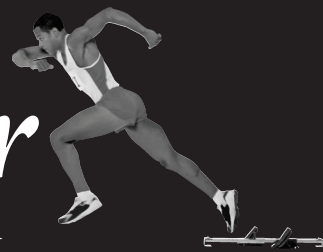


# MTCCCA Newsletter

Fall 2022 Issue 1



Volume 24- Issue 1

## Message from the President



### *Dear Coaches,*

Hello and welcome to the 2022 MTCCCA Clinic. I am Stewart Johnson, the current president of MTCCCA. I have coached at Hickman High School for the last 26 years, but I am originally from the St. Louis area where I attended Ritenour High School and competed for MTCCCA Hall of Fame Coach, Bill Wirtz. Over the course of those years, I have witnessed many amazing feats on the cross-country courses, on the track, and in the field. Missouri is a state that has always possessed amazing athletes led by coaches who are willing to provide an instructional environment that led to those great performances.

As a result, I am extremely excited to provide you with an opportunity to learn and grow as I invite you to attend this year's MTCCCA Clinic in Columbia, December 8th-10th. This year's clinic will feature two keynote addresses on Thursday night. We welcome Bob Thurnhoffer, assistant coach at the University of New Mexico and Boo Schexnayder, assistant coach at LSU.

During Friday and Saturday's concurrent sessions we have wonderful presenters representing all facets of coaching.

Speakers in the Jumps/Vault event groups include Boo Schexnayder-LSU, Shawn Francis-*Team Hoot Pole Vault*, Matt Candrl-*Owensville High School*, and Liz Peterson-*Hickman High School* who will share their expertise.

The Sprint/Hurdle events will be led by Bob Thurnhoffer-*University of New Mexico*, Angela Williams-*Prairie View A&M*, Kenny Anderson-*Central Methodist University*, and Caesar Morales-*Winnetonka High School* who will deliver their techniques and insights.

For the Distance events, Todd Warner-*Park University*, Rachael Steil-author of "*Running In Silence*," Kyle Davis-*Herculaneum High School*, Ryan Unruh-*Blue Springs South High School*, and Jeremy Goddard-*Kickapoo High School*, will bring a wealth of knowledge.

Finally, in the Throws, Brian Allen-*Missouri Southern University*, Joseph Frontier-*Madison Throws Club* and Vel Phillips *Memorial High School*, Tyler Rathke-*William Chrisman High School*, Cortni Gonzalez-*Hickman High School*, and Reinhard van Zyl-*VZ Javelin Club*, will offer unique perspectives and interactive sessions.

One of the highlights of the clinic each year is our Hall of Fame induction ceremony. The 2022 class consists of Tony Edwards, Lavar Miller, Joe Porter, and Jim Thomson. Ryan Banta from the 2021 class will also be recognized as he was unable to attend the ceremony last year. Congratulations to an outstanding group of coaches, athletes, and officials!!

I want to thank all of you for your continued commitment to coaching our great sport and being a part of the 2022 MTCCCA Clinic. I look forward to seeing many of my friends gather to gain knowledge and better your athletes and programs.

A special thank you to Dean Hays, our long-time secretary/treasurer, and Jamie Schieber of Custom Meeting Planners for helping to make our annual Clinic possible.

Sincerely,

*Stewart Johnson*  
MTCCCA President

# Missouri Track & Cross-Country Coaches Association

Annual Clinic and Hall of Fame Induction • Sponsored by MTCCCA  
December 10-12, 2022 • Holiday Inn Executive Center, Columbia, MO

## 2022 MTCCCA Clinic Speakers

### ***Brian Allen***

Brian Allen enters his tenth season as Throws coach for the Missouri Southern track and field teams. Allen has coached the Lion throwers to 65 All-MIAA performances, including 23 conference champions and 24 school records broken. Along with success at the conference level, Allen has seen 119 NCAA provisional marks, 63 national qualifiers and 48 All-American performances at the national level, as well as the 2018 men's discus, 2019 women's javelin, and 2021 men's outdoor shot put and discus National Champions. Allen is a graduate of Pittsburg State University and a member of the MIAA and PSU Hall of Fame. He has his USTFCCA Strength and Conditioning Specialist Certification and USATF Level One Coaches Certification.

