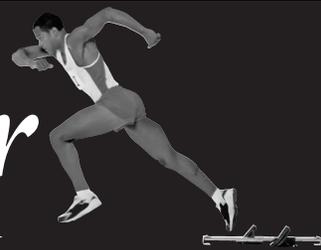


MTCCCA Newsletter

Fall 2023 Issue 1

Volume 25– Issue 1



Message from the President



Dear Coaches,

Hello and welcome to the 2023 MTCCCA Clinic. I am Ron Bandy, the current president of MTCCCA. I have coached for the last 28 years. My first year at Greenwood Lab School in Springfield, 11 years in Lebanon and the last 16 years in Bolivar. I am originally from the St. Louis area where I attended Lafayette High School and competed in track and field for Coach Bill Dinger, Mark Sissom and Randy Seagrist. I was blessed to compete in college and was able to run for the MTCCCA Hall of Fame Coach Richard W. Clark, at then Southwest Missouri State University. Coach Clark instilled in me the love for running, and that our faith and love for our fellow man is exponentially more important than wins or losses. Over the years I have been inspired by so many incredible feats of athleticism and sportsmanship on the cross-country courses, and in Track and Field. Those performances and acts of great character were inspired by the amazing coaches we have here in Missouri. I know I chose this path and profession due to the incredible coaches I was blessed to have.

I am very excited for the opportunity to share this year's speakers as we continue on this path of being the best coaches we can be for our athletes. I invite you to attend this year's MTCCCA Clinic in Columbia, December 7th-9th. This year's clinic will feature two keynote speakers Thursday night. We welcome the MTCCCA Hall of Fame coach Jim Marshall. Jim was the longtime Jefferson City Cross Country and Track coach. Currently coaching at West Minister. Jim was and is an amazing influence in my life as a young coach and still today as my beard is turning gray. His messages are powerful. To close out the evening we have Tim Cary, Head coach at University of Health Sciences and Pharmacy in St. Louis. Tim is an encyclopedia of Cross Country and Track and Field knowledge. I have been blessed to have Coach Cary in my circle. Tim has been part of my life since pre-school. Tim is as knowledgeable and well thought out as anyone I have ever met.

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

Speakers in the Jumps/Vault – Brooke Rasnick University of Louisville, Tony Douglas, Brian Hancock Battle High School, Jim Cary, Greg Dixon West Plains High School, Vicki McDonald Bolivar High School

The Sprint/Hurdle events – Erica Douglas, Tony Douglas, Jay Miller Coach at Parkview High School in Springfield MO. Jennifer Reeder Blue Springs High School, Joe Cusack Blue Springs High School, Shane Rebmann Lebanon High School, Greg Dixon West Plains High School, Vicki McDonald Bolivar High School

Distance events – Andy Youngworth McAuely Catholic, David Chatlos Liberty North High School, Jim Marshall West Minister, Wes Armbruster Festus High School, Tim Cary University of Health Sciences and Pharmacy

Throws and Strength – Justin Harris Willard High School, Liz Rydell University of Health Sciences and Pharmacy, Tim Cary University of Health Sciences and Pharmacy, Jamie Dixon West Plains High School

Mental Preparation of the athlete – Scotta Morton from Just Do It, Erica Douglas

As we head into the evening of Friday, we will celebrate the Hall of Fame Inductees. This has always been my favorite element of the clinic. As a young coach I found so much inspiration from the Hall of Fame Banquet. It is such an honor to hear these coaches speak. This year's Hall of Fame induction ceremony will again bring some amazing coaches to share their story. The 2023 class consists of Neal Blackburn, Rodney Baldrige, Greg Foster, and Jay Johnson. Congratulations to an outstanding group of coaches and athletes!

Thank you to all of you for your continued commitment to coaching our great sport and being a part of the 2023 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.

Yours Through Running,

Ron Bandy
MTCCCA President

Missouri Track & Cross-Country Coaches Association

Annual Clinic and Hall of Fame Induction • Sponsored by MTCCCA
December 7-9, 2023 • Holiday Inn Executive Center, Columbia, MO

2023 MTCCCA Clinic Speakers

Wes Armbruster

Wes Armbruster is the Head Girls Cross Country and Track Coach at Festus High School. Prior to taking over the girls cross country program, he was an assistant coach at Festus for 10 years. During that time Festus won a total of 9 state championships, including a state record 8 consecutive boys titles. Prior to coming to Festus, he served as the Head Cross Country Coach at Perryville High School for three seasons. The Pirates won a conference and district championship during his tenure, while also bringing home a state trophy (3rd place) in 2005

Jim Cary

Jim Cary recently is a retired coach who was elected to the MTCCCA Hall of Fame in 2004. He returned to coaching soon after and he has worked with four athletes who went on to be Olympians. He has also had athletes who went on to become NCAA I National Champions as well as multiple All Americans at all NCAA levels and NAIA as well. His high school athletes have collected over 300 All State Medals.

