MTCCCA Newsletter

Fall 2026 Issue 1

Volume 28 – Issue 1

Message from the President



Dear Coaches,

Welcome to the 2026 Missouri Track and Cross-Country Coaches Clinic.

As I reflect on my coaching career, I am reminded of the many coaches and mentors who have shaped my journey and influenced the coach I am today.

My high school coach, Carl VunCannon, took the time to connect with me as a freshman, encouraged me to join the team, and taught me the importance of inspiring young athletes while celebrating every success, no matter how small.

When I began coaching, Brad Parson helped channel my enthusiasm and showed me that passion for coaching is demonstrated through the consistent support we provide to athletes and fellow coaches alike. As a new head coach, I looked to Mike Spiegel of Lee's Summit High School as a model of excellence. His genuine care for his athletes, commitment to hard work, and ability to create a fun and rewarding team culture were qualities I deeply admired.

Working alongside Joe Cusack for 15 years taught me not only the strategy of coaching track and field, but also the power of collaboration. Joe helped unite our girls' and boys' programs into one family, creating an environment that was both competitive and supportive. His energy and enthusiasm made track and field come alive for our athletes, and I would not be the coach I am today without his guidance.

Finally, I am grateful for Matt Johnson, who has served as my assistant head coach for 11 years. His attention to detail, commitment to individual athletes, and dedication to the overall success of our team are remarkable. Together, we have combined our experience and passion for the sport to achieve great things.

Each of us has coaches, mentors, and colleagues who help write our story. What makes track and field so special is the willingness of coaches to support one another in pursuit of something bigger than ourselves. I witness that spirit every year at this clinic. Whether it is a presentation that sparks a new idea, a conversation in the hallway after a session, or a connection made during the social, there are countless opportunities to learn, grow, and be inspired.

I am excited about this year's lineup of speakers and the opportunities they bring for every coach in attendance. Whether your focus is on a specific event area, program development, injury prevention, or supporting the mental well-being of your athletes, there is truly something for everyone.

One of the highlights of our weekend will be the induction of this year's Hall of Fame class on Friday evening. Please join me in congratulating Matt Chance (Bowling Green), Kyle Davis (Herculaneum), and Tiffany Spain (Cardinal Ritter). We look forward to celebrating their accomplishments and recognizing their well-deserved place in our Hall of Fame.

I would like to express my sincere gratitude to the individuals who helped make this clinic possible. It has been both an honor to work alongside Ron Bandy, Wes Armbruster, Martise Scott, Tim Levine, Jay Miller, Neal Blackburn, and Nick Buckvar throughout the planning process. Their collective experience, wisdom, and commitment to our profession have been invaluable. Whenever I had a question, a challenge, or a new idea, they were always willing to offer guidance and support. The strength of this clinic is built on the dedication of leaders like these.

I would also like to offer a special thank you to Jamie Schieber. Your hard work behind the scenes, attention to detail, and unwavering support have been instrumental in bringing this year's vision to life.

Thank you for being part of this community and for investing in the future of our sport. I hope this clinic provides valuable insights, meaningful connections, and renewed inspiration that you can take back to your athletes and programs.

Sincerely,

Jennifer Reeder

MTCCCA President

Missouri Track and Cross-Country Coaches Association

Missouri Track & Cross-Country Coaches Association

Annual Clinic and Hall of Fame Induction • Sponsored by MTCCCA
December 10-12, 2026 • Wyndham Executive Center, Columbia, MO

2026 MTCCCA Clinic Speakers

Aniola Ajayi

Aniola Ajayi attended the University of Kansas, where she had the opportunity to compete as a collegiate athlete and serve as a graduate assistant coach while completing her degree in K–12 mathematics education. Aniola is currently in my 23rd year as an educator and has taught students at the elementary, middle, and high school levels. She is entering her sixth-year coaching at Liberty High School and her fourth year as the girls head track and field coach. Aniola's experiences as an athlete, educator, and coach have shaped her commitment to developing the whole athlete—helping young women grow not only as competitors, but also in confidence, leadership, and character.

