

Head Coach Prince George High School Track & Field
Asst Coach with Central VA Track & Field from 2012-present
Veteran of US Air Force
Coached 3 4x800 boys junior olympic all American teams 2012 2013 2015
Coached 13 national all Americans
Coached 2 track individual state champs 2014 2015
Coached the 4th fastest boys 4x200 US #4 team in the nation 2017
Coached 4 x200 boys state champion relay team 2017

Central Virginia