Tim Cary

Tim Cary is in his 30th year of coaching. Working with everything from little kids through post collegiate athletes, Cary has coached 100+ All Americans, 28 National Champions, 3 National Championship Teams, 4 Olympians, 80+ All State athletes, 4 State Champions, and 8 state trophies. He has been fortunate enough to work with and learn from over 12 Hall of Fame coaches in his career. Tim Cary currently coaches at the University of Health Sciences and Pharmacy in St Louis.

David Chatlos

Coach Chatlos is the head Cross Country and Girls Track coach at Liberty North. After running Cross Country and Track for Tim Nixon at Liberty High School, he graduated from William Jewell College and started coaching Track at his alma mater in 2004 and Cross Country in 2005. When Liberty North opened in 2010, he started the Cross-Country program there, and was an assistant with the Track program. He took over the girl's team in 2014 but works primarily with both the boys and girls mid/long distance squads. During the day, he teaches in the Business Department at Liberty North High School.

Joe Cusack

Joe Cusack is the current Assistant Boys Track Coach at Park Hill High School. He was the Boys Head Coach for Blue Springs High School from 2008 to 2022. Joe was the Head Coach for seven MO State Track & Field trophy teams (three Championships, two State Runner-ups, and two State Third-Place Finishes). He was the Assistant Coach for four MO State Track & Field trophy teams (two Championships, one Third Place and one Fourth-Place Finish).

For the three State Championship seasons was awarded five MO State Coach-of-Year Awards and one Midwest Region Coach-of-Year Award. He was a 2020 MTCCCA Hall-of-Fame Inductee and the 2013 MTCCCA President

Greg Dixon

Greg Dixon is the head track coach at West Plains High School in south central Missouri. During his 10 year tenure he has led 5 teams to the podium in the class 4 state meet. Joining his father (MTCCCA HOF member Joe Bill Dixon) in 2012 he has coached 82 All-State athletes, 10 State Champions, and 11 sprint relay teams finishing in the top 8 at the State meet. 7 of those relays have placed in the top 4.

Jamie Dixon

Jamie Dixon has led the West Plains Zizzer throwers for the past 10 years. During that time she has coached 22 state Qualifiers in the shot, discus, and javelin with 9 of those athletes earning All-State honors. She has coached 2 State Champions. Jamie is the wife of Head track coach Greg Dixon.

Erica Lynn Douglas

Before she was "Coach D" Erica Lynn Douglas ended her athletic career as a heptathlete at the NCAA's for the Iowa State Cyclones in 2006. After 13 seasons and 7 Team Championship Titles as an assistant coach for Waukee High School, Coach D returned to her alma mater in Ames, Iowa. The 2024 season will be her third as the Head Coach for the Boys and Girls Track and Field programs at Ames High School. She has coached numerous State Champions, Drake Relays Champions and her hurdlers have recorded 7 Iowa All-Time bests. Coach D founded the nonprofit She Plays, which serves as a resource to educate and empower female athletes and those who love them with a self-confidence that transcends the field of play. She and her husband, Tony, have 4 school-aged kids.

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2023 MTCCCA Clinic Speakers

Tony Douglas

Originally from Quincy, IL, Tony Douglas was a high school All-American and State Champion in the long jump with a mark of 24' 7". For the Iowa State Cyclones, Tony competed in both horizontal jumps, earning 3 trips to the NCAA's throughout his career posting bests of 25' 9" and 50' 10". Today, Tony's focus is on changing the way people move, play, and think. His innovative training methodologies and technology emphasizes athletic fundamentals and habits. He is the founder and CEO of VertiGO Athletics and Kinesimetrix. Tony is a volunteer coach for his wife's track teams at Ames High School.

Brian Hancock

Brian Hancock brings a tremendous amount of personal and coaching experience. Brian is a HS 4 x PV all state athlete, vaulting 16'10", a 5 x NCAA D1 PV All American. Mizzou Indoor record holder @ 17'8". As a coach his college and High School athletes have set the bar, at the collegiate level his athletes have garnered All SEC, All regionals, and All-American honors. As a high school coach his team finished 4th in the state in 2019 along the way coaching 54 all state athletes 11 of those in PV and 16 more in the horizontal jumps.