### ***Kenny Anderson***

Kenny Anderson enters his third season as the Director of Track & Field/Cross Country at Central Methodist in 2022-23. The track and field programs have seen a steady improvement under Anderson's guidance over the past two seasons. The 2022 campaign saw the women's side win the first indoor Heart Conference Championship in program history. Anderson has been awarded the Heart Coach of the Year award 3 times between the indoor and outdoor seasons and was named the 2022 USTFCCA South Central Region Women's Indoor Head Coach of the Year. He has coached 36 National Qualifiers and 13 NAIA All-Americans, so far at CMU.

### ***Matt Candrl***

Coach Candrl has been the Head Track and Cross Country at Owensville High School for the last 16 years. He coached at MIZZOU for five years where he coached the Horizontal Jumpers, High Jumpers, and Decathletes. Prior to that he spent four years coaching Cross Country and Track & Field at Baker University in Kansas. He has been the Director of The Missouri Track & Field Camp for the last four camps. He is

USATF certified Level II in the Jumps and Throws. He coached Sean Robbins to a top 10 World Ranking in the long jump in 1998 and Hans Uldal to a 27th place at the 2004 Athens Olympics in the decathlon.

### ***Kyle Davis***

Kyle Davis is the Herculeum Blackcats cross country and track coach (boys and girls). Davis has been coaching the Blackcats since 2012. Coming to an already rich-in-tradition program, Davis has continued to build on Herculeum's success, guiding the girls' team to their 11th state championship and six podium finishes. In 2021 he led the boys to their 13th state championship (class 3), their 7th podium finish in the last decade.

### ***Shawn Francis***

Shawn Francis is a highly sought-after pole vault coach and educator. He is the creator of the popular YouTube Channel Team Hoot Pole Vault which has amassed 1 million views, the author of The Pole Vault Toolbox, and also runs a mental health advocacy organization One Whole Life.

### ***Joseph Frontier***

Joseph Frontier has been the Throws Coach at Vel Phillips Memorial High School (Madison, WI) since 2002. He is also the Director of the Madison Throws Club / Throw BIG, as well as the host of throwBIGthrowFAR PodCAST.

### ***Jeremy Goddard***

Jeremy Goddard is in his 25th year of coaching cross country and track. He has coached at Kickapoo High School for last 21 years and has been the head cross country coach for the last 19 years for boys and the last 16 years for the girls. During his time at Kickapoo, he has had the privilege of coaching several incredibly good athletes and a few exceptionally good teams including the 2021 class 5 State Champions.

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### ***Cortni Gonzalez***

Cortni Gonzalez competed at the University of Missouri-Columbia in the shot put, hammer, and weight throw. She was the All-Big 12, All-SEC, and a NCAA Regional qualifier during her time there. She has coached the shot put, discus, and javelin – plus taught math – at Hickman High School for the past ten years.

### ***Caesar Morales***

Caesar Morales is in his 9th 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 13 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.

### ***Liz Peterson***

Coach Liz Peterson is currently starting her 7th year as an Assistant coach at Hickman High School in Columbia MO. She has coached/volunteer coached: College, Youth, Club, Private lessons, Middle and High School Track & Field over the last 18 years. Some of the athlete accomplishments Liz has had the privilege to witness in her role of coaching include 3 Missouri State Podium finishers in the High Jump and several National AAU Podium finishers in the high jump, relays, and the multi events. Under working titles ranging from Head Coach to Volunteer assistant, her career in strength and conditioning is a useful complement to her coaching philosophy in Track & Field.

### ***Tyler Rathke***

Tyler Rathke is in his 8th year as head track and field coach at William Chrisman High School. Coach Rathke specializes in neurological interventions that maximize his athlete's performance in every event. He holds certifications and credentials from USATF L2 Throws, USTFCCA L1, Reflexive Performance Reset L3, and Square One System L2. At William Chrisman

Rathke teaches strength and conditioning and classes in biomechanics and exercise science to high school students.

