

2021 OKLAHOMA TRACK & CROSS COUNTRY COACHES WINTER CLINIC

SHERATON MIDWEST CITY REED CONFERENCE CENTER
FEATURING BOO SCHEXNAYDER

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

Hotel Reservations should be made directly to:

Sheraton Midwest City Hotel at the Reed Conference Center

5750 Will Rogers Rd,

Midwest City, OK 73110

405- 455-1800

Mention O.T.C.A. clinic for clinic rate \$92- Clinic rate good until 12/31/2020

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2021 OKLAHOMA TRACK & CROSS COUNTRY COACHES WINTER CLINIC

SHERATON MIDWEST CITY REED CONFERENCE CENTER
FEATURING BOO SCHEXNAYDER

Friday, January 15

12:00 pm - Registration Opens

2:30-3:15 – (1) Boo Schexnayder – Accuracy in the Jong Jump Approach
(2) Brad & Bo Farrow – Shot Put

3:30-4:15 - (1) Boo Schexnayder - The High Jump – Technique and Teaching
(2) Brad & Bo Farrow – Discus

4:30-5:15 - (1) Boo Schexnayder – Speed Development for All Events
(2) Frezer Legesse - Distance
(3) Official Certification Charlie Wyatt

6:00-7:30 – (1) Track Coaches Hall of Fame Inductions
Dwight Pankey – Okmulgee
Ron Mitchell – Edmond Memorial

Saturday, January 16

8:00 - 10:00 Registration Opens

9:00 - 10:15 (1) Relays Panel – Dwight Pankey, Jerry Loveall, Kortney Ozment,
(2) Practice Scheduling Panel – Kent Douglas, Connie Davis, Terry Martin, Cody Lawson
(3) Official Certification - Charlie Wyatt

10:30 -11:45 (1) Hurdles Panel – David Garmon, Todd Ledford, Carl Hawkins
(2) Middle Distance Panel – Bryce Bell, Josh Sawyer, Cliff Mitchell
(3) Starters Clinic - Monte Thompson

12:00 Door Prize Drawing

12:30-1:00 (1) OCCTCA BUSINESS MEETING

SPEAKER INFORMATION BELOW:

Bryce Bell

10th year in education/coaching

9-time collegiate All-American at OBU

Coached two individual State Champions in Boys Track

Coached two-time All-State individual in boys Cross Country

Multiple State Meet medalist relays and individuals in Track and Field

7 Years coaching at Dickson High School

3rd Year coaching at Ardmore High School

Connie J Davis

- '79 Graduate of Owasso HS where I played Basketball and ran track/CC.
- '83 graduate of Oklahoma Baptist University where I majored in HPER and minored in English, History, and Science, all the while playing Basketball for the Lady Bison
- Involved in FCA/Student ministries
- Schools in which I've taught:
 - Harrah - 16 yrs
 - Woodlawn - 4 yrs
 - Carney - 5 yrs
 - Chandler - 5.5 yrs (current)

I began my coaching and teaching career at Harrah, OK. While there I taught science and coached middle school basketball and track. In my 15th year there, I met and married my husband, Spencer, July 4th of 1997. I did an 8-year stint as a full time mom after completing my 16th year there. We have 3 boys, Malachi, 22, Josiah, 20, and Elihu, 17. I have had the privilege of coaching all three boys in basketball, track and CC. Malachi is a youth pastor in Broken Bow as well as a football and basketball coach in Lukfata, OK. Josiah works for a law firm in Idabel, and Elihu is in his junior year at Chandler HS.

We lived in Arkansas for 5 years while Spencer was doing ministry work. At that point, I went back to coaching and teaching at Woodlawn Schools outside of Pine Bluff, AR. The LORD let us come back home in 2010 to Oklahoma. Spencer took the pastorate of 1st Indian Baptist Church in Shawnee. (We are currently serving our 9th year there). I took a science and coaching position at Carney, OK. While at Carney, I coached basketball and started the track program. In the fall of 2015, I moved to Chandler Public Schools where I am currently teaching Physical Science and Biology. I am the head girls Track and CC coach as well as the freshmen girls basketball coach. Alongside this, I also work with the high school girls varsity basketball post players.

I have coached basketball for 25 years, track a total of 22 years, and CC for 3 years. I've taught science all those years. Since my time at Carney, I have had several male and female individual state qualifiers as well as team state qualifiers.

During my early years at Harrah, I developed a simple stretching and core regimen I still use today. These last few years at Chandler, with the help from our school trainer, I've incorporated exercises that target certain areas of the body to try and help reduce/eliminate some of our common running injuries.

