

2025 OKLAHOMA TRACK
& CROSS COUNTRY COACHES
WINTER CLINIC
JANUARY 17-18, 2025
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

ADDRESS CHANGE

Mail registration and fee to: Terry Neal 1510 County Redbud Road Mill Creek, OK 74856

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 110- Clinic rate good until 12/31/2024

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Terry Neal

1510 County Redbud Road

Mill Creek, OK 74856

OU COACHING STAFF WILL BE SPEAKING ON SATURDAY

2025 OKLAHOMA TRACK & CROSS COUNTRY COACHES WINTER CLINIC

GRAND HOTEL AND RESORT

Friday, January 17, 2025

12:00 pm - Registration Opens

2:30-3:45 – (1) Pole Vault Higher -Tim McMichael, Scott Wilkinson, Andy Peffer, Tod Perry
(2) Hurdle Faster - David Garman, Chris McGowen, Dalton Cooper, Doug Daffern

4:00-5:15 - (1) The Fastest 400-800- Stefan Seifried, Warren Butler, Robert Garrison, Bill Case
(2) ADVISORY BOARDS -TRACK AND CROSS COUNTRY

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

Jerry Brady
Joe Dial
Steve Hickman
Curtis Janko
Greg Nash

Saturday, January 18

8:00 - 10:00 Registration Opens

9:00 - 9:45 (1) Anna Bearss/Jay Weaver- Distance Coaching Collaboration
(2) Jerel Langley - Pole Vault 101

10:00 -10:45 (1) Mookie Salaam- Training the Combo Sprinter
(2) Austin Davis - Developing the Long Jumper
(3) Official Certification – Tim Palesano

11:00 -11:45 (1) James Thomas - Approaching the High Jump
(2) Andrew Ninow - Throwing Fundamentals
(3) Starters Clinic - Monte Thompson and Curtis Janko

11:45 DOOR PRIZE DRAWING

12:00 OCCTCA BUSINESS MEETING

12:30 TRACK RULES MEETING

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

Anna Bearss

Bearss aided the women's distance efforts during the 2024 track and field season and enters her first cross country campaign this fall.

Bearss spent the 2021-22 and 2022-23 seasons at Drake University where she served as the associate head cross country coach and assistant track and field coach for distance events. In the fall of 2023, the women's cross country team notched its highest finish in program history at the NCAA Midwest Regional Championships. On the track, Bearss coached senior Brooke Mullins to a new school record in the indoor mile (4:46.01) and the 3000-meter steeplechase (10:08.10). Mullins was named the Drake Relays Champion, MVC Outdoor Champion and qualified for the NCAA West Preliminary round in the steeplechase. During her first season, Bearss assisted the women's cross country squad to third place in the Missouri Valley Conference, the team's best finish since 2000.

A year prior, Bearss spent one season at the University of Akron as the head women's cross country coach and assistant track and field coach. Under Bearss guidance, the Lady Zips finished third at the Mid-American Conference Cross Country Championship, their best finish in over a decade, and won both the indoor and outdoor track and field MAC Championship titles.

From 2018-21, Bearss coached women's distance and middle-distance athletes at South Dakota State University, where her athletes earned conference titles and honors, broke school records and qualified for NCAA West Preliminary rounds.

Warren Butler

Coach Warren Butler's passion for track began at Idabel High School where he was trained and mentored by Skippy Smith. After graduating from college, he began his career at Fox as a track assistant to his father, Dale Butler. After leaving Fox, Warren pursued his career at Maud High School as the Head Boys and Girls Track Coach, and in 2004 earned the title of Southeast Regional Champions in both boys and girls track.

In 2005, he left Maud and went to Salina where he started the track program. He then continued his career at Bray-Doyle as the Head Boys Track Coach until 2010. In 2011, he started the boys and girls track program at Wilson, before transferring to Temple in 2014. Coach Butler remained at Temple for three years as the Head Boys and Girls Track Coach. His career then took him to Dickson. He spent his first year at Dickson as an assistant track coach before being made the Head Boys and Girls Track Coach in 2018.

Coach Butler is now in his third year at Plainview where he is the Head Boys Track Coach. His most recent accomplishment is being named the OCA Regional Track Coach of the Year for 2023.

Bill Case

Bill was a multi-sport athlete in high school as he ran cross country/track and played basketball all four years until he graduated in 1983. After graduating high school he went on to run cross country for the University of Arkansas at Little Rock. In 1985 Bill married his high school sweetheart, Tammy, with whom he is still married today. In 1989 he began his coaching career and returned to his alma mater, a small christian school, where he coached both basketball and track.

