

# MTCCCA Newsletter

Fall 2024 Issue 1

Volume 26– Issue 1



## Message from the President



### *Dear Coaches,*

Welcome to the 2024 Missouri Track and Cross Country Coaches Clinic. Nearly twenty years ago, I attended my first MTCCCA Clinic. I was short on experience, high on confidence, and certain I had all the answers to the challenges our profession could bring. Boy was I wrong. I took the time to not only attend, but also to soak in the Hall of Fame ceremony, including the induction of Coach Jim Marshall. That ceremony opened my eyes to the impact coaches can leave and I will forever view Coach Marshall as a legacy builder. On my drive home that day, I dreamed of someday serving as the MTCCCA President.

The Covid-19 epidemic has provided numerous challenges to all of us, both personally and professionally. It also made one of my dreams a reality. In a socially distanced room and sparsely attended online business meeting, I secured enough votes to join the MTCCCA Executive Committee. At that point, it was my goal to make the 2024 Clinic special. I am very excited to share with you an elite group of speakers. I have personally attended sessions by nearly every one of this year's speakers. The few that I haven't, came highly recommended by people I trust or are cohorts who have inspired me over the years. I expect the clinic to be dynamic and I hope that you can grow from their sessions. Our speakers include:

Sprints/Hurdles: Tony Holler (Plainfield North), Chris Korfist (Homewood-Flossmoor), Chris Parno (Minnesota State), Tiffany Spain (Cardinal Ritter), Terry Frank (Festus), and Cesar Morales (Winnetonka).

Distance: Jesse Coy (Rapids Stevens High School), Joe Porter (St. Louis University High School), Kyle Davis (Herculaneum), Dustin Miller (Webb City), Jason Miller (Rockwood Summit)

Field Events: Bob Thurnhoffer (Louisville), Tim & Mark Rademaker (River City Vault), Adam Martin (Lamar), Flip Courter (Grain Valley), Brian Cooper (William Jewell)

Our annual Hall of Fame banquet will be Friday evening. Attending the banquet has provided me with immeasurable inspiration over the years. It is my hope that you attend and help welcome our six new inductees: Roland Garrison, Alicia Ursery, Ron Bandy, Rich Copenhagen, Rodney Dodson, and Robert Kelsey. Each of these individuals have committed to and achieved excellence in our sport. Congratulations to each of them!

Finally, it has been an absolute honor to represent our association and work alongside Jesse Griffin, Stewart Johnson, and Ron Bandy. These three men, along with Joe Porter, Tim Levine, Matt Candrl, the legendary Dean Hays, and the irreplaceable Jamie Schieber should be applauded for helping navigate our organization through the murky waters that Covid brought. We are also very blessed to have a great group of coaches in Martise Scott, Jennifer Reeder, and Neil Blackburn to lead our organization into the future. I know that each of them will continue to elevate our great organization.

Humbled and honored,

Wes Armbruster  
MTCCCA President

# Missouri Track & Cross-Country Coaches Association

Annual Clinic and Hall of Fame Induction • Sponsored by MTCCCA  
December 12-14, 2024 • Holiday Inn Executive Center, Columbia, MO

## 2024 MTCCCA Clinic Speakers

### *Brian Cooper*

Coach Cooper has been involved coaching successful throws athletes since 2009, coaching officially for Lee's Summit West from 2018-2022 and William Jewell College from 2022-present. In his time coaching high school, he produced ten MSHSAA State Champions, including four girls over 45' in the shot put, two boys over 60' in shot put, two girls over 150' in the discus and a Missouri State Championship Record Holder, (Makayla Kelby, 2018 166'8"). Cooper pursued his own throws career in college at SIUC under John Smith and Connie Price-Smith from 2010-2015.

### *Flip Courter*

Coach Courter is entering his 24th year as a social studies teacher and coach. This will be his 3rd year at Grain Valley where he is also the head softball coach. He started coaching javelin at William Chrisman High School in 2019. He and his wife, Laura, have been married for 21 years. They have two children (Caffrey, 13, and Casen, 10) who are both up and coming javelin throwers.