Ryan Banta

Member of Missouri Track & Field and Cross-Country Coaches Association (MTCCCA) Hall of Fame 2021, USTFCCCA Girl's Coach of the Year 2022, MTCCCA Coach of the Year 2021 & 2022, Ryan is the author of the *Sprinter's Compendium*, St. Louis Suburban Conference Coach of the Year 2022, 2023, 2024, 2025, 2026, past President of the MTCCCA, and has a Master's in Positive Psychology from the University of Missouri. Coach Banta is a successful high school coach. His athletes have achieved 159 school records (FR, JV, Varsity), 11 top-five team finishes at the state championships, team state title in 2022, 14 district championships, 8 district runner-up finishes, 16 conference team titles, 319 state semi-finalist (sectionals), 233 state qualifiers, 3 state records (3200, 4×800, and 100HH), 23 national ranked events, 209 All-state Medalists, 203 for track & field alone (currently 9th all-time in Missouri state history), 24 state champions, 25 runner-up performances, and three Gatorade athletes of the year all done in a single gender at Parkway Central High School. HS coach of Olympian Emily Sisson.

Logan Bell

Logan Bell is a former collegiate javelin thrower at Missouri Southern State University, where he earned NCAA Division II All-American honors in the javelin throw in 2021. As a coach Logan has helped develop two All-State athletes in the javelin throw. He began his coaching career at McDonald County High School, where he coached from 2023–2025, before joining Webb City High School in 2026, where he currently coaches.

Amber Bloecher

Amber Bloecher is a dedicated member of the Raytown High School Track & Field program for 27 years, including 12 years as the Head Track & Field Coach. Under her leadership, Raytown has continued to build a strong tradition of competitive success and athlete development. Last year in Class 4, Raytown athletes competed at the state level in the 4x400m relay, triple jump, long jump, high jump, 3200m, and 1600m. The team also earned 2nd place in the Class for 4 District Meet. Coach Bloecher is passionate about developing student-athletes both on and off track and being prideful of Raytown High.

Nathan Carlson

Nathan Carlson, PT, DPT, is a physical therapist and educator specializing in the management and prevention of running-related injuries. He is the owner of Runningmate PT & Performance, a running-specific physical therapy practice in Kansas City. Nathan teaches clinicians nationally and internationally on bone stress injuries and resistance training for endurance athletes. He also serves as a peer reviewer for running related research for the International Journal of Exercise Science.

Joe Cusack

Joe Cusack is the head coach of Lee's Summit North boys track and field. Joe is a 2020 MTCCCA Hall-of-Fame inductee and was 2013 MTCCCA President. Coach Cusack received the Missouri High School Boys Coach of the Year Award: 3xMTCCCA, 1xUSTFCCCA and 1xMSHSAA. He was the 2014 National Federation High School Midwest Section Boys Coach of the Year and has been on the MTCCCA Track and Field Advisory Council for five years.

Missouri Track & Cross-Country Coaches Association

Annual Clinic and Hall of Fame Induction • Sponsored by MTCCCA
December 10-12, 2026 • Wyndham Executive Center, Columbia, MO

2026 MTCCCA Clinic Speakers

Douglas Cutler

Douglas Cutler has been the head boys' and girls' cross-country coach and an assistant track & field coach at Pella High School in Iowa since 2005. Since then, Pella's cross-country teams have qualified to the 3A State Championships 39 of 42 seasons, placed in the top three 21 times including 7 state championships, and won 19 Conference and 28 District titles. The program began with 23 participants in 2005, grew to as many as 128, and has averaged more than 80 students annually at a school of approximately 700. Pella has proudly featured performances ranging from individual state champions and Nike Cross National qualifiers to beginning runners of all abilities. Prior to Pella, he coached six years at Blue Springs High School and one year at Centralia High School in Missouri.

Patrick Dent

Patrick Dent is in his 7th year as the Head Boys & Girls Cross Country and Girls Track. Coach at Pleasant Hill High School. Prior to taking over Girls Track and Field at Pleasant Hill, he was the Assistant Coach at Camdenton High School. While at CHS, the Girls Track and Field team won the State Championship title in 2017 and finished 3rd the following year. Currently, he has led the PHHS Chicks to four consecutive Conference Championship titles in Track and Field. In 2023 they finished 2nd at the State Track and Field Championships and finished 4th twice-in 2021 and 2025. Coach Dent has also had the pleasure of coaching nine State Champions under his leadership as Head Coach at Pleasant Hill. Not only has he coached those State Champions, but those girls have also added these extraordinary finishes to their resumes: 2nd place 4x400 (3:54.68) and the Class 4 MO State record holder Brooke Beck, recorded a 53.25 in the 400 Meter in 2025. Many of those young women have now graduated and are continuing their Track and Field experience under full or partial scholarships at the collegiate level.