Justin Harris

Coach Harris has been the shot put and discus coach at Willard High School for the past 17 years. Coach Harris has had athletes competing at the State Track Meet in 16 of those 17 years. In that time, he took 14 different athletes to the state track meet. Coach Harris has had the honor of coaching 5 State Champions. He has three athletes currently competing in college at Iowa State, Brown, and Southeast Missouri State University.

Jim Marshall

Jim Marshall has been a high school teacher and coach for North Callaway and Jefferson City for 30 years.

Recently, he has spent the last eight years as the Westminster and William Woods track and cross-country coach. Jim has also been a public speaker on substance use prevention and mental health first aid with a not for profit, Codys Gift for the past twelve years. He served as the MTCCCA president in 2007 and was a Hall of Fame Inductee in 2008.

Vicki McDonald

Vicki McDonald coaches at Bolivar High School. She is in her 30th year of teaching/coaching. She teaches at the elementary level and has coached at the middle and high school levels. Vicki has coached Track and Field for her entire career, being Bolivar's Head Girls coach for the past 28 years. She joined Coach Bandy as one of his assistants for Cross Country 13 years ago. She has also spent time in the ring coaching basketball for seven years, and volleyball for three years. Vicki loves what sports provide for student-athletes and the lifelong relationships that they build.

Jay Miller

Jay Miller has been the Head Coach of the Boys and Girls Track and Field teams at Parkview High School since 2009 and works primarily with the sprint and hurdle groups. His interests in training athletes in the sprint events concentrates on maximum velocity development while trying to build sprinters that can compete at all distances. He is also interested in the development of well-organized teams and Track and Field Meets. During his tenure, Parkview won a District Championship in 2013 and won State Championships in the 4x100m Relay, 200m, and High Jump. In total he has coached 6 All State Relay teams and 14 Individual All State Athletes and numerous All District and All Conference performances.

Scotta Morton

Dr. Scotta Morton is a mental performance coach from Columbia, MO, and owner of Go For It Coaching, LLC. She recently resigned from her position as Assistant Athletic Director of Mental Performance & Psychological Services from the University of Missouri Athletic Department where she served college athletes, coaches, and staff for 11 years. Dr Morton's work is grounded in strong personal/team development and holistic well-being. A former collegiate basketball player, Dr. Morton loves a good game of PIG, exploring nature, and watching live music.

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2023 MTCCCA Clinic Speakers

Brooke Rasnick

Brooke Rasnick is in her 10th season as an assistant coach at the University of Louisville. She has coached 12 All-Americans and 5 ACC Champions in the pole vault and combined events. Rasnick was named the Collegiate Pole Vault Coach of the Year in 2022. She recently founded Elevate Athletic Recruiting to educate prospects and high school coaches on the track and field recruiting process.

Shane Rebmann

Shane Rebmann will be entering his 30th year of coaching Track & Field with the past 26 of those years being at Lebanon High School. During that time, his program has grown to support roughly 250 student-athletes per season in grades 7-12. During his coaching career he has coached football, basketball, wrestling as well and has always been a proponent of playing multiple sports and developing the complete athlete. Shane is proud of the fact that the majority of his Track Coaches at Lebanon are former LHS athletes who have continued to grow, develop, and add to their culture and love of the sport.

Jennifer Reeder

Jennifer has been a T&F coach at Blue Springs High School for 23 years, and head coach for 18. During her time as head coach, Blue Springs Girls have accumulated 6 state trophies (2nd place- '13,'22,'23, 3rd place- '07, '15 & '21), 100 All-State Finishes with six State Champion performances and eighteen State Runner-ups. Her All-State athletes have brought home 217 medals, ranking Coach Reeder in the Top Five all-time for girl's head coaches in all-classes.

Liz Rydell

Liz Rydell is an assistant track and field coach and strength and conditioning coach at university of Health Sciences and Pharmacy in St. Louis, MO. She earned her B.A. at Illinois Wesleyan University where she was a seven-time national qualifier across multiple events, earning two NCAA DIII All-American honors, and was a part of four top-four NCAA championship team finishes.

She went on to earn her M.S. degree in Exercise Physiology from Southern Illinois University - Edwardsville. While there, she helped coach for the track and field team assisting with sprints,

jumps, and hurdles. Since graduate school, she has been certified as an Exercise Physiologist through the American College of Sports Medicine as well as Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.”

