

COACHES CONFERENCE

CLASS INSTRUCTORS



Cindy Clough

Founder & Executive Director of Just For Kix
Head Coach of the Warrior Dance Team “The Kixters” starting her 44th season.
Choreographed over 35 major collegiate Bowl Game Halftime Shows
Inducted into several Hall of Fames in a number of states. National Dance Coaches Hall of Fame in 2019. Minnesota Coach of the Year in 1987, 1999 & 2012. National Dance Coach of the Year in 2019.



Ali (Clough) Gerrets

14th year staff member Worked on the opening of the NFL kick off and Super Bowl Halftimes since 2015
Dancer, Super Bowl XLVII (2011) with Beyonce & Super Bowl XLV (2013) with Black Eyed Peas
Presenter & Teacher at multiple dance conventions including Iowa, Minnesota, North Dakota, Washington, Wisconsin & Texas
Assistant Coach of the Brainerd Warrior Dance Team, MADT AAA Asst. Coach of the Year in 2013



Dr. James Gudgel

Doctor of Chiropractic and Registered Physical Therapist practicing since 1974
Certified weight trainer
Instructor in the chiropractic profession since 1983, teaching chiropractors and heart care professionals all over the world
Former long distance runner and ran in the 1982 Olympic Marathon Trials in Buffalo, NY
Served in Vietnam in the US Marines Corps
His years of practice and participation in high level sports has given him great knowledge and insight into injuries of the spine and extremities



Rob Miller

Mr. Miller was a 3-sport athlete in high school and played college basketball, where he served as team captain his senior year.
He has coached both men and women in high school and college basketball as well as in track and field.
He is the former director of Champions of Character for NAIA and the former Director of the National Christian College Athletic Association.
He is presently the commissioner of the Wolverine Hoosier Athletic Conference.
He has been a partner in “Proactive Coaching” since 2008. He speaks about 120-130 days per year which have included high school and colleges through the USA and in 4 other nations.
He lives in Liberty, Missouri with his wife Susan and his daughter Kendall.



Charlie Campbell

23rd year of public education and 14th year at an Activities Director.
Active member of the Minnesota Interscholastic Athletic Administrators Association and is currently serving on the board as Past President.
Serves on the Minnesota State High School League Educational Advisory Committee and assisted with the development of the WHY WE PLAY curriculum.
He has shared his knowledge and passion for education based athletics with several hundred coaches in his role as a member of the coaches education faculty.
He resides in Brainerd, MN with his wife Amy, a middle school D/APE teacher, and their three children, Katie, R.J. and George.



Lori Thomas

Current Commissioner for the Heart of America Athletic Conference.
Assistant volleyball coach at Missouri State - 1993-96
Assistant volleyball coach at University of Tulsa - 1996-98
Member of the Kansas City Lightning women's pro volleyball team in 1996
National Junior College Athletic Association Hall of Fame, 2003
Johnson County Community Collete Hall of Fame, 2003
Idaho State University Hall Of Fame, 2004
National Association of Collegiate Directors of Athletics Executive Committee from 2004-08
Member of the Board of Directors for the US-International University Sports Federation since 2004
She attended the 2011 World University Games in Shenzhen, China and most recently traveled to Kazan, Russia for the 2013 World University Games as a USA staff member



Jessica Monroe

Jessica has been teaching yoga in the Brainerd Lakes area since 2015.
Sharing fun and different ways to stretch and strengthen comes natural to her as a former Just For Kix instructor and Brainerd Kixter.
In the Intro to Yoga class you will learn some basic techniques and terminology, while working on linking breath to movement.