### *Jesse Coy*

Jesse Coy is in his 20th season as a Cross Country and Track and Field Coach. Coy has coached athletes to 198 individual medals at state meet competitions along with state champions in every event from the 400 to the 5k. Coy has led multiple state championship teams in Cross Country and winning 4x800 relays in track. His most accomplished athlete, Simeon Birnbaum, is the NFHS Record-Holder in the 3200m (8:34.10) and was the youngest American to run under 4:00 in the Mile.

### *Kyle Davis*

Kyle Davis is the Herculaneum black cats cross country and track coach (boys and girls). Davis has been coaching the black cats since 2012. Coming to an already rich-in-tradition program, Davis has continued to build on Herculaneum's success by guiding them to 15 cross country podium finishes, including the program's 11th girl's state championship and the boy's 13th.

### *Terry Frank*

Terry Frank started his career in coaching track and field at De Soto High School for 17 years. He spent the first three years as an assistant jumps/hurdles coach and then 14 years as the Women's Head Coach. As a head coach he created workouts and trained sprinters, mid-distance runners, jumpers, hurdlers, and throwers. He has coached everything, but pole vault and distance

with some degree of success. Coach Frank has spent the last two years as an assistant coach at Festus High School in the role of coaching the girls sprints along with both boys and girls hurdles. Over his career he has been blessed with coaching a lot of great kids and athletes. He has probably had the most success as a coach of hurdles, sprints, and loves the detailed aspects of training and coaching these dynamic athletes and events.

### *Tony Holler*

Tony Holler of Plainfield North HS (IL) is entering his 44th year as a track coach. Tony is the founder of "Feed the Cats" and has a book coming out soon. Along with Chris Korfist, he co-owns the wildly successful Track Football Consortium. Tony has made presentations in 25 states and five foreign countries. Tony Holler, a member of the ITCCCA Hall of Fame, has coached teams to nine state trophies and three state championships.

### *Chris Korfist*

Chris Korfist is a Hall of Fame HS track coach currently at Homewood-Flossmoor. In over 30 years of experience, he has coached 33 All-state sprint relays, and 29 All-state sprinters, helping to lead teams to three state championships and six trophies in Illinois. He also owns Slow Guy Speed School where he trains clients ranging from NFL stars, Olympians to middle school athletes working to become the future stars. Slow Guy Speed School has produced over 100 All-state athletes. Chris has also consulted with multiple NFL, MLB, NBA, and Rugby teams around the world. He is also co-founder of Reflexive Performance Reset (RPR) and Track and Football Consortium (TFC). He has published dozens of blogs and appeared on dozens of podcasts. Chris has also co-authored four published research papers on the development of speed.

### *Adam Martin*

Coach Adam Martin is beginning his fourth year as the Lamar High School Assistant Track & Field Coach (Throws). He was a four-year letterwinner for the University of Memphis in Memphis, TN (2000-2004). Coach Martin was a 6x All C-USA, 2003 C-USA Indoor Champion (Shot Put), and 2003 Regional Qualifier (Shot Put). He has coached five school record holders, 17 State Qualifiers, six All-State Athletes, and two State Champions in seven total seasons.

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## 2024 MTCCCA Clinic Speakers

### *Dustin Miller*

Dustin Miller is the current head boys and girls track and cross-country coach for Webb City High School. He has been the coach since 2014. His previous coaching experience includes being an assistant coach for cross-country and track at Webb City, along with coaching Joplin's 8th grade football team and as a junior high track assistant. Coach Miller ran track at Carthage High School from 2000-2003 and continued to run track in college at MSSU from Fall 2003 – Spring of 2008.