### ***Irving "Boo" Schexnayder***

"Boo" Schexnayder is regarded internationally as one of the leading authorities in training design, with 42 years of experience in the coaching and consulting fields. Most noted for his 18 years as a member of the Track and Field coaching staff at LSU, he has coached 26 NCAA champions, 18 Olympians, and 6 medalists in Olympic/World Champ competition. He has been a part of 13 NCAA championship teams and was Olympic coach for Team USA in 2008.

### ***Rachel Steil***

Rachael Steil, author of *Running in Silence*, is a nationally recognized eating disorder recovery speaker, high school cross country and track coach, 2010-11 All-American runner, and the recipient of the Aquinas College Outstanding Young Alumni award. Steil has appeared on *The Dr. Nandi Show*, *WGVU's Family Health Matters*, and in *Vogue Magazine*, *U.S. News & World Report*, *Women's Running*, and has written for *Runner's World* and *Techniques* magazine. Reviewed as a forthright, relatable speaker, Steil inspires coaches, athletes, or those in recovery to recognize a problem, speak out, and create change.

### ***Bob Thurnhoffer***

Bob Thurnhoffer finished his first season at UNM in historic fashion. During the outdoor season, his group had six NCAA All-American's, six NCAA Final Q's, and nine NCAA Preliminary Round Q's. At the Mountain West Conference Indoor and Outdoor Championships Thurnhoffer's group accounted for nine gold medals, six silver's, and two bronze, with (16) All-MWC nods. His group made Mountain West Conference history with the 2nd fastest Outdoor 400m, 4th fastest Outdoor 400m, 4th fastest 400m Hurdles, 3rd fastest Outdoor 4x400m, 4th fastest Indoor 400m,

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and 3rd best Heptathlon in Conference history. In his first year at UNM his athlete's set 110 personal bests, set four school records, put up over (30) UNM Top-10 performances, and broke two Veteran's Memorial Stadium Records (Clovis, CA). Thurnhoffer had spent the last five seasons as the head coach at Loyola University Chicago, and the previous (18) seasons as Division I coach in Chicago. He specialized in sprints, jumps, hurdles, and throws during that time.

### *Ryan Unruh*

Ryan has coached at Blue Springs South High School for 25 years including 17 years as the Head Coach for girls Cross Country and 12 years as the Head Coach for girls Track & Field. During that time, he's grown a successful distance program that has produced 4 individual state champions in cross country, 7 individual state champions in the distance events in track, a 3rd place team finish in Track and Field, and 6 Top 4 finishes in Cross Country, including the 2021 5A State Championship team. During his time as head track coach, the Jaguars have set school records in 14 events.

### *Reinhard van Zyl*

Reinhard van Zyl was the South African Junior National Champion in 2011 and 2012 and the African Junior Runner Up in 2011, 2012 and 2013. He was the World Youth Javelin Champion in 2011 and the NJCAA Champion in 2014 and the SEC Runner Up in 2017 and 2018. Reinhard started his coaching career with a javelin club named VZ JAVELIN CLUB out of Columbia MO. He coached Brendan Rozier to a scholarship at MSSU. The following year he coached one State Champion, Suzie Moman, as well as the State Runner Up and furthest throw in the State of Missouri to date, Bryce Kazmeier, who went on to University of North Carolina on scholarship. This year he had four girls over 40m with Hinkle 45m, Brenna 43m, Addison 40m (AAU Junior Olympics champ), and Olivia 41m along with two boys over 50m Matthew 55m and Theo

53.05.(AAU JUNIOR OLYMPICS CHAMP) (co coached with Matt Maynor).

### *Todd Warner*

Coach Warner has been coaching Track and Field for 36 years with stops at Winnetonka High School, University of Alabama, Oak Park High School, Staley High School and is currently serving as the Middle-distance coach at Park University. During this time, he worked with 4x800 teams that were consistently in the top 3 at state over a decade, including state champions at Winnetonka, Oak Park and Staley. Most recently, coaching a NAIA indoor national qualifier in the women's 600 meters, outdoor Heart of America conference champion and outdoor NAIA national qualifier in the 800 meters. Coach Warner was the 2019 NFHS state and regional cross-country Coach of the Year and was a 2020 inductee to the MTCCCA Hall of Fame.