Kent Douglas

Graduated from Shawnee High School, Oklahoma Baptist University and University of Central Oklahoma
In education 38 years (public and private) Presently assistant AD at Edmond North High School Edmond, Oklahoma

XC coach 37 years

Track & Field coach 30 years

Coached 30 years in Oklahoma

Coached 8 years in Texas

Have coached 2 State champion XC girls teams, 3 State runners-up XC girls teams, 1 State runners-up boys XC team

Have coached 3 State runners-up girls track & field teams, 2 State runners-up boys track & field teams

Have coached numerous All-State girls and boys XC and track & field athletes

Brian Falls

Brian has competed and coached track and field at the state, regional, and national level for over 30 years. As a high school athlete, he was a three-time qualifier for the Missouri State High School Championships, a Junior Olympic National Qualifier and held Junior Olympic State Records for Missouri in both the 110-meter-high hurdles and 400-meter hurdles. Competing collegiately at Southwest Missouri State University he set records in both the indoor 60-yard-high hurdles and outdoor in the 400-meter hurdles, also earning Association of Mid-Continent Universities All-conference in the outdoor 110-meter-high hurdles.

After graduating from SMSU, he took on the position of Assistant Men's and Women's track and field coach at Johnson County Community College in Overland Park, KS. During his 5 years at JCCC, Brian compiled a successful record of nationally and internationally competitive athletes.

Two-time NJCAA national women's track and field assistant coach of the year

5 National Champions in the sprints, hurdles, and jumps

1 USATF Men's National 400-meter finalist

1 USA Olympic Trials qualifier . Men's 110m high hurdles

2-time World Masters Champion . Men's 110m high hurdles

Brian joined the Jenks High School staff as an assistant during the 2017 season, during that time Jenks has had in the boys and girls hurdle programs a combined 13 6A state finalists.

4 x Champion (twice 110H, twice boys 300H)

1 x Second place (110H)

2 x Third place (boys 300H)

1 x Fifth place (boys 300H)

1 x Sixth place (110H)

3 x Seventh place (girls 100H, boys 300H, girls 300H)

1 x Eighth place (110H)

During that same time-frame Jenks has had an additional combined 9 state meet qualifiers for the boys and girls teams in the hurdles.

Brad Farrow

25 years of coaching the throws and 34 total years coaching student-athletes . 17 State Champions. A State Placer every year of his illustrious career.

Bo Farrow- 2 years of coaching the throws. 2018 Indoor Shot Put National Champion. 10 time All American in the throws at Pittsburg State University. 4 time State Champion.

Please join us to hear the insights of Coach Farrow and his son Bo Farrow on how to develop Champions in the Shot Put and Discus!

David Garmon

I am married to my wife Shara and have two daughters, Kaylee and Kaytem. I graduated

from Liberal High School in Liberal, KS in 1993. I attended Garden City Community College in Garden City, KS where I played football in 1993/1994 and ran track in 1994.

I then transferred to SWOSU to play football in 1995/1996.

In the 11 years of being a head track coach, I have had 32 state qualifiers in the 100m/110m and 300 hurdles. I have had four-State Champions, four-2 nd , one-3 rd , two-4 th , and multiple 5 th . 8 th place finishers.

Coaching Experience:

OCCTCA Member 2007-present; (vice-president of OCCTCA, 2019-present)

2A Women's Track Advisory Board, 2019-present

2019 OCA Region 4 Track Coach of the Year

2018 OCCTCA Boys Track & Field Coach of the Year

2018 State Champions Class 2A Boys Track and Field, Cordell

Head boys track coach Cordell 2015-Present

Head girls track coach Mangum 2013

Head boys and girls track coach Geary 2007-2010

Athletic Experience:

