fame in 2005.

His alma mater set up the J.D. Martin Invitational track meet in 2006 in his honour.

Jill Lancaster just completed her 8th year at Northwestern. She spent first two years as the Cross-Country coach and her sixth year as the Women's Track & Field coach. Most recently finished 5th in the Great American Conference. Lancaster was the Director of Men's and Women's Track and Field at Division I Troy University over the course of the 2008-2014 seasons.

Prior to her position at Troy, Lancaster was the Co-Head Men's and Women's Track and Field Coach at the University of Oklahoma from the year 1997 to 2005. Her first head coaching position came in 1988 when she held the position of Head Women's Track and Field and Cross- Country coach until 1993 at Toledo University. She also held two other assistant Track and Field or Cross-Country jobs at other major Division I schools including Kansas State and the University of Kansas.

Lancaster has coached several athletes throughout her illustrious Division I career who have advanced to the NCAA Outdoor Track and Field Championships. During her tenure as Co-Head Men's and Women's Track and Field Coach at the University of Oklahoma she assisted in coaching numerous Division I All-Americans as well as leading the Sooners to a fourth-place finish at the 2004 NCAA Midwest Regional, which stood as the highest finish at the event in program history.

In addition to her time as a collegiate coach, Lancaster also brings success to the Rangers at the national level as she coached two Olympic Trial qualifiers in the 100, 200 and long jump competitions. She has also had a hand in developing multiple individuals who have qualified for the NCAA Outdoor Track and Field Championships.

A ground-breaking athlete in the state of Oklahoma herself, Lancaster was a three-time AIAW Division 1-A All-American Selection in the 600-meter dash, mile and two-mile relays. Lancaster still holds the all-time school record for the outdoor 400-meter hurdle with a time of 59.03.

Following her collegiate career for the Sooners, Lancaster placed 14th at the 1988 United States Olympic Trials in the Heptathlon. In 2009 she was named as one of the Top 10 Female Athletes of the Century by the Drake Relays. 1988 was a big year for Lancaster as she was also inducted into the Drake Relays Hall of Fame.

"Throughout my career the community has supported me in all my endeavors as a student, athlete and coach. The time is right and a good fit to get back to the sport I love. It is a true homecoming for me. Ride, Rangers, Ride.

Mike Driskill

- Coaching in my 41st season as a head or assistant coach.

- Regional Champion at 6 different schools.

- State champion or runner-up team at 3 different schools.

- Been a head coach or assistant coach for 25 state championship or runner-up teams in

cross-country and track.

- In throws specifically, I've had the great fortune to work with some hard working athletes of which 8 different ones have been a state champion in the shot or discus for 4 different schools as well as several more state runner-ups and state placers.

- I've had the unbelievable fortune to learn from many outstanding coaches throughout my career and would not have been a part of so much success without them. I take to practice with me the philosophies and training techniques of Rob Nichols (his high school coach was Fay O'Dell so see how the past reaches into the future?), Joe McCulley, Jerry Frieouf, Bob Campo, Paul Parent, Matt Parent, Mark Cox, Courtney Gougler, Mike Gray and Hall of Fame coaches Sherry McCulley, Foster Harrington, JJim Coleman, Sam Horse Chief, and Clyde Ellis. I've certainly been blessed to learn from some of the best coaches in the history of Oklahoma.

Bo Farrow

4 time State Champion at Broken Arrow and school record holder for both the Shot Put and Discus. 2018 graduate of Pittsburg State University. 12 time All-American in the Throws and Football. 2018 Division 2 Indoor National Champion in the Shot Put. Fifth year coaching. 11 state qualifiers. 8 State placers. 2 Runner-ups. 1 school record holder at Broken Arrow in the Girl's Discus.

Courtney Gougler

Courtney had a successful high school career in the discus winning the state championship both in 2003 & 2005 for Glencoe, OK. After high school Gougler competed for Cowley College where she was a 2-time National Champion in the Discus and Shot Put her freshman year, which led her to a full scholarship at the University of Wyoming and eventually she competed her senior year at Oklahoma State University, where she threw the Discus, Shot Put, & Hammer/Weight throw. After a successful NCAA career she went back to Cowley College to coach the throws. During her time at Cowley College, Gougler coached five national champions in the throws events and over 100 national qualifiers in the Discus, Shot Put, Hammer, Indoor Weight Throw and Javelin.

Gougler currently lives in Oklahoma City, working at Bishop McGuinness Catholic High School as the admissions and enrollment coordinator and freshmen counselor. She currently coaches and trains several athletes privately as well as competes in the Scottish Highland Games.

Jarret Kachel

Born and raised in Hooker, OK. Grew up in a Track and Field/Cross Country family running for my Dad, Stan Kachel, and the Hooker Bulldogs. Ran collegiately for Garden City Community College in Kansas and West Texas A&M. I have raced every distance from 400m to half marathon at a high level, though I was always best in the middle-distances. Stayed on to be the Graduate Assistant Coach at WT while I worked on my Master's degree. Came home to teach biology, and was the Assistant Coach for Dad for his last three years at Hooker and his last three State Championship teams. Became the Head Coach for Boys and Girls Cross Country and Track and Field in 2018. Since then, I have strived to maintain the excellence and tradition of our program at Hooker. Have now won 7 State Championships as the Head Coach of the Bulldogs (3 Girls' CC, 2 Boys' CC, 1 Girls' Track, 1 Boys' Track). My degrees are in Wildlife Biology, and I am an avid hunter, outdoorsman, and conservationist. I still run daily and feel the need to demonstrate the benefits of physical fitness and the virtue of discipline. Besides running, I love to climb, and am currently working my way through all of the Colorado 14,000ft peaks.