Andy Youngworth

Andy Youngworth is currently in his third year at McAuley Catholic HS (Joplin, MO) after spending 31 years at Carthage High School. In a career that has spanned five decades, Coach Youngworth's cross country and track and field teams have won 32 conference championships, 17 district championships and 9 state trophies, including a Class 4 Boys State Championship in 2018. He has coached eight individual state champions in track and field, one in cross country and three relay teams on the track. His athletes have earned over 200 state medals in cross country and track and field. Andy served as the President of MTCCCA in 2016. He was inducted in the MTCCCA Hall of Fame in 2017 and was named the 2017 MSHSAA Cross Country Coach of the Year, the MTCCCA 2018 Track and Field Coach of the Year and that same year was the Missouri nominee for the USATF Coach of the Year. His coaching journey has come full circle, returning to a small, private Class 1 school after spending three decades at a school with over 1500 students. His experience at all coaching levels and coaching multiple sports allows him a unique perspective in 2023.

2023 MTCCCA Hall of Fame Inductees

RODNEY BALDRIDGE Coach at Lamar High School since 2004. 8 District and 6 Sectional championships in track. 6 state trophies including 2 state titles. 12 state champions and 173 medalists. 6 District and 3 state championships in cross country. 28 All State Medalists, including 2 individual state champions. He is also a 6-time MTCCCA Coach of the Year between cross country and track.

NEAL BLACKBURN has state 12 top 4 finishes in Boys Cross Country (1999 Osceola) 2009, 2010, 2011, 2013, 2014, 2015, 2016, 2019, 2020, 2021, 2022) and 5 top 4 finishes in Girls Cross Country (2011, 2014, 2019, 2020, 2021); 5 top 4 finishes in Boys Track and Field: (2018, 2019, 2021, 2022, 2023) and 4 top 4 finishes in Girls Track and Field: (2000 Osceola) 2017, 2021, 2023). In that same span Rock Bridge has won 5 state championships Boys Cross Country - 2011, 2020 and Boys Track and Field - 2021, 2022, 2023. 47 all state athletes in cross country. Has coached 4 Missouri Gatorade Athletes of the Year - Tyra Wilson (2018 Track and Field), Mathew Hauser (2019 Cross Country), Carolyn Ford (2018 Cross Country), and Andrew Hauser (2021 Cross Country).

GREG FOSTER Coach at MICDS until his death. Silver in the 110-meter hurdles at the 1984 Los Angeles Olympics and won three consecutive World Championship gold medals in the same event in 1983, 1987, and 1991. Across the length of his career, Foster accumulated 10 United States national titles, winning six indoor and four outdoor championships. He also held a world ranking for 15 of 16 years stretching from 1977 to 1992, including stints as the No. 1 hurdler in 1982, 1983, 1986, 1987, and 1991.

JAY JOHNSON was the head track coach at Grain Valley from 1980 - 1984, head cross country coach at RayPec from 1992 - present, and assistant track coach at RayPec from 1992 - present. During that time, his cross-country teams have won 13 conference titles, 9 district titles, and 6 state trophies including 2 team state championships (Girls in 2001 and assisted the boys in 2019). Individually, Jay has coached 40 cross country state medalists, 77 track and field state medalists, and has coached individual state champions in girls cross country, boys pole vault, and girls 800 (which was also a state meet record at the time). Jay has been selected as the MTCCCA and GKCCCA Cross Country Coach of the Year twice during his 43 years of coaching (2001 and 2022).



2023 MTCCCA Clinic Agenda

THURSDAY, DECEMBER 7, 2023

- 5:00 pm – 9:00 pm Registraton Opens
- 7:00 pm – 8:00 pm Welcome / General Session I – Be Their Hero
Jim Marshall, Westminster College
- 8:15 pm – 9:15 pm General Session II – Developing a Program - Lessons I've Learned as the Forrest Gump of Coaching
Tim Cary, University of Health Sciences and Pharmacy
- 9:15 pm – 10:00 pm Social with M-F Athletics