### *Angela Williams*

Head coach Angela Williams is in her 16th season coaching the Prairie View A&M University Women's Track and Field & Cross-Country Program. She is now the 2021 Indoor Team SWAC Champion and Coach of the Year and the 2022 Indoor and Outdoor SWAC Team Champion and Coach of the Year. She was the 2019 USA World Relays Assistant Coach in Yakushima, Japan; 2019 USA U20 Pan Am Games assistant coach, in San Jose, Costa Rica; and the USA 2022 World Athletics Championships in Eugene, Oregon. Williams has been able to develop twenty-four Southwestern Athletic Conference (SWAC) Individual Champions, ten NCAA Outdoor Regional Championship qualifiers, two NCAA Outdoor Championship semi-finalist, 1 NCAA Indoor Championships finalist, eight SWAC Indoor and Outdoor record holders, five top ten ranked USA Juniors and one USA Track & Field Finalist.

# 2022 MTCCCA Hall of Fame Inductees

## TONY EDWARDS

Tony Edwards has been the head boys track and field coach at Marquette High School from 1997-2008 where his athletes have earned 43 state medals and brought home a 3rd place trophy. Edwards has coached eight district champion teams. He is a former assistant at the University of Missouri and a many time track clinician in the throws.

## LAVAR MILLER

Lavar Miller was an eight-time state champion in the jumps while at Berkeley High School from 1994 through 1996. Miller was an eight time All-American while competing for Barton County Community College and the University of Arkansas.

## JOE PORTER

Joe Porter is the head boys cross country and track and field coach since 2010. In cross country, he has coached nine district champion teams, 11 state qualifying teams and eight straight trophy teams with state champion teams in 2013 and 2014. Porter has coached 21 all-state runners in track and field, three district champion teams and two state trophy teams with 71 All-State athletes. He is also a past president of MTCCCA.

## JIM THOMSON

Jim has dedicated fifty years of officiating to track and field and cross-country. He actually officiated longer because the early years didn't require MSHSAA registration. Thomson has spent twenty years as a rules interpreter and is always the go-to-guy with rules/regulations and support for the younger officials. He officiated many years at the state track and field and cross-country meets. He has coached many different competitors in the St. Louis area. Any man that gives over half of his life to track and field officiating, interpretation and support certainly deserves to be in the MTCCCA HOF.



# 2022 MTCCA Clinic Agenda

## THURSDAY, DECEMBER 8, 2022

5:00 pm – 9:00 pm Registraton Opens

7:00 pm – 8:00 pm Welcome / General Session I – Amor Fati: An Evolution of a Track Coach,  
*Bob Thurnboffer, University of New Mexico*

8:15 pm – 9:15 pm General Session II – Developing Young People (and Young Coaches) Through Athletics,  
*Irvin, (Boo) Schexnayder, Louisiana State University*

## FRIDAY, DECEMBER 9, 2022

7:30 am – 5:00pm Registration Opens

8:30 am – 9:30am Expanded Continental Breakfast

9:30 am – 10:30am Concurrent Session I

- A College Coach's Thoughts on Developing High School Sprinters,  
*Bob Thurnboffer, University of New Mexico*
- Coaching the Middle Distance Athlete.,  
*Todd Warner, Park University*
- Javelin Session: Keeping it Simple and Signs of Overtraining,  
*Brian Allen, Missouri Southern University*
- Technique and Accuracy in the Long Jump Approach,  
*Irving "Boo" Schexnayder, Louisiana State University*
- Planning the Season for the High School Sprint Hurdler,  
*Kenny Anderson, Central Methodist University*

10:30 am – 10:50 am Break

10:50am – 11:50 am Concurrent Session II

- How to Maneuver Through the College Recruiting Process,  
*Angela Williams, Prairie View A & M*
- Competition Cut Short: The Coach's Role in Eating Disorder Prevention and Discussion,  
*Rachel Steil, Running in Silence*
- Glide vs Rotation,  
*Brian Allen, Missouri Southern University*
- The Triple Jump – Technique and Teaching,  
*Irving "Boo" Schexnayder, Louisiana State University*
- Pole Vault Psychology,  
*Shawn Francis, Team Hoot Pole Vault*