Alicia Gunter

Coach Alicia Gunter is in her 27th year of coaching cross country and track. Coach Gunter has coached at West Plains High School since 2003. Coach Gunter's favorite part of coaching is centered around relationship building and character development. She loves preparing athletes for life through the lessons learned participating in cross country and track.

Maddie Harris

Maddie Harris began her javelin career at Lee's Summit West High School, where she was a member of four state championship teams, won the 2018 state championship in the javelin, and finished runner-up in both the javelin and shot put in 2019. She continued her career at the University of Nebraska–Lincoln, becoming a three-time Big Ten Champion, three-time First Team All-American, and four-time NCAA Championships qualifier, including a runner-up finish in the javelin in 2022. In 2023, Harris won the USA Championship with a personal-best throw of 60.73 meters (199-3) and went on to earn a bronze medal at the Pan American Games in Santiago, Chile. Harris currently trains as a professional javelin thrower with aspirations of qualifying for the 2027 World Championships and the 2028 Los Angeles Olympic Games.

Stacy Hedrick

Stacy Hedrick is a Licensed Professional Counselor who supports student-athletes at Blue Springs High School and at her private practice in Lee's Summit. After raising two athletes of her own and supporting countless teens through the pressures of being a student-athlete, Stacy has a passion for helping clients come back from injury and setbacks, challenge negative thought patterns, and strive toward peak performance. She uses neurofeedback, Eye Movement Desensitization and Reprocessing (EMDR), and other clinical therapeutic modalities to help athletes master the mental side of the game. With 25 years of experience supporting the mental health needs of teens, sports performance and mindset training are at the heart of her work today.

Stewart Johnson

Stewart Johnson is in his 32nd year of coaching Track and Field at Hickman High School, the last 14 years as head coach. He has coached 136 All-State athletes, ten State Champions, and has won two State Team Trophies in 2021 and 2024.

2026 MTCCCA Clinic Speakers

Coach Johnson specializes in the horizontal jumps where he has coached athletes to 38 podium finishes as well as two State Champions, one in the Long Jump and one in the Triple Jump. He earned the 2024 NFHS state and regional coach of the year awards and holds a Level 1 certification from USATF.

Virgil Lucas

Virgil Lucas is a former track and field athlete and accomplished coach who competed in hurdles, sprints, and relays at Limestone High School, Ladue High School, Florissant Valley Community College, and Southeast Missouri State University. His collegiate achievements include a 14.17-second performance in the 110-meter hurdles in 1991, which ranks among Southeast Missouri State's best, as well as membership on the school's successful 1991 team and its indoor All-American 4x400-meter relay squad. As a coach at McCluer South-Berkeley and Ladue Horton Watkins High Schools, Lucas has developed athletes such as Missouri high jump champion Bella Jones and national-level high jumper Zoey Brinker. His jumpers also earned seven All-State honors in 2024 and 2025, reflecting his impact on athlete development. Lucas's coaching contributions earned him the Charlie Finch Distinguished Coach Award in both 2023 and 2025.

Elijah Mason

Elijah Mason is a former D1 discus thrower for the University of Washington. He is one of the few people to become a 4x First-Team All-American in the discus, is also a 2x Pac-12 Champion, and a 4x Pac-12 scorer. In high school he was a 1x Shot Put and 3x Discus D1 State Champion in Arizona and finished his time there as the #2 all-time performer throwing 212'11".

MaKayla Mason (Kelby)

MaKayla Mason (Kelby) is a former D1 shot put and discus thrower, competing for the University of Washington and Duke University. She is a Second-Team All-American in shot put and 8x conference scorer in the Pac-12 and ACC. MaKayla, a Missouri native, is a 2018 graduate of Lee's Summit West High School. At LSW, she won 6 individual state titles, 3 team titles, holds the state championship record in the discus, and was the 2018 Gatorade Track Athlete of the Year.