NAIA DIV I Football National Champions SWOSU 1996, OIC Champs 1996

Jayhawk Conference Football Champions 1994, Garden City Community College

Garden City, KS. Finished 10-1, ranked 7 th nationally

4X100 6 th place Nationals 1994, Garden City CC

State Champions Track Liberal, KS - 1991, 1992, 1993

State Champions Football Liberal, KS - 1992, State Runner-up 1991

2X State Champion 300 int. hurdles - 1992, 1993

2X State Champion 4X400 - 1991, 1992

State Champion 4X100 - 1992

110m- 3 rd - 1993, 4 th . 1992

Tim Gillispie

Carl Hawkins

Cody Lawson

9th year as Head Boys Coach at Plainview

1 year Assistant at Texas A&M University-Commerce

2 years Assistant at Wayland Baptist University

2014 State Runner-Up

2015- State Champions

2016- State Champions

Our program has had multiple medalist and state champions

Todd Ledford

Duncan High School Head Boys Track Coach since 2007

Starting 21 year coaching Track and Field

Graduate of Duncan High School in 1991

Competed in Football and Track

Mentor Coaches: Joe Harper, Ben Martin & Jim Beckham

2019 Region 5 Cross Country Coach of the Year

2019 Region 5 Track and Field Coach of the Year

2018 Track Coaches Achievement Award (Boys State Runner Up)

2017 Inductee into the Duncan Athletic Hall of Fame

2015 OSSAA Track Coaches Achievement Award (Girls State Runner Up)

2014 OSSAA Track Coaches Achievement Award (Boys State Runner Up)

2014 Boys Track Regional Champions

2013 Boys Track Regional Champions

2013 OSSAA Track Coaches Achievement Award (Boys State Runner Up)

2009 The Duncan Banner Cross Country Coach of the Year

2008 Boys Track Regional Champions

Coached 187 Individual State medalists

In Hurdles: 32 state medalists since 2008

2019	Kaitlin Hunter	State Champion	15.48 100H
2018	Savannah Reynolds	State Champion	14.78 100H
2015	Rebecca Brewer	State Champion	15.22 100H
2015	Rebecca Brewer	State Champion	45.82 300H
2014	Rebecca Brewer	State Champion	44.87 300H
2008	Madeline Murrell	State Champion	14.97 100H
2008	Madeline Murrell	State Champion	45.83 300H

4 State Runner ups

7 3rd place finishers

4 4th place finishers

2 5th place finishers

8 6th place finishers

Jerry Loveall

Graduated from Velma-Alma High School in 1981. Attended East Central University and graduated from Cameron University in 1986. Married Jana Wright in 1982 and had two children born in 1985 and 1987. Employed by Velma-Alma School in 1986. Coached junior high girls track and basketball until 1991. Started the cross country program and coached high school girls track in 1992. Took over the boys track program in 2014.

Coaching highlights- Have been a part of 10 state championship teams for girls and boys track and cross country. Coached 9 state runner-up teams in track and cross country.

I have been very blessed in my time at Velma-Alma to have been associated with some good coaches and some even better kids.

Cliff Mitchell

Jenks High School 10/2016 - Present

Head Track and Field/XC Coach

Boys team, State Runner-Up at the 2019 Oklahoma State Meet after finishing 4 th in 2018 and 5 th in 2017.

Boys Track Team was Regional Champions in 2018 and 2019.

Boys Team was Conference Champions in Cross Country in 2019.

Ally Ryan . 2017: Broke the 800m state record at the 2017 State Meet, running 2:09.28. Ally ran 4:59.03 which was good for 4 th at the Kansas Relays Dream Mile.

o 2018: Ally ran a solo 4:51.55 to shatter the state 1600m record. She also defended her State 800m title and ran 2:08.74 at USA Junior Championships in Bloomington, IN.

Micaela Martin . Finished 2 nd in the state at 400m in a PR of 57.3.

Leondre Woods . 23.5 in 2016. Finished 8 th in the state and ran a PR of 21.98 (wind legal) in 2017. Ran a wind legal 21.47 in 2018 as a Junior. 60m Indoor All-American in 2019. Kansas Relays 100m Champion in 2019.

Mens Sprint Medley Relay . Kansas Relays Champions in the Sprint Medley Relay. Winning time of 3:34 was the fastest winning time in 12 years

The University of Tulsa 8/2011 - 10/2016

Assistant Track and Field Coach, Mens/Womens Sprints

Mens Team won 2012 C-USA Indoor Championship.

2012-2013 Mens Team finished the season ranked 13 th Nationally in the USTFCCCA Div 1 Program of the Year Standings.

3 NCAA All-Americans from 60m-800m.

2 Commonwealth games qualifiers (Audrey Jean-Baptiste and Katherine Camp 400 and 4x4)

1 IAAF World Championship qualifier (Audrey Jean-Baptiste- 400 and 4x4)

Bryce Robinson: 8 time NCAA All-American (wind legal PRs of 6.59, 9.99, 20.30). 2 nd at World University games in the 200. 3 rd at 2015 NCAA Indoor Nationals in the 200m. Running Professionally for Asics.

Audrey Jean-Baptiste: 2015 NCAA Indoor All-American at 400m. Tulsa School Record Holder over 400m (52.8 (i) and 51.9 (o)). 2 nd in the 400m at the 2015 Canadian National Championships. Represented Canada in both the 400 and 4x4 at the 2015 IAAF World Championships in Beijing.