Bill worked in the youth ministry of his church and was youth pastor from 1989 until a devastating fire destroyed his family's home in 2003. Bill and his family moved to Oklahoma in 2003 where he worked in construction, building and remodeling homes. In 2008, Bill returned to his calling as he was hired to teach and coach at Carl Albert High School. He has been head coach of boys cross country from 2009-2021 and girls from 2009-present. Girls track head coach from 2021-present. Assistant boys track coach 2009-2020

Accomplishments:

3 time State Basketball Champions in the ACAA (Arkansas Christian Athletic Association) where he was voted MVP for two of those years. He won the 880, Mile run, and 5k his junior and senior years. Set a UALR 10k record as a freshman.

Coaching Achievements:

Cross Country:

Boys 13 consecutive years state qualifiers. Girls 13 of 15 years state qualifiers.

2017 Boys East Regional champions

2024 Girls West Regional Champions

2 Boys overall State Champions

4 Girls All State and 6 Boys All State

Track

Part of the 2017, 2018 5A Boys State Championship and 2019 State runner-up.

Coached several 400, 800, 1600, 3200, and 4X800 state qualifiers and state medal recipients including a few state champions.

Dalton Cooper

Coaching Career:

Helped coach or coached a 2x state qualifier and a state placer in the 100 Hurdles

Coached a girls LJ State Champion (2024)

Coached a State Qualifier in boys HJ

Worked as exchange zone judge 2024 5A/6A State Meet

Have ran our strength programs for track and football the last couple of years

Athletic Achievements:

High School: Ran Track all 4 years along with playing football.

Competed in the 300H all 4 years placed 6th in the state 2016

Competed in the 4x400 all 4 years ran 3rd leg on championship relay team in 2016

Ran on some 4x100s and 4x200s if needed.

Competed in the 110H Senior year

Played college football for 4 years

Doug Daffern

I began coaching 29 years ago in Boise City. I was at Boise City for 15 years where I coached

with some of the best track coaches in the state. While there I was fortunate enough to coach 4 state championships in girls track, 3 runner-up and numerous individual state champions. I was blessed to be able to assist individual runners win 15 state championships in the hurdles. I also coached (1) girls cross country state championship team, and (1) runner-up.

I left Oklahoma in 2011 to coach in Texas and California. I returned in 2018 to Sweetwater. In 2019 we built a new track complex, which I feel is one of the nicest in Western Oklahoma. We immediately began the process of building a track and cross country program. Last year (2024), we had the first individual state champion in track in school history. We also made it to the podium for the first time in school history in cross country, placing 3rd as a team. This season, our boys won the Class A boys state championship in cross country.

Austin Davis

Austin Davis enters his sixth season coaching at the University of Oklahoma. Specializing in horizontal jumps, Davis brings over 11 years of coaching expertise to the Sooners' track and field team. Since his arrival in the fall of 2019, his athletes have seen remarkable success.

Davis has played a pivotal role in the development of the long jump and triple jump events at OU. In six years, his coaching has led to five Big 12 titles and 55 Big 12 All-Conference honors for 15 athletes across the indoor and outdoor seasons, 36 NCAA first-round appearances for 21 athletes, and 17 All-Americans from a group of seven athletes.

In 2024 alone, Davis' horizontal jumps squad earned two Big 12 titles, nine Big 12 All-Conference awards, five NCAA All-America honors and seven qualifications for the NCAA Outdoor West First Rounds. Coach Davis aided BJ Green to an outstanding sophomore season where he swept the Big 12 indoor and outdoor triple jump titles. He claimed sixth place at the NCAA Indoor Championships and third place at the outdoor championships, becoming a two-time First Team All-American in the TJ. BJ was named the Big 12 Field Athlete of the Week twice during the 2024 season, once during the indoor campaign on Jan. 31 and outdoors on April 24.

Over the summer, Davis worked with student-athletes participating in national and international competitions in preparation for the 2024 Paris Olympics. At the Jamaican trials, senior Nikaoli Williams finished fifth in the long jump with a 25-11 (7.90m) mark. At the U.S. Olympic Team Trials, Davis supported BJ Green as he competed for a chance to represent USATF at the Olympics.

Four horizontal jumpers mentored by Coach Davis qualified for the 2024 NCAA Outdoor Championships, earning two First Team All-America honors, a second team award and an honorable mention; BJ Green, Nikaoli Williams, Anthony Riley and Jasmine Akins.