Colby Mathews

Colby Mathews has been the Lee's Summit North High School Women's Head Coach since 2015 along with previously coaching the sprints from 2008-2015. Previously, Coach Mathews was the Grandview High School Women's Head Coach from 2004-2007. His teams earned a Team State title in 2011, 4X400M relay state title in 2015, 4X100M relay state titles in 2006 and 2007 (Class 4 record). He also coached the 2026 - 300M Hurdles men's state title and the 2003 - 110M hurdles state runner up.

Rebecca McConville

Rebecca McConville is a board-certified sports specialist and an IAEDP-approved eating disorder supervisor. She is an internationally recognized expert on REDs authoring the book *Finding Your Sweet Spot: How to avoid REDs and REDsolution. She also created the first of its kind REDs-informed provider certification program for clinicians. She has served as a consultant for UMKC, KU, KC Chiefs and KC Ballet, As well as an expert advisor for Nike, USPOC and Unifiy Health.

Vicki McDonald

Vicki McDonald has been coaching middle and high school athletes for over three decades. After retiring from Bolivar High School after 30 years holding the Head Girls Track and Field Coach position, she has taken a position with Greenwood Lab School in Springfield, Missouri as their Head Cross Country and Track coach. Under her leadership, Bolivar gained three individual state champions along with Bolivar athletes earning medals in 90 Track and Field events during her tenure in class 3 and class 4. She enjoys watching athletes gain confidence in themselves and pushing themselves to be their very best.

Dan McKim

Dan McKim, a published author, public speaker and a world champion strength athlete competing in the Scottish Highland Games, has presented to teams, schools, churches and at ministry events on the topics of strength, faith and personal development. McKim threw at Northwest Missouri

2026 MTCCCA Clinic Speakers

State University, where he was an All-American, and 15-time national qualifier in three events, breaking two school records. After college, McKim pursued a throws career in the Scottish Highland Games where he was a four-time world champion, six-time US champion, and still holds two world records. Dan resides in Maryville with his wife Natalie, and their five boys, where he is the throws coach at Maryville High School.

Roberta McWoods

Coach McWoods has been involved in Track & Field for almost 50 years. She was an athlete at the University of Missouri-Columbia, as a 400m hurdler and heptathlete and has coached at Kirkwood High School for 42 years. She was a member of MSHSAA Advisory Board, and the first female President for the MTCCCA. In 2014 she was inducted into the MTCCCA Hall of Fame, a member of the NFHS Rules Committee (2021-2024), MSHSAA/NFHS Coach of the year (2019-20), and MTCCCA Coach of the year (2024). Coach McWoods created a Track & Field camp at Kirkwood High School for children aged K-8th grade, which is now in its 41st year. She retired from teaching in 2014, but still mentors teachers in the Kirkwood School district.

Chris Melton

Christopher Melton has coached jumpers privately throughout Missouri, Kansas, and Washington, as an assistant coach at Liberty North High School, and most recently at Rockhurst High School, where he has coached since 2022. During his time at Rockhurst, Coach Melton has guided athletes to the state championships six times, contributing to a 4th place podium finish in 2024, and back-to-back state team titles in 2025-26. Most recently, his jumpers accounted for 31 of the team's 60 points at last year's state championship. This year, Coach Melton had the pleasure to coach All-American athletes, state champions, and a Junior Olympic champion.

Dustin Miller

Coach Miller enters his third season as the Girls Track & Field Coach and his fourteenth season leading the Boys Track & Field program at Webb City High School. He recently completed his fourteenth season leading both the Boys and Girls Cross Country programs. Before hiring Miller, the struggling Boys Cross Country program had qualified only one team to the state championships in its 13-year history. Since then, Miller has established a tradition of excellence, leading the program to nine conference championships, 10 state team qualifications in the last 13 years, 10 All-State athletes, and a second-place state finish in 2020. The Girls Cross Country program had scored as a team only twice in its 13-year history prior to Miller's tenure. Under his leadership, the girls have captured four conference championships, qualified for the state championships seven of the last 13 years, produced six All-State athletes, and earned a second-place state finish in 2025. In 13 years as the Boys Track & Field Head Coach, Miller guided the program to four conference championships, two district championships, seven top-eight state finishes, 62 All-State athletes, 11 individual state champions, and the 2021 Class 4 State Championship. In just two years leading the Girls Track & Field program, Miller has led the team to a conference championship, a district championship, eight All-State athletes, and an individual state champion.