Katherine Camp: 4 time Conference Champion in the 800m (Indoors and Outdoors in 2013, 2014). 2014 NCAA Outdoor All-American. Tulsa outdoor School Record Holder (2:04.49). Represented New Zealand at the 2014 Commonwealth Games in the 4x4.

Freshman Robert Tully ran a PR of 1:48.70 to become one of the fastest Freshman in the NCAA in 2016.

Freshman John Teeters ran a wind legal 10.27 (10.68w high school PR) and made finals of both the 100 and 200 at the 2013 NCAA Regionals.

Freshman Kiarra Jones ran a PR of 59.5 in the 400m hurdles to qualify for the 2016 NCAA West Regional. Kiarra's PR in high school was 44.8.

11 school records broken since 2012 (not counting new PRs by current holder)

The University of Missouri-Kansas City 4/2008 - 8/2011

Assistant Track and Field/Cross Country Coach, Men's/Women's

Restarted the program from scratch in 2008.

Athletes broke 22 school records and made UMKC's top 5 Performers list 27 times.

Nine athletes have been awarded 19 All-Conference Honors and 3 Conference Champions.

Women's teams finished 9 th , 8 th and 4 th in first three years at the Summit League CC Championships.

Cosmas Ayabei, 2010 Summit League Cross Country Champion/Athlete of the year and a 2011 NCAA west regional qualifier in the 10,000 meters (29:13).

The University of Kansas 2007-2008

Graduate Assistant

Graduate Assistant under Head Coach Stanley Redwine. Assisted with the implementation of daily workouts for the men's and women's middle distance team.

Education

Masters of Education in Exercise Physiology 2006-2011

The University of Kansas Lawrence, KS

Bachelor of Science in Exercise Science 2002-2006

The University of Tulsa Tulsa, OK

USATF Level 2 Coaching Certification July 2010

Villanova University Philadelphia, PA

USATF Level 1 Coaching Certification 2007

Fresno State University Fresno, CA

Athletic Career

University of Kansas Lawrence, KS 2006-2007

All BIG 12 in the 600 yds (1:10.33)

Top 5 all time KU 4x800 relay (7:26 at Penn Relays 2007)

800m Pr of 1:50.80

The University of Tulsa Tulsa, OK 2002-2006

Tulsa School Record holder in the 600yds

5 time all WAC performer

Edmond Memorial High School Edmond, OK 1998-2002

Texas Relays 4x800m Champion, 2002

Track&Field News High School All-American 4x400 (2001), 4x800 (2002)
State Champion 4x4 (2001), 4x800 (2002)
State Champion Cross Country Team (2000)
State Meet Finals Record of 3:15.80, 4x4 Relay in 2001

Terry Martin

Dwight Pankey

Dwight Pankey was born in Tulsa, Oklahoma on November 16, 1951. He attended Sapulpa High School and graduated with the Class of 1970. After graduation from high school, Dwight earned an Associates in Education and History in 1972. Dwight then transferred to Langston University and earned his Bachelor of Science degree in 1974. Coach Pankey not only started the cross country program at Langston but as a student athlete himself he coached the Junior and Senior Track and Field Team. He started teaching for Okmulgee Public Schools in 1978 teaching History and Boys Physical Education. During his time at Okmulgee, he has coached track and field, football, basketball, and cross country. After retiring from Okmulgee with 40 years of teaching he is now the truancy officer for Okmulgee Dunbar School and Okmulgee High School, which he has been doing for the past 4 years while he continues to coach his cross country athletes. Dwight has also coached for the Down Under Sports Program in Australia for 20 years. This program allowed him to take high school track and field athletes from all over the United States as well as several from Okmulgee. Coach is well known for being there for his athletes and his love for his sport. After 45 years of coaching he is still going strong. Okmulgee Public Schools is lucky to have him as a part of the coaching staff.

Josh Sawyer

Ran XC/Track at Bacone College 2001-2002

Ran XC/Track at East Central University 2002-2004

Served in the United States Army from 2006-2013 with two deployments in support of OIF and OEF

Graduated from East Central University in December 2015

6th year in education/coaching

3 XC state runner-up teams Boys 2015, 2019, girls 2020

3 XC regional championship teams Boys 2015, 2016, 2018

Coached multiple school record holders in the boys 4x800, girls 4x800, girls 400, girls 800, girls 1600 in track and girls 2 mile and 5k in cross country

Coached multiple state medalists in track in both relays and individual events

Coached multiple XC all-staters

2 years as the East Central University Graduate Assistant Coach

6 years of coaching have been at Byng. ½ a year as an assistant coach, 5 ½ years as the head coach of both boys and girls XC and Track and Field programs.