

SoDak Track & Field Clinic '25

February 22nd 2025

Speaker / Presenter Information -

"Sprint Relays"

Name: Jeff Fierro **Hometown:** Rapid City

High School Attended: Rapid City Stevens

College Attended: University of Nebraska-Lincoln

Current Teaching Position & School: English Teacher at Rapid City Stevens

Coaching Position/s: Asst. Track & Field Coach (sprints/ relays) & Head Boys Soccer Coach

Accolades: 16 "AA" T&F Team Championships

- 2 "AA" Boys Soccer Team Championships
- 36 SD State Champion Relay Teams (4x100=12; 4x200=12, 4x400=6; Medley=6)
- 3 SD State Record Relay Teams ('04 Girls 4x100; 2017 Girls 4x100; '22 Boys Medley)

Coaching Awards:

- 3 x SDCCTFCA Area Coach of the Year Awards
- 1 x SDHSSCA Boys Soccer Coach of the Year (2022)
- 1 x USC South Dakota Boys Soccer Coach of the Year (2020)

"Lincoln Patriot Sprints & Relays"

Name: Jim Jarovski **Hometown:** Sioux Falls

High School Attended: Washington High School

College Attended: University of Sioux Falls

Current Teaching Position & School: Acc/AP Chemistry Teacher – SF Lincoln High School

Coaching Position/s: Head TF-SF Lincoln (26th yrs/18 yrs Head Coach) /Head 9th FB Coach

Accolades: 11-time SD AA State Team Championships. (7 Boys and 4 Girls)

- 5 Time Combined AA Team Champions
- 38 Individual Boys State Champions, 22 Boys Relay Titles
- 28 Individual Girls State Champions, 8 Girls Relay Titles

Coaching Awards:

- 4 – Time USTFCCCA Boys SD Track Coach of the Year (2012, 2014, 2016, 2019)
- 2014 SDHSCA SD Boys Coach of the year
- 4 – Time SD East Area Coach of the year

"Developing Aerobic Monsters for XC & Track"

Name: Nathan Wolf

Hometown: Sioux Center, IA

High School: Alma High School – Alma, NE

College: Northwestern College

Coaching Position/s: Northwestern College (2004-2012), Southwest Minnesota State University (2012-2015), Dordt University (2015-Present)

Accolades:

1. 2022 Men's NAIA Cross Country National Champions
2. 2022 USTFCCCA Jack Hazen Program of the Year
3. 7xMen's GPAC Cross Country Champions
4. 11xWomen's GPAC Cross Country Champions
5. Coached 161 NAIA/NCAA DII All-Americans

Coaching Awards:

1. 2022 NAIA National Men's Cross Country Coach of the Year
2. 2022 USTFCCCA National Men's Cross Country Coach of the Year
3. 4x USTFCCCA Track & Field National Assistant Coach of the Year
4. 8x Women's GPAC Cross Country Coach of the Year
5. 7x Men's GPAC Cross Country Coach of the Year
6. 2x USTFCCCA Central Region Women's Cross Country Coach of the Year
7. 5x USTFCCCA Central Region Men's Cross Country Coach of the Year
8. 5x USTFCCCA Central Region Men's Assistant Track Coach of the Year

"Structuring a Successful Sprint Program With a Focus on Long Sprinters."

Name: Dr. Craig Heynen

Hometown: Sioux Center, IA

College: Dordt University

Coaching: Head Track and Field Coach Dordt University

Accolades: 3 GPAC ID and 3 GPAC OD Team Champions

2 NAIA National Team Runner Up

50 Relay and 90 Individual All Americans

8 Individual, 6 Relay National Champions

Coaching Awards:

6 GPAC COY

4 USTFCCCA Regional COY

“Developing a Hurdler”

Name: Tim Ackerman

Hometown: Sioux Falls

High School: Unity Christian

College: Dordt / Augustana Universities

Position: Sioux Falls Christian Assistant X/C and Track Coach (2012-2025)

Accolades:

58 state qualifying hurdlers. 32 state medalists- 25 of those finishing in the top 5.

11 State Champions (3 girls, 8 boys)

9 Gold Medalists - fastest of all classes. 2 State Class “A” record holders.

1 State record holder in all classes.

9 Track and Field Team Titles: (4 girls, 5 boys)

Coaching Awards:

5 SDCCTFCA Assistant X/C and Track Coach of the Year awards.

“Clearing New Heights”: Practical Insights for High School High Jump Coaches

Name: Darren Neely

Hometown: Cheyenne, Wyoming

High School Attended: Cheyenne East HS

College Attended: University of Sioux Falls

Current Teaching Position & School: Elementary PE Teacher

Coaching Position/s: Asst. Track Coach @ Aberdeen Central HS

Accolades:

- 2 Girls ESD Conference Champions (High Jump)
- 2 Boys ESD Conference Champions (High Jump)
- 6 ‘AA’ State Podium Finishers

Coaching Awards: N/A

“Picking Athletes & Drill Progression”

Name: Tyler Maxwell

Hometown: Tekamah, NE

High School Attended: Tekamah-Herman HS

College Attended: University of South Dakota

Current Teaching Position & School: Math and Sports Nutrition Teacher (Harrisburg HS)

Coaching Position/s: Assistant Football / Assistant Track (Javelin, High Jump) – Harrisburg HS

Accolades: Javelin thrower at USD (3 years – transferred in) - Top 150 thrower in Division I (2012)

- Volunteer Assistant Javelin Coach at USD (2012-13)
 - Coaching - 2 boys State Javelin Champion
 - 1 Boys State Javelin Record Holder
 - 1 Girls State Javelin Champion
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“Daily Drills for Jumpers”

Name: Kristi Phillips

Hometown: Crooks, SD

High school: Tri-Valley

College: South Dakota State University

Position: Physics, chemistry, physical science, & enviro science at Chester Area School

Accolades: State Champion Teams: Girls '99, '00, '01 - Boys '17, '22 - Combined '16, '17, '18, '22 – 10 Individual State Champions in Jumps. 2 Female State Meet Outstanding Athletes and 2 Male State Meet Outstanding Athletes.