FRIDAY, DECEMBER 8, 2023

- 7:30 am – 5:00pm Registration Opens
- 8:30 am – 9:30am Expanded Continental Breakfast
- 9:30 am – 10:30am Concurrent Session I
- Building a High School Track Program Around Mid Distance Events,
David Chatlos, Liberty North High School
 - Building Confident Athletes and a Winning Team Culture
Erica Douglas, Ames High School & She Plays
 - The Skill of Athleticism: Leveling Up Your Program,
Tony Douglas, Verti-GO & K-Metrix
 - High Jump - Bio-Mechanics, Problem Solving, Drills and Verbal Cues,
Jim Cary
 - Developing the Javelin,
Tim Cary, University of Health Sciences and Pharmacy
 - Rotational Shot-Put Fundamentals,
Justin Harris, Willard High School
- 10:30 am – 10:50 am Break
- 10:50am – 11:50 am Concurrent Session II
- Warrior Distnace Running...Trying to Do the Ordinary Extraordinarily Well,
Andy Youngworth, McAuley Catholic High School
 - Common Errors and Corrections in the Pole Vault,
Brian Hancock, Battle High School
(if you would like me to analyze video of one of your vaulters, please send video to bhancock@cpsk12.org prior to the clinic)
 - Block Starts and How to Teach Speed,
Tony Douglas, Verti-GO & K-Metrix
 - Strength Training for the Track and Field Athlete,
Liz Rydell, University of Health Sciences and Pharmacy
 - Unlocking the Middle Distances,
Tim Cary, University of Health Sciences and Pharmacy
 - Discus Fundamentals,
Justin Harris, Willard High School
- 11:50 am – 1:30pm Attendees on Own for Lunch
- 1:30pm – 2:30pm Concurrent Session III
- Habits of Successful Horizontal Jumpers,
Tony Douglas, Verti-GO & K-Metrix
 - Talent, Training & Tradition: Building a High School Distance Program from the Ground Up,
David Chatlos, Liberty North High School
 - How to Develop and Maintain a Solid Cross Country Program,
Jim Marshall, Westminster College

2023 MTCCCA Clinic Agenda

- **T&F Recruiting: HS Coach's Role**
Brooke Rasnick, University of Louisville
- **Discover the Calling and GO FOR IT,**
Scotta Morton, Go For It
- **Fundamental Approach to Coaching the Pole Vault**
Brian Hancock, Battle High School

2:30pm – 3:00pm Refreshment Break

3:00pm – 4:00pm Concurrent Session IV

- **Pole Vault: Positions & Cues,**
Brooke Rasnick, University of Louisville
- **3 Pillars for Developing Championship Hurdlers,**
Erica Douglas, Ames High School & She Plays
- **How to Build a Distance Program from Scratch,**
Andy Youngworth, McAuley Catholic High School
- **Feed the Cats – How I Got There and What I Think Works,**
Jay Miller, Parkview High School
- **Discover the Calling and GO FOR IT,**
Scotta Morton, Go For It

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 and Holiday Inn Executive Center

SATURDAY, DECEMBER 9, 2023

8:00 am – 9:00 am Expanded Continental Breakfast

9:00 am – 10:00am Concurrent Session V

- **Sprint Round Table,**
Shane Rebmann, Lebanon High School, Jay Miller, Parkview High School, Vicki McDonald, Bolivar High School
- **Advanced Pole Vault: Pole & Grip Decisions,**
Brooke Rasnick, University of Louisville
- **400 Training - "A Championship Foundation",**
Jennifer Reeder, Blue Springs High School and Joe Cusack, Park Hill High School
- **Learning from a Legend: A Peek Inside the Festus Cross Country Culture and Training Philosophy,**
Wes Armbruster, Festus High School
- **Officials Session**

10:00 am – 10:15 am Break

10:15 am – 11:15 am Concurrent Session VI

- **Throws Round Table,**
Jamie Dixon, West Plains High School, Justin Harris, Willard High School
- **Building Team Success through Sprint Relays,**
Jennifer Reeder, Blue Springs High School and Joe Cusack, Park Hill High School
- **Jumps Round Table,**
Greg Dixon, West Plains High School, Vicki McDonald, Bolivar High School, Shane Rebmann, Lebanon High School
- **Distance Panel,**
David Chatlos, Liberty North High School, Wes Armbruster, Festus High School
- **Officials Sessions**

11:30 am Clinic Adjourns

General Information

Clinic Fee and Registration

Early In-Person Registration Fee - \$125 per person (after November 15th, \$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 2024 MTCCCA dues, as well as access to all recorded presentations.

Clinic registration is only available online at :

<https://na.eventscloud.com/ehome/767769>

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, 2023, but must be submitted in writing and emailed to jamie@custommeetingplanners.com or faxed to (573) 445-1831. Refunds will not be granted after November 1, 2023, 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 \$98.00 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 7, 2023** 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.

2023 MTCCCA Officers & Executive Committee

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2024 MTCCCA MEMBERSHIP

(Only for use if NOT attending clinic)

2024 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, 2024.