### *Jason Miller*

Jason Miller is the Head Girls Cross Country and Assistant Girls Track & Field Distance Coach at Rockwood Summit High School in St. Louis County. He is in his 22nd year teaching Social Studies at Summit. In that time, he has coached seven XC teams to state; three earned State trophies, and three were District champions. On the track, Summit has had three distance girls win State Championships, as well as the team being either 1st or 2nd at District 13 times, and never lower than 4th. Coach Miller is proud that student-athletes that come out of Summit XC and T&F programs have learned to take care of each other, their communities, and be life-long learners that are willing to take on a challenge.

### *Caesar Morales*

Caesar Morales is in his 11th season as an assistant track and field coach at Winnetonka High School. Coach Morales specializes primarily in the sprints and hurdles and holds a Level 1 certification from USATF. With 15 years of coaching the sport, he has shown success in the hurdle events, coaching State Champions, and USATF / AAU All-Americans at the club level.

### *Chris Parno*

Chris Parno enters his 12th season as the Associate Head Coach at Minnesota State University. Parno is in charge of the sprint/hurdle/relay groups and has produced three Olympians, 22 National Champions and 191 All-Americans. Parno also serves as a lead instructor within USATF coaching certifications, teaching across the Level 1, 2 and 3 programs.

### *Joe Porter*

Coach Porter has coached at St. Louis University High for 20 years, including 15 as head coach. He has coached 23 all state athletes in cross country and 47 in track and field. He has been a part of 14 cross country state trophy teams and four track and field

state trophy teams. He was part of the local organizing committee for the USATF National Cross-Country Championships in 2012 and 2013, is the co-meet director of the Forest Park XC Festival, and the co-founder and board member of the Festival of Miles Foundation. He is a past MTCCCA president and member of the hall of fame.

### *Mark Rademaker*

Mark is the owner and a coach at River City Vault Club. He is a former pole vaulter and letterman at Arkansas State University.

### *Tim Rademaker*

Tim Rademaker has 30 + years of coaching experience at Southeast Missouri State University, Cape Central High School and Jackson High School. He has coached multiple State champions and NCAA Champions.

### *Tiffany Spain*

Coach Tiffany Spain is a St. Louis native. Coach Spain is the Head Track & Field coach at Cardinal Ritter College Prep. She and her coaching staff have led the Lady Lions to four consecutive state titles. She is not only a coach, but she is an amazing mother of four beautiful children, one in which she has led to three state titles in hurdles. Coach Spain is amazing, thoughtful, and always puts her student athletes first. She leads by example and sometimes actually demonstrates the workouts by running and working out with her team. She is a well-rounded coach, and she continues to learn more about the sport.

### *Bob Thurnhoffer*

Bob Thurnhoffer is currently coaching the jumps at the University of Louisville. Coach Thurnhoffer has 20 years of Division 1 coaching experience and has spent time coaching at the University of New Mexico (Sprints, Hurdles, Jumps, Throws, Combined Events) and at Loyola University. He was the 2022 USTFCCCA Men's Outdoor Mountain Region Assistant Coach of the Year. Coach Thurnhoffer has coached 33 NCAA All-Americans, 115 NCAA Qualifications, 144 Conference Champions, and over 200 All-Conference Performers with 140 School Records. His top marks include Lokesh Sathyanathan 8.02m LJ (UNM), Jake Burkey 7.87m LJ (UNM), Jovahn Williamson 45.39 400m (UNM), Brion Stephens 2.23m HJ (Louisville), Soledad Jean 1.84m HJ (Louisville), Rivaldo Leacock 400mH 49.63 (UNM), Jevon O'Bryant 45.67 (UNM), Brodie Young 45.83 (UNM), Jeremiah Willis LJ 7.82m (Louisville), Aidan Quinn TJ 15.85m (UNM), and Alba Cuns TJ 12.99m (Louisville).



# 2024 MTCCCA Hall of Fame Inductees

**RON BANDY** was the coach from 1997-2006 at Lebanon High School. He has been the coach at Bolivar High School since 2008. He is a past MTCCCA President and is Co-President of the Southwest Missouri Cross Country Coaches Association from 2020 to present. In Cross Country, he has 29 state qualified teams, five all-state teams, two girls state titles, 35 all-state athletes, 16 District titles (10 girls, 6 boys) and is a two-time MTCCCA Coach of the Year. In Track and Field, he has 65 distance state qualifiers, 13 total all state medals in distance races, and 65 state qualified individuals and relays.