Jamar Parrish

Jamar Parrish is entering his 18th season as an assistant track and field coach, with this season being his 5th at Staley High School. With an emphasis on sprints and hurdles, Coach Parrish also has a background in jumps and multi events. Parrish is also a National Level official through USA Track & Field (USATF). Coach Parrish has had proven success developing athletes from youth through high school resulting in several all-state high school athletes in addition to multiple All-American athletes in the USATF/AAU club circuit.

Robert Rawie

Coach Robert Rawie has coached track and field at Liberty High School for the past five years, with a primary focus on the sprint events and sprint relays. During the past three years, he has helped the Liberty girls track and field program establish itself as one of the premier programs in Class 5, finishing on the podium in the top three teams at the State Championships each season. The sprint relays have played a major role in that success. The 4x400 relay has placed in the top three at State three times, including winning the State Championship in

2026 MTCCCA Clinic Speakers

2026. The 4x200 relay placed fifth in 2025 before capturing the State Championship in 2026, while the 4x100 relay earned a second-place finish at State in 2025.

Kevin Schnexnayder

Kevin "Coach K" Schexnayder is an award-winning sprint coach and two-time NSAF Nike Coach of the Year (2025 & 2026), known for developing elite high school and U20 sprinters. This season alone his athletes earned six World U20 Championship medals, including four golds. Coach K's athletes currently hold national high school records in the 100m, 200m, 300m, 4x100m, and 4x400m. In 2026, Blake Hamilton and Tate Taylor combined for five sub-20-second performances in the 200 meters, including a U20 World Record 19.75 that took first place at Diamond League- Nike Prefontaine Classic. Based in San Antonio, Texas, Coach K leads the Texas Titans Track Club with a focus on athlete development, sprint performance, and building a competitive team culture, as he seeks to do his part in growing the sport.

Ryan Unruh

Ryan Unruh has spent 21 years as the Girls Cross Country Coach and 15 years as the Girls Track & Field coach at Blue Springs South High School. In addition, he became the head coach of the Boys Cross Country team in 2023. During his tenure, the South distance programs have been known for their excellence and consistency. His programs have earned 13 state trophies - highlighted by Girls Cross Country State Championships in 2021 and 2025 and nine straight trophies between the years 2014 and 2025. In three years as the coach, Coach Unruh guided the Boys Cross Country to their first trophy in program history in 2025. In addition to team success, Unruh has coached athletes to three Cross Country individual titles and 13 Track & Field titles. Across all three programs he has coached 81 individual All-State athletes and 14 All-State relays.

Rebecca Wilmes

Rebecca Wilmes enters her 7th year coaching at Tolton Catholic where she led the Trail Blazers to six 4X800m State Championship wins and coached five consecutive girls 800m State Champions. She coached Elyse Wilmes to a New Balance 800m National title and two High School All American finishes. Rebecca has coached at a variety of levels and schools including Our Lady of Lords Middle School, Battle HS and Mizzou. While at Mizzou (2000-2012), she coached four 800m All Americans, seven individual 800m Big 12 Champions and the NCAA Indoor Champions in the Distance Medley Relay (2000).



2026 MTCCCA Hall of Fame Inductees

Matt Chance

Matt Chance is currently the Head Boys and Girls Track and Cross-Country Coach at Bowling Green High School. He has been coaching at Bowling Green for 29 years. He has acquired 25 Boys EMO Cross Country Conference Championships, 19 Girls EMO Cross Country Conference Championships, 14 Boys District Cross Country Championships, 9 Girls Cross Country District Championships, 20 Boys Cross Country State Qualifying Teams, 14 Top 10 Boys Cross Country State Finishes, 17 Girls Cross Country State Qualifying Teams, 13 Girls Cross Country Top 10 Finishes, 2009 Boys Class 2 CC State Champs, 2023 Boys Track Class 3 State Championships, 11 State Trophies (10-cross country, 1 track), 18 Boys Track Conference Championships, 9 Girls Track Conference Championships. Matt has earned Cross Country Coach of the Year Honors for Boys Cross Country in 2004, 2009, 2010 and Boys Track & Field Coach of the Year Honors in 2020 and 2023.