11:50 am – 1:30pm Attendees on Own for Lunch

1:30pm – 2:30pm Concurrent Session III

- Ways to Construct and Coach Relays,  
*Angela Williams, Prairie View A & M*
- Using the Brain to Maximize Track and Field Performance,  
*Tyler Rathke, William Chrisman High School*
- Discus Essentials — Practice Planning,  
*Joe Frontier, Madison Throws Club*
- Hurdle Drills and Progressions,  
*Kenny Anderson, Central Methodist University*
- Pole Vault Tools for Your Toolbox,  
*Shawn Francis, Team Hoot Pole Vault*

# 2022 MTCCCA Clinic Agenda

- 2:30pm – 3:00pm Refreshment Break  
3:00pm – 4:00pm Concurrent Session IV
- **Performing Great when it Matters Most!**  
*Matt Candrl, Owensville High School*
  - **Issues in Contemporary 400m Training,**  
*Bob Thurnboffer, University of New Mexico*
  - **Herky Tough: Sustaining an XC Program with a Chip on Its Shoulder,**  
*Kyle Davis, Herculaneum High School*
  - **High Jump – Using Science and Art to Develop the HS Athlete,**  
*Liz Peterson, Hickman High School*
  - **Discus: Errors and Corrections—Connecting Video Analysis & the Next Practice,**  
*Joe Frontier, Madison Throws Club*
- 4:15 pm – 5:15pm MTCCCA Business Meeting  
6:00pm – 8:00pm Hall of Fame Dinner / Induction  
8:00pm – 11:00pm Exhibitor Social Sponsored by M–F Athletics

## SATURDAY, DECEMBER 10, 2022

- 8:00 am – 9:00 am Expanded Continental Breakfast  
9:00 am – 10:00am Concurrent Session V
- **Sprint Round Table,**  
*Bob Thurnboffer, University of New Mexico*  
*Angela Williams, Prairie View A & M*  
*Caesar Morales, Winnetonka High School*
  - **Throws Round Table,**  
*Tyler Rathke, William Chrisman High School*  
*Joe Frontier, Madison Throws Club*  
*Cortni Gonzales, Hickman High School*  
*Reinhard van Zyl, VZ Javelin Club*
  - **High Jump Case Studies and Discussions,**  
*Liz Peterson, Hickman High School*
  - **Culture First—Building a Healthy & Happy Program,**  
*Ryan Unruh, Blue Springs South High School*
  - **Officials Session**
- 10:00 am – 10:15 am Break  
10:15 am – 11:15 am Concurrent Session VI
- **Distance Round Table,**  
*Jeremy Goddard, Kickapoo High School*  
*Todd Warner, Park University*  
*Kyle Davis, Herculaneum High School*  
*Ryan Unruh, Blue Springs South High School*
  - **Jumps Round Table,**  
*Liz Peterson, Hickman High School*  
*Matt Candrl, Owensville High School*  
*Shawn Francis, Team Hoot Pole Vault*
  - **Coaching the Long Hurdles,**  
*Caesar Morales, Winnetonka High School*
  - **Javelin: Learn as You Do,**  
*Richard Van Zyl, VZ Javelin Club*
  - **Officials Sessions**
- 11:30 am Clinic Adjourns

# General Information

## Clinic Fee and Registration

Early In-Person Registration Fee - \$125 per person  
(after November 30th, \$150)

- 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 2023 MTCCCA dues, as well as access to all recorded presentations.

Clinic registration is only available online at :

<https://na.eventscloud.com/ehome/696799>

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, 2022, but must be submitted in writing and emailed to [jamie@custommeetingplanners.com](mailto:jamie@custommeetingplanners.com) or faxed to (573) 445-1831. Refunds will not be granted after November 1, 2022, 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 \$96.00 per room per night for 1-4 persons per room. Make your reservation 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 8, 2022** 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.

# 2022 MTCCCA Officers & Executive Committee

### **PRESIDENT:**

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# 2023 MTCCCA MEMBERSHIP

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

2023 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 \_\_\_\_\_

Deadline for Non-attende Membership is April 1, 2023.