**RICH COPENHAVER** was the head girls track and field coach at Bourbon High School from 1996-1997 where his teams produced two All-State athletes. He was also the head boys track and field coach at Hazelwood Central from 2003 to 2015 where his team had eight district championships, seven state trophies and four state championships from 2010-2014. He had 153 All-State athletes.

**RODNEY DOTSON** coached most of the State's top sprinters via Gateway High School and Berkeley High School (MSB). He was the head coach of the St. Louis Blues Track Club and the Great Southwest Classic Girls Sprints/Relay. Coach Dotson is and has been a part of several State Championships and producing several individual State Champions.

**ROLLAND GARRISON** has been the head boys track and field coach at Rockwood Summit High School since 1999 plus four previous years at Soldan. As a head coach, his teams have earned 76 state medals including eight state champions and three state trophies including a 1st in 2017. He has coached seven district championship teams.

**ROBERT KELSEY** has coached for over 50 years with 27 of them as the head girls track and field coach at Archie, Sherwood, and Salisbury plus six more years at Salisbury High School in cross country. His teams have brought home 11 state trophies with three state champions teams. In track, he has coached 130 state medalists, nine state champions and a state champion team in 1A in 1983. These two state champions include a Class A state record holder in 1977 in the 400 and in the pole vault in Class 2 in 2024. He started the cross-country program at Salisbury High School and in those six years his teams brought home six state trophies, two state champion teams and 13 All-State runners. He has also served as a state meet official for many years.

**ALISHEA USERY** is a three-time Gatorade athlete of the year at McCluer South-Berkeley High School and a 15-time state champion including winning the 100, 200, and 400 all four years. She is Missouri's Class 3 state record holder in the 100, 200, 400, and the 4x400. She is a NCAA five-time All-American while competing for the University of Florida.



# 2024 MTCCA Clinic Agenda

## THURSDAY, DECEMBER 12, 2024

- 5:00 pm – 9:00 pm      Registration Open
- 7:00 pm – 8:00 pm      Welcome / General Session 1A – Feed the Cats: The Revolution Starts Now  
*Tony Holler, Track Football Consortium, Feed the Cats, Plainfield North High School*
- General Session 1B - Beyond Training: Building a Championship Program  
*Joe Porter, St. Louis University High School*
- 8:15 pm – 9:15 pm      General Session 2A - Exercises That Actually Make You Faster in the Weight Room  
*Chris Korfist, Track Football Consortium. Slow Guy Speed School, Homewood-Flossmoor High School*
- General Session 2B - Unlocking the Potential of the High School Athlete (or Non-Athlete):  
A Cura Personalis Approach to Training  
*Joe Porter, St. Louis University High School*
- 9:15 pm – 10:00 pm      Social with M-F Athletics

## FRIDAY, DECEMBER 13, 2024

- 7:30 am – 5:00 pm      Registration Open
- 8:00 am – 9:00 am      Expanded Continental Breakfast
- 9:00 am – 9:50 am      Concurrent Session I
- Sprint the 400 Without Ever Running a Lap in Practice,  
*Tony Holler, Track Football Consortium, Feed the Cats, Plainfield North High School*
  - 400-5k: Multi-Pace Training,  
*Jesse Coy, Rapid City Stevens High School*
  - Building A Throws Culture! Planning a Season to Keep Your Athletes Excited and Improving!  
*Adam Martin, Lamar High School*
  - Utilizing Centrifugal Force in the High Jump,  
*Bob Thurnboffer, University of Louisville*
  - Master 10m and Win the Race,  
*Chris Korfist, Track Football Consortium. Slow Guy Speed School, Homewood-Flossmoor High School*
- 9:50 am – 10:10 am      Break
- 10:10 am – 11:00 am      Concurrent Session II
- Functional Feet Equal Fast Times – Spring Ankle Model of Training,  
*Chris Korfist, Track Football Consortium. Slow Guy Speed School, Homewood-Flossmoor High School*
  - Athletic Development for Distance Runners,  
*Jesse Coy, Rapid City Stevens High School*
  - The “Not-Discus Style” Rotational Shot Put: Slow is Smooth, Smooth is Fast!  
*Adam Martin, Lamar High School*
  - No More 1cm Fouls! Full Approach Training in the Long Jump,  
*Bob Thurnboffer, University of Louisville*