Kyle Davis

Kyle Davis is the Head Boys and Girls Cross Country coach at Herculaneum since 2012. In that time his teams have won 15 district championships and earned 18 state trophies, including two state championships (girls in 2012, boys in 2021). He has coached 45 all-state athletes in cross country and over 90 in track and field.

Tiffany Jackson Spain

Tiffany Jackson-Spain has built one of the most distinguished careers in Missouri track and field as both an accomplished athlete and championship coach. Her impact on the sport spans more than two decades, marked by excellence in competition, exceptional leadership, and an unwavering commitment to developing young people. A graduate of Gateway Institute of Technology in St. Louis, Jackson-Spain established herself as one of Missouri's premier hurdlers. She was a member of Gateway's 2004 MSHSAA State Championship team and captured back-to-back Missouri Class 3 State Championships in the 300-meter hurdles in 2004 and 2005. An All-State and All-American performer, her accomplishments placed her among the top 300-meter hurdlers in Missouri history. Jackson-Spain continued her athletic career at Missouri Baptist University. She earned NAIA All-American honors in both events, highlighted by a National Runner-Up finish in the 100-meter hurdles and national finish in the 100-meter dash. Following her collegiate career, Coach Spain turned her passion for the sport into coaching. She began as a volunteer coach at her alma mater before joining the coaching staff at Ladue Horton Watkins High School under Hall of Fame coach Keith Harder. During her tenure, she helped develop numerous All-State athletes, All-Americans, individual state champions, and championship relay teams, laying the foundation for one of Missouri's premier coaching careers. In 2018, Coach Spain was named Head Girls Track & Field Coach at Cardinal Ritter College Prep. Her impact was immediate, leading the Lady Lions to a State Runner-Up finish in 2018 and a third-place finish in 2019. After the 2020 season was canceled, she assumed leadership of both the girls' and boys' programs and guided Cardinal Ritter to an unprecedented run of success. Under her leadership, Cardinal Ritter captured four consecutive MSHSAA Class 5 Girls State Championships (2021–2024), establishing one of the premier dynasties in Missouri track and field history. Her teams have consistently competed among the state's elite, including a third-place finish by the boys' team in 2024 and fourth-place finishes by the girls in 2025 and 2026. Her athletes have also established multiple state relay records and earned state and national recognition. Coach Spain's sustained excellence has earned numerous coaching honors, including MTCCCA Class 5 Girls Coach of the Year (2021–2024), MSHSSA/NFHS Girls Coach of the Year (2021–2022), NHSCA National Girls Track & Field Coach of the Year (2022–2023), and USTFCCCA Missouri Coach of the Year (2023). Among her most meaningful accomplishments was coaching her daughter, Kyndall Spain, into one of the greatest hurdlers in Missouri history.

2026 MTCCCA Clinic Agenda

Thursday, December 10, 2026

5:00 pm – 8:00 pm **Registration Open**

7:00 pm – 8:00 pm **Welcome / General Session A – Creating Joy in Track and Field**
Dan McKim, Maryville High School

8:15 pm – 9:15 pm **General Session B - Leverage Data to Supercharge Your Program!**
Ryan Banta, Parkway Central High School

9:15 pm – 10:00 pm **Social with M-F Athletics**

Friday, December 11, 2026

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**

- Mental Health & Mindset for Athletes
  Stacey Hedrick, Blue Springs High School
- Diversified Cross Country Training for the Beginner to the Elite
  Douglas Cutler, Pella High School, IA
- Shot Put: Special Strength without Special Equipment
  MaKayla Mason (Kelby), LSW/University of Washington/Duke University and Elijah Mason, University of Washington
- Every Coach's Role in Mental Health and the 1 in 8 Athletes with Eating Disorders
  Rachael Steil, Running in Silence
- Bone Stress Injury Prevention for Coaches
  Nathan Carlson, Runningmate PT and Performance
- Sprint Relays Philosophy and Focus
  Robert Rawie, Liberty High School

