**Name:** Head Hurdles Coach James Spivey  
**Position:** amateur boys and girls personal trainer  
**Email:** [**spivjm@aol.com**](mailto:spivjm@aol.com)  
**Cell Phone:** 8327716316

**Biography:** University of California at Pennsylvania, Masters of Science 2012 (Masters and Post Masters)  
NASM Corrective Exercise Specialist 2013   
NASM Performance Enhancement Specialist 2011  
National Association of Speed & Explosion 2014  
  
Sports Performance Specialist Coach/Personal Trainer – James Spivey  
Owner/Founder of Elite Hurdling, Etc. – www.elitehurdling.com  
Contact info: Email – spivjm@aol.com Website – elitehurdling.com Cell#: 832-771-6316   
  
Coach/Personal Trainer James Spivey Coach with Katy H.S. Hurdle Champ Coach at Great Southwest Meet in New Mexico  
Sports Performance Specialist Coach/Personal Trainer – James Spivey has evolved into a hurdling specialist servicing the Houston/Cypress/Katy/Fort Bend/Spring/Klein and surrounding areas, in addition, also provides remote training. Elite Hurdling, Etc. is primarily a sports specific hurdling training program designed to assist student athletes and their parents achieve performance marks needed to get an athletic sports scholarships. The goal of Elite Hurdling Etc. is to assist the various Middle Schools, High Schools and Track Club programs to enhance their programs and achieve elite hurdling student athletes throughout the various Houston area communities.   
Sports specific performance training develops the underlying, fundamental physical characteristics that are needed to execute any sport skill movement. The ability to generate maximal power during the complex movement patterns of the hurdling event is of paramount importance to successful athletic performance. Specialized, sport-specific technical and physical training are essential to improve player and individual performance on the field/court. The art of the hurdling sporting event is one of the most complicated and fascinating track and field events because it includes not only running, but also includes jumping and explosive body movements that require maximum body control.   
The path for the student athlete from high school to college should be a path that leads to their destination and dreams, without stumbling blocks and breaks in the road. The high school student athlete and their parents should have the keys to the car that drives them to a better understanding of what is needed to get to the college classrooms, at minimum cost. Student athletes with the talents should not have to suffer from financial hardships now or later in life. There are so many athletic scholarships available, but, not enough qualified student athletes to receive them. Elite Hurdling Etc. is here to change that.   
One of the missions of Elite Hurdling, Etc. is to develop a program designed to include sports specific track and field training, primarily in the areas of short and long distance hurdling, as well as sprints and mid-distance running. Our program is designed to assist students and their families toward achieving their end goals of college academic/athletic scholarships. Our program will help to foster self-confidence that nourishes, teaches, encourages, and fosters continued desires to stay fit and enjoy life, both for the athlete and their parents.  
  