# 2024 MTCCCA Clinic Agenda

11:20 pm – 12:10 pm

- **Speed and Technique for Short Hurdlers,**  
*Tiffany Spain, Cardinal Ritter High School*
  - **Creating Apex Predators with Speed and X-Factor Work**  
*Tony Holler, Track Football Consortium, Feed the Cats, Plainfield North High School*
- Concurrent Session III**
- **Introduction to Reflexive Performance Reset,**  
*Chris Korfist, Track Football Consortium. Slow Guy Speed School, Homewood-Flossmoor High School*
  - **How to Build a Distance Program,**  
*Dustin Miller, Webb City High School*
  - **Pole Vault 101 - Taking Flight,**  
*Mark and Tim Rademaker, River City Vault Club*
  - **The Discus: A Case for Daily Training!**  
*Adam Martin, Lamar High School*
  - **Training Theory: The What,**  
*Chris Parno, Minnesota State University*
  - **Bounce Training: Triple Jump Progressions**  
*Bob Thurnhoffer, University of Louisville*

12:10 pm – 1:50 pm

Attendees on Own for Lunch

1:50 pm – 2:40 pm

- Concurrent Session IV**
- **Training Theory: The Why,**  
*Chris Parno, Minnesota State University*
  - **Peak When It Counts,**  
*Jesse Coy, Rapid City Stevens High School*
  - **Starting Javelin from the Ground Up**  
*Flip Courter, Grain Valley High School*
  - **Pole Vault- 201- Reaching New Heights,**  
*Mark and Tim Rademaker, River City Vault Club*
  - **Long Hurdle Fundamentals: Speed, Technique, and Control,**  
*Tiffany Spain, Cardinal Ritter High School*

2:40 pm – 3:00 pm

Refreshment Break

3:00 pm – 3:50 pm

- Concurrent Session V**
- **A Simplified Approach to Blocks, Batons, and Hurdles**  
*Tony Holler, Track Football Consortium, Feed the Cats, Plainfield North High School*
  - **Building a Distance Athlete: Supplemental Training for Distance Runners,**  
*Kyle Davis, Herculeum High School*
  - **Sprint Drills,**  
*Chris Parno, Minnesota State University*
  - **Develop a Javelin Training Program that Works for You,**  
*Flip Courter, Grain Valley High School*
  - **Eccentric Strength Development in the Jumps,**  
*Bob Thurnhoffer, University of Louisville*



# 2024 MTCCCA Clinic Agenda

4:00 pm – 5:00 pm	MTCCCA Business Meeting
6:00 pm – 8:00 pm	Hall of Fame Dinner/ Induction
8:00 pm – 11:00 pm	M-F Athletics Social with Exhibitors

