

# 2026 Crash Course Presenters

(subject to change)

Blake Arehart, *Riverton HS* – Hurdles, warm up routines/etc

Erica Brand, *Cloud County CC* – Javelin

Thomas Broxterman, *Baldwin HS* – Sprint training, team culture

Hope Cramer, PT, DPT, OCS, CSCS, CMPT, *Cheney, KS* – Weight training, core/auxiliary

Michael Draut, *East HS* – High jump

Drew Mahin, *Cloud County CC* – Distance training, starting blocks

Amber McVicar, *Newman University* – Distance training

Shannon Rewerts, *Hesston HS* – Relays

Casey Seyfert, *Beloit HS* - Shot put, discus

Cedric Shell, *Derby HS* – Long jump, triple jump

Marcus Summers, *Wichita, KS* – Pole Vault