9:50 am – 10:10 am **Break**

10:10 am – 11:00 am **Concurrent Session II**

- Building the Javelin Throw
  Maddie Harris, LSW/University of Nebraska
- Fueling for the Finish Line: Helping Track Athletes Perform, Recover & Stay Healthy
  Rebecca McConville, McConville Consulting and Rachael Steil, Running in Silence
- Building a High-Performance System
  Kevin Schexnayder, San Antonio Titans
- High Jump 101
  Virgil Lucas, Ladue High School
- Long Jump: Might As Well Jump, JUMP!...Using More Reps to Develop Better Athletes
  Christopher Melton, Rockhurst High School
- Rhythm & 800m Training
  Rebecca Wilmes, Fr. Tolton Catholic High School

2026 MTCCCA Clinic Agenda

11:20 am – 12:10 pm **Concurrent Session III**

- 3200m/1600m Training ... Lending to 4x800 Success
  Douglas Cutler, Pella High School, IA
- Discus: Special Strength without Special Equipment
  MaKayla Mason (Kelby), LSW/University of Washington/Duke University and Elijah Mason, University of Washington
- Triple Jump: Game of Zones...How to Gamify Each Phase in Practice to See Results in Meets
  Christopher Melton, Rockhurst High School
- 300m Hurdles: Sprint 1st, Hurdle 2nd
  Jamar Parrish, Staley High School
- More Than Medals: Building Strong Athletes and Stronger Young Women
  Eniola Ajayi, Liberty High School
- Pole Vault
  Brian Hancock, Battle High School and Travis Craig, Rockbridge High School

12:10 pm – 1:50 pm **Attendees on Own for Lunch**

1:50 pm – 2:40 pm **Concurrent Session IV**

- Creating a Culture that Produces Champions
  Kevin Schexnayder, San Antonio Titans
- Developing the Javelin Thrower
  Maddie Harris, LSW/University of Nebraska
- Missouri High School State Track and Field Qualifying Rounds - Viable Change Does Exist
  Joe Cusack, Lee's Summit North High School
- Sustainable Success. Building a Championship XC Program from the Ground Up
  Ryan Unruh, Blue Springs South High School
- How to Build a Program A-Z
  Ryan Banta, Parkway Central High School

2:40 pm – 3:00 pm **Refreshment Break**

3:00 pm – 3:50 pm **Concurrent Session V**

- Women's Head Coaches Panel
  Amber Bloecher, Raytown High School
  Roberta McWoods, Kirkwood High School
  Alicia Gunter, West Plains High School
  Vicki McDonald, Greenwood Lab High School
  Eniola Ajayi, Liberty High School
- Balancing Cross Country & Track Programs While Coaching Girls and Boys
  Dustin Miller, Webb City High School
- 100/110 Hurdles Importance of Offseason
  Jamar Parris, Staley High School
- Like Grit?: The Art of the 400m
  Patrick Dent, Pleasant Hill High School
- Weight Room and Meet Day Performance for Throwers
  Dan McKim, Maryville High School

4:00 pm – 5:00 pm **MTCCCA Business Meeting and Team Awards**

6:00 pm – 8:00 pm **Hall of Fame Dinner/ Induction**

8:00 pm – 11:00 pm **M-F Athletics Social with Exhibitors**

2026 MTCCCA Clinic Agenda

Saturday, December 12, 2026

8:00 am – 9:00 am **Breakfast Buffet**

9:00 am – 9:50 am **Concurrent Session VI**

- Distance Panel
  Ryan Unruh, Blue Springs South High School
  Douglas Cutler, Pella High School, IA
  Dustin Miller, Webb City High School
- Sprints Panel
  Joe Cusack, Lee's Summit North High School
  Kevin Schexnayder, San Antonio Titans
  *Patrick Dent, Pleasant Hill High Schoo*l
- Hurdles Panel
  Jamar Parrish, Staley High School
  Colby Matthews, Lee's Summit North High School

9:50 am – 10:00 am **Break**

10:00 am – 10:50 am **Concurrent Session VII**

- Throws Panel
  Logan Bell, Webb City High School
  Flip Courter, Grain Valley High School
  Ryan Foster, Parkhill High School
- Jumps Panel
  Stewart Johnson, Hickman High School
  Virgil Lucas, Ladue High School
  Christopher Melton, Rockhurst High School

11:00 am **Clinic Adjourns**



General Information

Clinic Fee and Registration

Registration Fee - $125 per person
(after November 13th, $175)

- The registration fee includes clinic attendance, clinic handouts (online), a light breakfast on Friday and Saturday morning, the Hall of Fame Induction and Banquet, and your 2027 MTCCCA dues.