## SATURDAY, DECEMBER 14, 2024

8:00 am – 9:00 am	Breakfast
9:00 am – 9:50 am	Concurrent Session VI <ul style="list-style-type: none"><li>• <b>Team First: Cultivating Character &amp; Community Through XC,</b> <i>Jason Miller, Rockwood Summit High School</i></li><li>• <b>Hurdles Panel,</b> <i>Tiffany Spain, Cardinal Ritter High School</i> <i>Terry Frank, Festus High School</i> <i>Caesar Morales, Wilmontka High School</i></li><li>• <b>Discuss: Starting Beginners to Preparing Champions,</b> <i>Brian Cooper, William Jewell University</i></li><li>• <b>Officials Session</b></li></ul>
9:50 am – 10:00 am	Break
10:00 am – 10:50 am	Concurrent Session VII <ul style="list-style-type: none"><li>• <b>Sprints Panel,</b> <i>Tony Holler, Track Football Consortium, Feed the Cats, Plainfield North High School</i> <i>Chris Korfist, Track Football Consortium, Slow Guy Speed School, Homewood-Flossmoor High School</i> <i>Chris Parno, Minnesota State University</i></li><li>• <b>Distance Panel</b> <i>Jesse Coy, Rapid City Stevens High School</i> <i>Dustin Miller, Webb City High School</i> <i>Jason Miller, Rockwood Summit High School</i></li><li>• <b>Shot Put: Starting Beginners to Preparing Champions,</b> <i>Brian Cooper, William Jewell University</i></li><li>• <b>Officials Sessions</b></li></ul>
11:00 am	Clinic Adjourns

# General Information

## Clinic Fee and Registration

Early In-Person Registration Fee - \$125 per person  
(after November 14th, \$175)

- The In-Person registration fee includes clinic attendance, clinic handouts (online), a light breakfast on Friday and Saturday morning, the Hall of Fame Induction and Banquet, your 2025 MTCCCA dues.

Clinic registration is only available online at :

<https://na.eventscloud.com/ehome/808834>

Payment for the clinic can be made by purchase order, check, or credit card (Visa, MC, or Discover).

All payments should be made payable to:  
Custom Meeting Planners  
PO Box 30785  
Columbia, Missouri 65205

All attendees will receive a confirmation email and invoice (if applicable) by e-mail. If you do not receive an e-mail confirmation, please contact Jamie Schieber (573) 445-2965 to confirm you are registered.

Refunds will be granted if postmarked by November 1, 2024, but must

be submitted in writing and emailed to [jamie@custommeetingplanners.com](mailto:jamie@custommeetingplanners.com). Refunds will not be granted after November 1, 2024, but substitutions will be granted. Membership dues will not be refunded.

## Hotel Reservations

A block of rooms has been reserved at the Holiday Inn Executive Center for the MTCCCA Clinic. The discounted room rate is \$100.00 per room per night for 1-4 persons per room. Make your reservation on line at [MTCCCA Clinic Lodging Reservations](#) or by calling the Holiday Inn Executive Center directly at (573)445-8531 and asking for the "MTCCCA Clinic rate". Reservations must be made **prior to November 12, 2024** to guarantee the discounted rate and is based on availability.

## Questions or Additional Information

If you have questions or need additional information, please contact Jamie Schieber at Custom Meeting Planners at (573) 445-2965.

## 2025 MTCCCA Coaching Grant

The 2025 MTCCCA Coaching Grant application is officially OPEN until Friday Dec. 6, 2024. Coaches can apply for the opportunity to be awarded a Boys or Girls Coaching Grant. There will be two grants awarded for each of the five classes. To get more information about this opportunity visit the MTCCCA website.

# 2024 MTCCCA Officers & Executive Committee

### PRESIDENT:

Wes Armbruster  
Festus High School  
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### EXECUTIVE SECRETARY:

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# 2025 MTCCCA MEMBERSHIP

**(Only for use if NOT attending clinic)**

2025 MTCCCA Membership

If you cannot attend the clinic, but still want to be a member of the Missouri Track and Cross-Country Coaches Association, non-attende membership is available. Non-attende membership includes all the member benefits, and eligibility for Coach of the Year Awards.

Please complete the following information and send check made payable to "MTCCCA" to:

Dean Hays  
111 Parkway  
Hardin, MO 64035

Please check the appropriate box:

\$10.00 Introductory, First-Time Membership (for those who have never been a member of MTCCCA)

\$20.00 Former Member Renewal Membership

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_

State Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Fax Number \_\_\_\_\_

E-Mail Address \_\_\_\_\_

School Name \_\_\_\_\_