Davis' squad proved a force to be reckoned with at the 2024 Big 12 Outdoor Championship, with six athletes' scoring for Oklahoma, collecting 30 points and two top-three finishes. On top of Green's TJ titles, Nikaoli Williams grabbed third and Jasmine Akins earned fourth in the LJ, Floyd Whitaker finished fifth in the TJ and three others placed within the top eight of horizontal jumps.

Also at the 2024 Big 12 Indoor Championship, Whitaker earned a bronze medal in the triple jump and Williams scored for the Sooners with a sixth-place finish in the long jump. Williams' would go on to qualify for the NCAA Indoor Championships for the second year in a row under Davis' guidance.

In 2023, Davis coached sophomore Nikaoli Williams to indoor and outdoor Big 12 Conference Championship titles in the long jump. Williams is the first Big 12 athlete to secure both championships in

a single season since 2012. Williams also broke a longstanding indoor school record at the Windy City Invitational, with a long jump of 26'5.5 feet (8.06m). Williams recorded a sixth-place finish in the LJ at the NCAA Outdoor Championships, earning First Team All-American. Williams' success extended internationally when he claimed fifth at the Jamaican National Championships in Kingston, Jamaica, that summer.

David Garman

Coaching Highlights:

OCCTCA Board Member (2020–Present) and Advisory Board Member (2018–Present).

- Named 2019 Region 4 Track Coach of the Year and 2018 OCCTCA Boys' Track Coach of the Year.
- Head Coach for the 2018 2A Boys' State Championship team.
- Assistant Coach for the 2015 and 2016 2A Girls' State Championship teams.
- Presented on hurdles at the 2019 Winter Track Clinic.
- Coached 7 state champions and multiple state qualifiers and placers in the hurdles.

Athletic Achievements:

- Part of a dominant high school program at Liberal, KS. I was part of multiple team state championships in track and football from 1991 to 1993. Our boys track was class 5A State Champions 14 years in a row. From 1991-2004. Our girls track program was 5A State Champions 10 out of 12 years during that same run. And our Football made it to 7 consecutive State Championship finals from 1991-1997 winning 4 of the 7. We had the same coach for all three sports, Gary Cornelsen. He is now in the Kansas Hall of Fame.
- Personal accomplishments include:
 - **Two-time State Champion** in the 300 hurdles (1992 and 1993) PR - 38.06
 - **Two-time State Champion** in the 4x400 (1991 and 1992) PR- 3:19.57, state runner-up in 1993);
 - **State Champion** in the 4x100 (1992 - State Record 42.27); (State Runner-up in 1993)
 - Placed 6th at Nationals in the 4x100 in 1994 as a college freshman.

Robert Garrison

Andrew Ninow, pronounced (NIN-oh), enters his fourth year as the associate head track and field coach for throws at the University of Oklahoma. Regarded as one of the nation's top throwing coaches, his event group has represented OU 13 times at an NCAA Indoor and Outdoor Championship since joining the Sooners in 2021. His athletes have earned three NCAA First Team All-America honors, seven Second Team All-America awards and three honorable mentions. Ninow's athletes have dominated the Big 12 conference, collecting six titles and amassing 287 points at Big 12 indoor and outdoor championships across the 2022, 2023 and 2024 seasons.

Career Coaching Numbers:

2 Olympians

2 World Championship Participants

3 NCAA Championship Runner-Ups

3 International Championship Medals

18 School Records

18 Conference Champions (Seven-time Pac-12, six-time Big 12, five-time SEC)

53 NCAA All-Americans

60 NCAA Indoor and Outdoor National Championship Qualifiers

142 NCAA Outdoor Regional Qualifiers

NCAA All-American in every men's and women's throwing event

2014 Southeast Region Assistant Coach of the Year

Andy Peffer

Tod Perry

Kinesiologist M.A., NASM CPT, RTS

Kinesiologist and professional Track and Field coach who has successfully trained athletes since 2002.

Many athletes that Tod has trained have become nationally ranked in AAU, USATF, Southern Preparatory Conference and High School State Champions. Former Assistant Head Coach for Casady Upper Division School 2006-07, Founder and Head Coach of The Scholar Athletic Track and Field Program, Harding Charter Preparatory School 2008-13. Currently Head Coach Oklahoma Track Club and Oklahoma Pole Vault, PTS Track Club 2002-Present. Bishop McGuinness High School Assistant Coach, Pole Vault and Hurdles 2014- Present. 405-306-4148. Email: oklahomatrackclub@yahoo.com

Chris McGowen

Head High School Boys track coach- Tishomingo OK (1994-2006)

