

2024

4TH ANNUAL

OKLAHOMA

COACHING SEMINAR

BUILDING WINNERS TOGETHER.

EXCLUSIVES:

"NEXT LEVEL HIGH JUMP"

"CREATING A HARD ROCK CULTURE"

"10 STEPS TO BEING A CHAMPIONSHIP XC COACH"

"KNOW YOUR GREATER THANS"

→ Train Smarter

→ Pursue Excellence

→ Collaboration

→ Detail Focused

GET THE BEST FROM THE BEST.

FEATURING: DOUG SOLES, RICK MILLER, KEVIN RITTER & DAVID RIDEN

SPONSORED BY:



JULY 26TH - 27TH

NORMAN, OKLAHOMA



SPEAKERS



RICK MILLER

PROFILE:

Head XC and and Asst. Track Coach at Grapevine High School (TX)

This will be Coach Miller's 13th season as the head cross-country coach at Grapevine High School.

- 4 State Championship Teams (Girls in 2015; and Boys in 2020, 2021, 2022)
- 5 State Runner-Up Teams (Girls in 2014, 2019, 2020; and Boys in 2017 and 2019)
- 2021 NXR South Champions (5th at Garmin RunningLane Nationals)
- 2022 NXR South Runner-Up (19th at NXN)
- USTFCCCA Texas Boys Cross Country of the Year in 2021 & 2022
- Cross Country Coaches Association of Texas 5A Girls Coach of the Year (2015 & 2020)
- * Cross Country Coaches Association of Texas 5A Boys Coach of the Year (2019, 2020, 2021, 2022)



DOUG SOLES

PROFILE:

Head XC & Track Coach at Herriman High School (UT)

This will be Coach Soles's 25th season as a head cross-country & track coach. His teams have been some of the most successful in US history. He has led his teams to:

- 2015 and 2023 Nike Cross Nationals Boys Titles
- 8 NXN Podiums (5 Boys, 3 Girls)
- 14 California State D1 Titles
- 35+ League or Region Titles (XC and Track combined)
- 17 Mt. SAC XC and Relays Team Titles
- Many sub 5:00 girls and sub 4:15 boys
- Multi-time National Coach of the Year



SPEAKERS



DAVID RIDEN

PROFILE:

Head XC Coach at Deer Creek High School (OK)

This will be Coach Riden's 21st season as the head cross-country coach at Deer Creek High School.

- 13 State Championship Teams (10 Boys & 3 Girls)
- 6 State Runner-Up Teams (4 Boys & 2 Girls)
- 20 Regional Championships (14 Boys & 6 Girls)
- 9 Individual State Champions (Boys)
- USTFCCA Oklahoma Coach of the Year for 2023



KEVIN RITTER

PROFILE:

Track and Field Coach at Yukon High School (OK)

This will be Coach Ritter's 18th season coaching Track and Field.

- Currently coaching at Yukon High School and Southwestern Christian University in OKC.
- Sprints, Jumps, Relays, Hurdles
- Coached current NFHS record in High Jump 7'6
- Coached 8 jumpers to 6'6 or higher.
- Coached HS junior in the USA Olympic Trials

⊕ SESSION SCHEDULES

JULY 26TH:

4:15p - 5:15p/Rick Miller
"Building a Hard Rock Culture"

5:30p - 6:30p/Doug Soles
"10 Steps to Being a Championship XC Coach"

6:45p - 7:45p/Kevin Ritter
"Guide to Coaches New to High Jump"

8:00p - 9:00p/David Riden
"Nothing Matters but Everything Matters"

JULY 27TH:

8:00a - 9:00a/Rick Miller
"Grapevine Year-Round Running Program"

9:15a - 10:15a/Doug Soles
"Building Championship XC Programs"

10:30a - 11:30a/Kevin Ritter
"Next Level High Jump"

11:45a - 12:45p/David Riden
"Know Your Greater Thans"





INFORMATION

WHEN?

JULY 26TH - 27TH

WHERE?

NORMAN NORTH HIGH SCHOOL

NANCY O'BRIEN CENTER

1801 STUBBEMAN AVE. NORMAN, OK 73069

**BUILDING WINNERS
TOGETHER.**

COST & REGISTRATION

\$ One Day: \$50
Two Days: \$75

****DISCOUNTS GIVEN TO COACHES THAT BRING MULTIPLE
COACHES FROM THE SAME SCHOOL.**



venmo
@XCNHS



*MAIL CHECK

ATTN: SCOTT MONNARD

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NORMAN, OK 73071



REGISTER VIA EMAIL:

SMONNARD@NORMANPS.ORG



QUESTIONS?

SCOTT MONNARD

(405) 420-5951

*PAYABLE TO NORMAN HIGH TRACK
BOOSTER CLUB