Coaching/ Professional Awards: 2017 Track and Field Assistant Coach of the Year

Title of Presentation: Daily Drills for Jumpers

“Running with the Dogs, Doing the Little Things Every Day.”

Name: Ralph Kroetch

High School: Philip High School - Philip South Dakota

College: Some BHSC Drafting/Art

Position: Head Coach Cross-Country (will step back in 2025 to Assist Track Coach)

Accolades: An Assist Track Coach beginning in 2004 under Coach Jerry Rhodes Sr. W/ Mike West Sr. and Thomas Parquet, until 2020 became Head Track in the Covid Year=No Season, Track 2021 thru 2024 a Boys/Girls COMBINE Three Conference Championships and 2 Region Championships, with a 5th place Boys State finish in 2024.The Scotties over the last 22 years in XC have earned a Boys/Girls COMBINED-23 XC Conference Championships--9 Region

Championships-- placed 46 individuals on the State Podium---Stood 10 Teams on the State Podium.

Coaching / Professional Awards: SDHSCA Victory Club (75+ Varsity XC Wins), in 2024--(COTY) Two-time Western Great Plains Conf-Track/Field--Three-time WGP Conf-XC--Two-time SDCCTFCA assist Track-- One-time SDCCTFCA Head Track-Field--Six-time SDCCTFCA Head XC--Two-time USTFCCA Head XC =2023/2024--SDHSCA Girls XC Head 2016--SDHSCA Boys Head XC 2023--SDSWA (South Dakota Sports Writer Association) 2024.

“ It only takes one” - Discus and Shot Put Fundamentals.

Name: Mark Liebl

Hometown: Menno, SD

High school: Menno High School

College: University of South Dakota

Position: Assistant Track and Field Coach with Dell Rapids St. Mary since 2013

Accolades: Coach Liebl enjoyed a successful Track and Field career with the University of South Dakota Coyote program, which culminated with placing runner-up in the javelin at the 2006 NCAA Division II Outdoor Championships with a school record-breaking throw of 221 feet, one inch. Liebl's javelin mark remains both the school and state record. He also held program top-10 marks in the discus and hammer throw at one point. Coach Liebl was inducted into the USD Track and Field Hall of Honor in 2016. Liebl's 2006 Men's Track and Field Team was inducted into the USD Henry Heider Coyote Sports Hall of Fame in 2023.

Coaching/Professional Awards: Coach Liebl has grown the throwing program at DRSM from 4 throwers in 2013 to 19 throwers in 2024. Since 2013, Coach Liebl has had the privilege of coaching 6 athletes that have placed in throwing events at the SD State Track and Field Meet.

“Sports Nutrition for the High School Athletes”

Name: Anna Hermonimus

Hometown: Granville, Iowa

High school: Spalding Catholic

College: South Dakota State University, Brookings, SD followed by Dietetic Internship at Metro Health in Cleveland. OH.

Position: Avera Dietitian - Anna works with athletes of all ages to educate them on how to fuel for performance.

Interests: Avid marathon runner, gardening, cooking up something new for her family to try.

“Pole Vault 101”

Name: Brigitte (Gross) Valentine

Hometown: Dell Rapids

High School: Hanson High School

College: University of Sioux Falls

Position: Pole Vault Coach for USF

Accolades:

- Entering her third season as the pole vaulting coach for the University of Sioux Falls. In the last two years at USF she has coached all her athletes to personal best jumps and 5 conference placers.
- The 2014 USF Graduate and Athletics Hall of Famer for her skills in pole vaulting, became the school’s first-ever national individual champion, winning the NAIA indoor and outdoor titles in 2011 and NCAA DII crown in 2014.
- Valentine was also a successful South Dakota high school athlete. Learning the craft of pole vaulting under the late Dan Thelen (Huron) she placed 3 times at state track and then continued her last two years winning the pole vault state title at Hanson High School.

“New Rule Review” How does a Coach Navigate a TF Meet or a CC Meet by Rule?”

Name: Steve Charron

Hometown: Seneca SD

High school: Faulkton SD

College: Northern and Black Hills State

Position: 3 years teaching coaching Todd Co. and 3 years teaching and coaching at Winner. Retired from Readers Digest after 30 years (2008).

Accolades: National Field Manager of the Year for Readers Digest (1997)

Coaching/ Professional Awards: Officiating Track and Field and CC for 46 years.

- 1994 NFIOA SD Boys and Girls Outstanding Track and Field Official.
- Distinguished Service Award SDHSAA 2014.
- 2014 ESD Award of Merit.
- 2023 NFHS Active Official of the Year. Region 5 (6 states).