

Oklahoma High School Strength Coach Clinic | June 15, 2022



Dwight Daub



Dr. Andrew C. Fry



Rob Glass



Lance Hooton



Bryan McCall



Connor Myers



Ethan Reeve



Nick Whitmer

CLINIC INFORMATION:

Carl Albert High School
2009 S Post Rd,
Midwest City, OK 73130

PRICING:

Coaches/Adults - \$25
Athletes (12-18) - \$10

REGISTER:

<https://>

[go.mondoworldwide.com/
mondostrengthconditioningclinic](https://go.mondoworldwide.com/mondostrengthconditioningclinic)



AGENDA:

7:00 am – Coffee/Donuts

8:00 am – **Ethan Reeve** (Welcome, Purpose Density Training- Standards)

9:00 am – **Connor Myers** - (Contact/Grappling Prep) - Hands On Presentation

10:00 am – **Nick Whitmer** - (Squats & Olympic Lifts Progression) - Hands On Presentation

11:00 am – **Dr. Andrew Fry** - Can What I Do in the Weight Room Contribute to Overtraining

12:00 pm – Lunch **Provided by Performance Surfaces**

1:00 pm – **Rob Glass** - The Cowboy Way

2:00 pm – **Lance Hooton** (Speed/Agility/ Quickness Progression) - Hands On Presentation

3:00 pm – **Bryan McCall** - (Athletic Warmup) - Hands On Presentation

4:00 pm – **Dwight Daub** - Survival, Adaptation & Development in Your Career

5:00 pm – Questions

5:30 pm – End of Clinic

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Dwight Daub, Former Director of Athletic Performance, Oklahoma City Thunder, Seattle Sonics, University of Utah

Dwight Daub is a strength and conditioning coach with over 44 years of experience including 10 years in high school, 10 years as an NCAA Division I Strength and Conditioning Coach and 18 years as a Director of Athletic Performance in the NBA for the Seattle Sonics/11yrs and Oklahoma City Thunder 7 yrs. (2 years as a part time/ intern OKC Thunder/total 20 years NBA) additionally one of the co-creator of the NBA pre-draft combine performance testing.



Rob Glass, Director of Athletic Performance Oklahoma State University

Rob Glass is in the 18th year of his second tenure as assistant athletic director for speed, strength and conditioning at his alma mater and is one of the central figures in the success of the program. Glass, one of the most recognized and preeminent strength and conditioning experts in college athletics, returned to OSU after a 10-year stint at Florida. He first worked for the Cowboys as both a football graduate assistant coach and strength coach from 1986-95 and his current tenure brings him into his 27th year at Oklahoma State.



Lance Hooton, Owner of Hooton Sports Performance Training, Austin Texas

Lance Hooton is currently the owner/president of a successful sports performance training business that caters to competitive athletes. The list of athletes is comprised of profession, amateur, collegiate, high school, and junior athletes. Lance's coach career spans four NCAA Division I schools, and he has worked with Olympic and World Championship medalists in track & Field and swimming. He has coached World Record holders, a Heisman Trophy winner numerous NCAA teams and individual champions and numerous first round draft picks for the NFL, NBA, MLB and WNBA and Women's United Soccer Association. He is certified by USA Weightlifting as a USA Weightlifting Senior coach, which further enhances his ability to effectively utilize Olympic style weightlifting techniques in the pursuit of optimal power and speed development for peak athletic performance for all sports.



Dr. Andrew Fry, Ph.D., CSCS*D, FNSCA*E, Professor, Department of Health, Sport & Exercise Sciences, University of Kansas.

Dr. Andrew Fry earned degrees from Nebraska Wesleyan University, the University of Nebraska, and Penn State University, followed by post-doctoral training at Ohio University. Andy is the Director of the Jayhawk Athletic Performance Laboratory, which is part of the Wu Tsai Human Performance Alliance. In this capacity, he works extensively with KU Athletic teams as well as other area sport teams and organizations. The focus of this lab is the study of elite athletic performance and the training required. His research interests have also focused on physiological and performance responses and adaptations to resistance exercise, including overtraining as well as the molecular signaling pathways that contribute to skeletal muscle adaptation to resistance exercise. He is a past vice-president of the NSCA and past-president of the Central States chapter of ACSM.



Bryan McCall, Executive Director of Performance, Sports Academy at the Star Frisco, Texas

Bryan McCall has been in the field of athlete development for 23 years and obtained the Registered Strength Coach Certification Emeritus through the National Strength and Conditioning Association (NSCA). He has a passion to learn every day, build more expertise and create unique training programs for my vast audience of athletes/coaches. His objective is to inspire the future generation of performance coaches and athletes. Bryan received a B.S. in Exercise Science from the University of Texas at Arlington and took graduate level Sports Management courses at Florida State University.

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Connor Myers, Director of Athletic Performance, Bixby High School

Coach Myers will be entering his second season as the strength and conditioning coach for the Bixby Spartans. Coach Myers is Strength and Conditioning Coach Certified (SCCC) through the Collegiate Strength and Conditioning Coaches Association (CSCCA) as well as a Certified Strength and Conditioning Specialist through National Strength Coaches Association (NSCA). Coach Myers is also a Level 2 Sports Performance Coach through USA Weightlifting. Before arriving to Bixby, he spent 4 years as the Strength and Conditioning Coordinator for Edmond Memorial High School. During this time Coach Myers also served as the Defensive Line Coach for the Football team. Prior to Edmond Memorial Coach Myers worked as a Graduate Assistant for 2 years at East Tennessee State under Master Strength Coach Al Johnson.



Ethan Reeve, Director of Strength and Athletic Performance, Mondo

Ethan Reeve is the national director for strength and athletic performance at Mondo USA. Coach Reeve has coached wrestling at the high school and collegiate level for 13 years and has been a director of strength and conditioning at the high school and collegiate level for 31 years. He has coached many State Champions, NCAA All Americans, National Champions, and Olympic Champions, as well as many professional athletes. He is also a former CSCCA board member and former President of the organization. Ethan Reeve also holds a Master Strength Coach certification from the CSCCA.



Nick Whitmer, Director of Athletic Performance, Jenks High School Football Team

Nick Whitmer is the director of athletic performance at Jenks High School. He has over 17 years of experience as a director at the US Paralympic training center in Edmond, Oklahoma; University of Texas, Oklahoma State University, Bixby High School, Southern Methodist University, and currently at Jenks High School. Nick received his bachelor's degree in Kinesiology from University Central Oklahoma, his Master's Degree in Exercise Science from Oklahoma State University, and is a current PhD Student in Health and Human Performance at Oklahoma State University.