State Championship teams (2004 & 2005)

Regional Team Champions (8 years)

5 Individual State Champions in 300 hurdles

3 Individual State Champions in 110 hurdles

* Head High School Boys track coach – Kingston, OK (2021-2025)

State Runner-up Team Champions

4 Individual State Champions

4 Relay State Champions

* College Career- Oklahoma State University (1985-1990)

NCAA All-American

Ranked #2 on the OSU All-Time List 400 Hurdles

Ranked #8 on the OSU All-Time List 600 yard run

Ranked #4 on the OSU All-Time List 400 meter dash

* Professional Track Career

Ran for Team Mizuno (1990-1994)

Ranked 12 th in the US and 29 th in the World (1990-1991)

* The thing I enjoy the most about coaching is watching kids work hard, compete (sometimes way over their expectations) and reap the benefits of hard work. Its seeing kids realize that working hard and putting in the extra effort and time is what will get them through lots of hurdles in life!!

Tim McMichael

I won the NCAA championship in 1989 for the University of Oklahoma.

I then competed in three Olympic Trials and the '93 Indoor World Championships.

From 1996 – 2005 I coached at Southern Nazarene.

I have also coached at OU, Oklahoma Christian, Oklahoma Baptist, Northwestern Classen, and Mustang High School.

I have worked as a private coach from 1989 to the present.

My athletes have won 17 State Championships, 34 All American honors, and 10 National championships.

I have coached athletes to the current Oklahoma state boy's and girl's records: Jack Whitt: 17'10 1/2". Emily Coutier 13'2".

Mookie Salaam

University of Oklahoma head track and field/cross country coach James Thomas announced the addition of Rakeem "Mookie" Salaam as assistant track and field coach for men's and women's sprints in January 2024.

Career Coaching Numbers:

2 NCAA National Champions

4 Southeastern Conference Champions

2 Individual Country National Champions

During his first track and field season coaching at OU, his athletes earned seven Big 12 All-Conference awards and 10 qualified for the NCAA West First Rounds in four events. Richard Johnson grabbed a silver medal in the 400m at the Big 12 Outdoor Championship, while the women's 4x100 (sixth) and 4x400 (seventh) scored for the Sooners.

Three female sprinters competed for their native countries over the summer at the international level. With Salaam's guidance, Amanda Obijaku won two titles at Italy's U23 Championships in the 100-meter and 200-meter dash. Jenna James posted a season-best time of 59.76 for fourth place in the senior 400-meter hurdles final at Canada's Bell Track & Field Trials. Eva Kubickova won gold in the 100-meter dash at the Czech Republic U20 Championships.

Salaam returns to Oklahoma after serving as the head track and field/cross country coach at Niagara University in New York from July 2022 to January 2024. A native of Edmond, Okla., Salaam is one of the most decorated sprinters in Oklahoma track and field history. A seven-time All-American and a five-time Big 12 Champion, he was named the 2011 Big 12 Athlete of the Year and USTFCCA Midwest Region Athlete of the Year. He currently holds Oklahoma's indoor 60m (6.54) and 200m (20.39) records and outdoor 100m (9.97) and 200m (20.05) records.

Prior to Niagara, Salaam's Oklahoma roots led him to coach at Southmoore High School in 2022 and Broken Arrow High School in 2019. His athletes earned state, conference and regional titles while breaking school and state records. In 2021, Salaam coached current OU sprinter, Jada Atkinson, to Oklahoma Gatorade Track and Field Athlete of the Year and two state titles in the 100m and 200m dash.

A two-time Olympic Trials qualifier (2012, 2016) and a silver medalist in the 4x100-meter relay at the 2013 World Championships, Salaam ran professionally for Adidas from 2011-17 as a member of Team USA. Salaam is a certified athletic trainer and former world-class sprinter, bringing over a decade of international experience to OU.

Stefan Seifried

Kingfisher High School Men's and Women's Cross Country and Girls Track. Raised in Weatherford and started coaching under my father Dennis Seifried for six years, while in college. I spent the next thirteen years in Altus coaching Football and Track. Then moved to Moore and spent twelve years as the Head Cross Country (7years) and Track (12years). Now have been blessed to move to Kingfisher as Head Cross Country and Girls track. I've been fortunate to be a part of 1 State Championship in 2004 in Altus, and 1 State Runner-Up women's team in Moore 2017. In my years I have coached over 25 State Champions (individual and relay) and 1 All-American. Also was the secretary/treasurer for the OCCTCA from 2003-2017 and Vice President 2017-2019.