Mark Cox

- Assistant HS track coach for boys and girls at Hennessey 2007-2009
- Head HS boys track coach at Hennessey 2010-2016
- Head HS boys and girls track coach at Okeene 2017-2018, 2020-2023
- Current head HS boys track coach at Hennessey

- Head coach of two state championship teams (Hennessey boys in 2013 and Okeene boys in 2017) and one state runner-up team (Hennessey boys in 2012)
- Assistant coach on three state runner-up teams (Hennessey girls 2007-2009)
- Coached three long jumpers that finished in the top 3 at the state meet, including the Class A State Champion in 2017/State Runner-Up in 2018 and the Class 2A State Runner-Up in 2010

Tim Gillispie:

Henreytta High School

Head Coach Boys/Girls - Track/ Cross-Country

Bio:

Head Coach Boys/Girls Cross-Country 2001-Present

Head Coach Boys Track 2001-Present

Head Coach Girls Track 2017 - Present

21 Consecutive Years State Qualifiers Boys Track

5 Consecutive Years State Qualifiers Girls Track

20 Consecutive Years State Qualifiers Boys/Girls Cross-Country

7 All-Staters Cross-Country

4 Individual Cross-Country State Champions

6 All-State Track

5 Individual Track State Champions

Several top 6 finishers State Track

1 State Champion as Asst. Track Coach

Andrew Pletan

This will be my second season as head coach for the boys track team at Edmond North High School, and I just completed my third season as the head boys coach for our Cross Country team.

I ran high school cross country and track at Owasso from 2004-2008, and I started coaching in 2017 at Cheyenne Middle School, a feeder to Edmond North. In 2020 I was given the opportunity to coach at the high school starting as an assistant cross country coach and middle distance track coach.

I have been lucky to coach a back-to-back state champion in the 800m, eight of the ten fastest 1600m runners in school history, 19 boys under five minutes, the school record holder in the 3200m, and the first 4x800m team at North to break 8:00 since 2007. Our boys cross country team won their first team championship

in school history in 2022, and had the first individual champion in school history in 2023.

Robert Garrison-

Altus High School Men's and Women's Track Head Coach

I have lived in Altus most of my life as my family was stationed there in 1970 when I was 3. I ran track and field in Altus beginning in the 5th grade.

In high school I was coached by Coach Bob Hart and later by Coach Chuck Roberts. I was a hurdler then switched to being a mid-distance runner. I ran the 400, 600, and 800 and was a 4 event state qualifier by senior year.

Once I got my degree I came back to Altus and have been a track and field coach at all levels here for 31 years. I was an assistant high school coach for 12 years and have been the head coach or co-head coach since 2010.

I've been blessed to be a part of 3 Class 5A State Runner-Up women's teams and the 2011 Class 5A State Champion Women's team.

In my years of coaching I have coached over 30 State Champions (individual and relay) and 1 All-American. I've had 8 individual hurdle state champions (3 100's, 4 300s). I've also coached the 2019 Class 5A 1600 Women's relay champion and the 2021 Class 5A Men's 1600 Relay champions.

I've been voted twice as the Region 4 Track and Field Coach of the Year and was honored to be named the OCA 2023 Track and Field State Coach of the Year.

I've been a part of some of the best coaching staffs at Altus. Jeep Johnson, Lyn Hepner, Stefan Seifried, Randle Hawkins and others who have shown that you can build a team and be successful no matter the numbers you have out.

Courtney Gougler

Courtney Gougler had a successful high school career in the discus winning the state championship both in 2003 & 2005 for Glencoe, OK. After high school Gougler competed for Cowley College where she was a 2-time National Champion in the Discus and Shot Put her freshman year, which led her to a full scholarship at the University of Wyoming and eventually she competed her senior year at Oklahoma State University, where she threw the Discus, Shot Put, & Hammer/Weight throw. After a successful NCAA career she went back to Cowley College to coach the throws. During her time at Cowley College, Gougler coached five national champions in the throws events and over 100 national qualifiers in the Discus, Shot Put, Hammer, Indoor Weight Throw and Javelin.

Gougler currently lives in Oklahoma City, working at Bishop McGuinness Catholic High School as the admissions and enrollment coordinator and freshmen counselor. She currently coaches and trains several athletes privately as well as competes in the Scottish Highland Games.

Lisa Wilson

- Sales Rep for M-F Athletic
- Currently competing post collegiately in hammer
 - Masters American Record Holder
 - 5th at 2020 US Olympic Trials
 - 10x National Qualifier
 - Personal Bests
 - Hammer 70.90m
 - Discus 52.18m
 - Shot 15.25m
- Formerly coached college, high school, and middle school
- MBA from University of Redlands
- BS In Hospitality Management from University of Massachusetts
- Certifications
 - USATF Level 1 Coach, CSCS, Certified Throws Specialist, Certified Strength & Conditioning Specialist

Kent Douglas

- *40 years in XC/Track (30 in Oklahoma/10 in Texas)
- *18 years co-director/director Oklahoma State XC meet
- *numerous team state championships/runners-up in XC/Track
- *numerous all-staters in XC/Track