Brief Bio/Profile: Sports Performance Specialist Coach/Personal Trainer – James Spivey  
• Hurdling athlete and undergraduate studies at the University of Connecticut and an Undergraduate at the Sam Houston State University majoring in Education and Sociology.   
• Substitute Teacher at HISD and Youth Ministry and sports coach at Church Without Walls.  
• 18yrs track and field with various Houston areas top USA and AAU Track Clubs. Chosen in 2009 as Team Texas Selection Chairman/Coach for the State of Texas Great Southwest Classic meet and in 2011 elevated to hurdling meet coach and Houston area meet recruitment   
• Masters and Post Masters of Science degrees in Sports Science Medicine from California University of Pennsylvania, with specializations in Performance Enhancement, Corrective Exercise and Speed Explosion.   
• Certified Personal Trainer in Speed and Explosion from National Association of Speed and Explosion – NASE.   
• Certified Personal Trainer and Performance Enhancement Specialist from National Academy of Sports Medicine.   
• Certified Personal Trainer and Corrective Exercise Specialist also from the National Academy of Sports Medicine.   
• Elite Hurdling Etc., is currently the largest hurdling program in the nation with a total of 32 athletes, not counting all returning college students who continue to train in the program.   
Personal Achievements for the Elite Hurdling Etc. Program:   
• Since the programs start in 2010, the Elite Hurdling Etc. Program has to date assisted 19 out of 19 hurdling students and their parents achieve athletic scholarships. 95% of those athletic scholarships have been full rides. How many scholarships the programs have helped to produce is the benchmark the program uses to determine success.   
• 2012 – 9 District boys’ and girls’ middle and high school hurdle champions from 6 different school districts. Identified as the largest hurdling program in the nation with 22 athletes. Two gold and three silver metal national Junior Olympic champions.   
• 2013 – 1st place winner at the University of Houston Carl Lewis Meet (Ariel Jones). 4 gold metals and 2 silver metal Junior Olympic Champions from just the hurdling event. Second largest graduating group of 5 senior graduates receiving athletic scholarships for hurdling.   
• 2014 - Current National boy’s shuttle relay record set at the Great Southwest Classic meet in New Mexico and the second best National girl’s shuttle relay record also set at the Great Southwest Classic meet. 6 of 8 senior 2014 graduates have signed and received first round scholarships in November, the two others will sign in February..   
• 2015 - We are taking it to the next level, “we are not afraid to be Great”. We have teamed up with the most challenging sports fitness programs in the area, Next Level Athletics, NLA. (http://nlainc.org/index.php?p=home)  
Elite Hurdling, Etc., measures its success by how many athletic scholarships the programs helps to produce. College performance mark times and how many college athletic scholarships the program helps to produce are the benchmarks used by the Elite Hurdling, Etc., program to determine success.   
  
Elite Hurdling, Etc. 2014 Senior Class all 8 have signed or are to be signed:

Lacarol Baynes – Cy-Lakes H.S., Cypress, TX, Synergy Track Club. Signed – Belmont University  
Jessica Duckett – CY-Lakes H.S., Cypress, TX, Synergy Track Club. Signed - Tulane University  
Jacarius Martin – Morton Ranch H.S., Katy, TX, Track Houston Track Club. Signed - Univ. of Houston   
Parker Johnson – Second Baptist, H.S., Houston, TX, Track Houston Track Club, Signed - Dartmouth  
Tameyah Carroll – Morton Ranch H.S., Katy, TX, Synergy Track Club. Signed - Univ. Texas San Antonio   
Akuira Young – Tomball Memorial H.S., Tomball, TX, Northwest Flyers. Signed – Rice University  
Janelle Carty – Fort Bend Hightower H.S., Fort Bend, TX, Wings Track Club. Signed – Louisiana Tech   
Khyllia Barnes – CY-Fair H.S., Cypress, TX, Synergy Track Club. Signed – McNeese State Univ.  
Caleb Richard – CY-Fair H.S., Cypress, TX, Synergy Track Club. Signed - Texas Tech.

Some of the Elite Hurdling, Etc. previous years Senior Classes signings include the following:

Jordan Hofbauer – Attended CY-Woods H.S. --- Signed – University of Houston  
Arial Jones --- Attended Atasasetia H.S. --- Signed– University of Texas  
Imani Spivey --- Attended Cy-Springs H.S. --- Signed– Central Arizona and Wayland Baptist University  
China Callaway --- Attended Langham Creek H.S. --- Signed– Wayland Baptist University  
Alisha Perkins --- Attended Alief Elsik H.S. --- Signed– University of Houston  
Tara Aliceaacosta --- Langham Creek H.S. --- Signed– Texas A&M Kingsville  
Britney Kinnard --- Attended Cy-Falls H.S. --- Signed– Mississippi College  
Justin McBride --- Attended Cy-Ridge H.S. --- Signed– Oklahoma State University  
Zahir Nobles --- Attended Cy-Falls H.S. --- Signed– University of Iowa