I've been very blessed to work beside of the best coaches in Oklahoma. Jeep Johnson, Bryan Givens, Jared Hidlebaugh and a lot of others who have shown kids the right way to become the best they can.

James ThomasIn his first inaugural season, Thomas directed the program to three school records, one Olympian, two individual conference titles, 15 All-America honors, 47 all-conference awards and 59 top-ten performances in OU history. Thomas' commitment to academic excellence aided his student-athletes to 20 4.0 GPAs, 47 3.50+ GPAs and 16 graduates during the 2023-24 year.

Career Coaching Numbers:

9 NCAA National Champions

9 Olympians

31 National Team Members

138 NCAA Division I All-Americans

11-time USTFCCCA Regional Assistant Coach of the Year

1 NCAA National Team Championship (2019)

6 Conference Team Championships

9 Top-5 NCAA Team Finishes

45 Individual Conference Champions

2 Collegiate Records

8 NCAA All-Time Top 10 Performances

61 School Records

13 USTFCCCA Region Athletes of the Year Honorees

2 Bowerman Award Finalists

Thomas served as the primary coach for the high jump group during the 2024 track and field season where freshman Kyren Washington claimed sixth place and First Team All-American honors at the NCAA Outdoor Championships. Washington posted the third-best jump in OU outdoor history, 2.20m (7-2.50), and the fifth-best jump in indoor history at 2.18m (7-1.75). Thomas guided the freshman to two All-Conference honors, including a sixth-place finish at the Big 12 Indoor Championship and fourth place at the outdoor championship.

Over the summer, Thomas worked with student-athletes participating in national and international competitions in preparation for the 2024 Paris Olympics. While attending the Jamaican National Trials, he aided senior Ralford Mullings to an Olympic-qualifying mark and a school record in the discus. Mullings would go on to finish ninth in Paris, becoming the first Oklahoma male to ever qualify and compete in the discus at an Olympic event. Also at the Jamaican trials, senior Nikaoili Williams finished fifth in the long jump with a 25-11 (7.90m) mark. In the U.S., Thomas coached Kyren Washington to third place and teammate Tyson Ritz to fifth place in the high jump at the 2024 USATF U20 Championships. At the U.S. Olympic Team Trials, Thomas supported five current student-athletes: Paige Low, BJ Green, Olivia Lueking, Kassidy Gallagher and Brendon See as they competed for a chance to represent USATF at the Olympics.

Thomas has coached in a variety of capacities on the international stage, also earning USTFCCCA certifications in the following areas:

Jay Weaver

Jay Weaver was named Co-Head Cross Country Coach and Assistant Track and Field Coach for distance in January 2024. He previously served as the Director of Operations, Recruitment, and Staff Development for the track and field and cross country programs since January 2022. He enters his first cross country season as head of the men's distance program this fall. During the track and field season, Weaver's men's distance crew earned five Big 12 All-Conference honors, two qualified for the NCAA West First Rounds and Thobias Cheruiyot broke a school record.

Weaver was responsible for the recruitment of two powerhouse additions to the men's distance squad; Thobias Cheruiyot and Dominic Serem. Cheruiyot, who broke the 10,000-meter run school record at the Stanford Invite, also posted a fifth-place finish in the 5,000-meter at the Big 12 Indoor Championship. Cheruiyot would go on to finish 13th in the 10,000m at the NCAA West First Rounds, just one spot out of qualification for the NCAA Outdoor Championships. Cheruiyot ranks No. 6 (5,000-meter) and No. 1 (10,000-meter) in OU outdoor history, and No. 5 (5,000-meter) in OU indoor history. Weaver also assisted newcomers Dominic Serem to fourth in the 3,000m and Nicholas Young to sixth place in the mile at the Big 12 Indoor Championship. Serem also finished 14th in the 1,500-meter at the NCAA West First Rounds, only two spots out of qualification for the national championship. He also ranks No. 7 in the 5,000-meter and No. 3 in the 1,500m on OU's outdoor list and No. 6 (3,000m) on the indoor list.

Over the summer, Weaver worked with student-athletes participating in national and international competitions in preparation for the 2024 Paris Olympics. At the Canadian trials, he coached graduate Nicholas Young to the 1,500m semifinal where he would ultimately finish 21st.

Prior to joining the Sooners, Weaver spent three years at Utah State where he served as the Director of Operations, Recruiting Coordinator, and an assistant Cross Country and Track coach with the Utah State University men's and women teams under the tutelage of Director of Track & Field Matt Ingebritsen and Head Cross Country Coach Artie Gulden.

Scott Wilkinson