Clinic registration is only available online at :

https://na.eventscloud.com/mtccca2026

Payment for the clinic can be made by purchase order(emailed to accoutning@custommeetingplanners.com), 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, 2026, but must be submitted in writing and emailed to jamie@custommeetingplanners.com. Refunds will not be granted after November 1, 2026, but substitutions will be granted. Membership dues will not be refunded.

Hotel Reservations

A block of rooms has been reserved at the Wyndham Executive Center Hotel for the MTCCCA Clinic. The discounted room rate is $102.00 per room per night for 1-4 persons per room. Make your reservation online at MTCCCA Clinic Lodging Reservations or by calling the Wyndham Executive Center Hotel directly at (573) 445-8531 and asking for the "MTCCCA Clinic rate". Reservations must be made prior to November 10, 2026, to guarantee the discounted rate and 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.

2026-27 MTCCCA Coaching Grant

The MTCCCA Coaching Grant application is officially OPEN until Friday December 4, 2026. The application is available on the MTCCCA website. The Head Coach of every High School program that sent 5 kids or more to the 2026 MTCCCA Indoor Camp at UCM will automatically qualify for the grant; Head Coaches can assign the grant to any coach on their staff. In order to receive the grant, these Head Coaches must complete the application. If you didn't have any kids attend this year's camp, no worries...there will be 5 additional coaching grants approved this year. If interested, please complete the application by 12/04/2026.

2026 MTCCCA Officers & Executive Committee

President:
Jennifer Reeder
Blue Springs High School
2000 NW Ashton Dr.
Blue Springs, MO 64015
Phone 816.874.3400
Email: jreeder@bssd.net

President-Elect:
Neal Blackburn
Rockbridge High School
4303 South Providence Road
Columbia, MO 65203
Phone:573-214-3400
Email: NBlackburn@cpsk12.org

1st Vice President:
Jay Miller
Parkview High School
516 West Meadowmere
Springfield, MO 65807
Phone: 417-523-9420
Email: jmiller3@spsmail.org

2nd Vice President:
Nick Buckvar
Ladue Horton Watkins High School
1201 S. Warson Road
St. Louis, MO 63124
Phone:314-993-6447
Email: nbuckvar@ladueschools.net

Executive Committee:
Ron Bandy
Bolivar R-I High School
1401 Hwy D
Bolivar, MO 65613
Phone: 417-343-8687
Email: rbandy@bolivarschools.org

Wes Armbruster
Festus High School
501 Westwind Drive
Festus, MO 63028
Phone: 696-937-5410
Email: armbrusterwesley@festusedu.com

Martise Scott
Hazelwood East High School
11300 Dunn Road
St. Louis, MO 63138
Phone: 314-953-5635
Email: martisescott@yahoo.com

Executive Secretary:
Tim Levine
Webster Groves High School
100 Selma Avenue
Webster Groves, MO 63119
Phone: 314-963-6400
Email: talnn8@gmail.com

Treasurer:
Kevin John
Parkway West High School
14653 Clayton Road
Ballwin, MO 64011
Phone: 314-415-7500
Email: mtccca@yahoo.com

Website Development / Information:
Caesar Morales
Winnetonka High School
5815 NE 48th Street
Kansas City, MO 64119
Phone: 816.321.5340
Email: Caesar.Morales@nkcschools.org

2026 MTCCCA MEMBERSHIP

(Only for use if NOT attending clinic)

2027 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-attendee membership is available. Non-attendee 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:

Kevin John
Parkway West High School
14653 Clayton Road
Ballwin, MO 64011

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 _____

E-Mail Address _____

School Name _____

