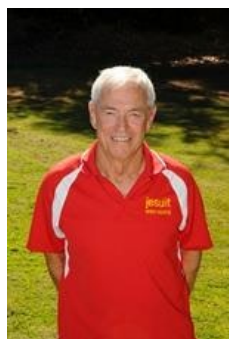


Endurance



Joe Uhan, DPT: Joe Uhan is a hands-on and sports medicine physical therapist, coach, and competitive ultrarunner based in Auburn, California. A Minnesota native, he has been a competitive runner for nearly 30 years, a coach for twenty, and a physical therapist and sports medicine author for over thirteen. Uhan has a Master's Degree in Kinesiology/Exercise Science, a Doctorate in Physical Therapy, and is a USATF Level II Certified Distance Coach. As a runner, Joe is a multi-time podium finisher at the USATF 100k Trail Championships and is a former Top-Ten

Finisher at the Western States Endurance Run (16:13 best). He also sports a marathon personal best of 2:31. Joe owns and operates Uhan Performance Physiotherapy in Auburn, California and Eugene, Oregon. He also runs a remote, virtual running analysis and stride coaching service at uhanperformance.com.



Walt Lange: Walt Lange has been a member of Jesuit High School's cross country and track & field coaching staff since 1970. In Cross Country, Coach Lange has guided Jesuit to 9 California state team championships in Boys Division 2. Jesuit teams have won 23 Sac-Joaquin titles and 38 Delta River League Championships. Coach Lange has mentored seven individual state champions in the 1600 and 3200 events at the California State Track and Field championships. Coach Lange has received numerous honors including: 1981 California Coach of the Year; Sacramento Meet of Champions Hall of Fame; 2008 CIF Model Coach Award; 2010 National Cross Country Boys Coach of the Year; 2010 Sac-Joaquin Section Hall

of Fame; 2010 Mr. SAC Cross Country Invitational Hall of Fame; 2010 The Doug Speck Award; and the 2013 USATF Pacific Association Legacy Coaches Award. Prior to coming to Jesuit, he coached cross country and track and field at St. Bernard High School in Playa del Rey from 1964-1968.



Dustin Fee: Dustin Fee is now in his 13th year of teaching Physical Education and is proud to be a part of the Del Oro teaching and coaching staff. Fee joined the Del Oro Physical Education Department in fall of 2011. Starting his teaching career in Loomis working at H. Clarke Powers and Penryn Elementary, Fee transitioned into the High School setting. He is now in his 8th year teaching at Del Oro. Fee stresses staying physically fit for life for all of his students. Fee took over Del Oro's Track & Field program in the spring of 2011. In Fee's coaching career at Del Oro, he has lead

the track and cross country teams to 21 SFL league championships, and 4 SJS section championships, 3

State Champions, and a National Champion. Getting the most out of his athletes on the track, Fee stresses academic success so that his student-athletes have the best shot to move on to compete in college. Another aspect of the Del Oro Cross Country and Track program Fee is particularly proud of is the family atmosphere of the team. "Once a part of the Golden Eagle family, you're apart forever" Fee received his bachelor's degree in physical education teacher education from Chico State in 2007. Fee is married to Stephanie, the Del Oro Leadership and student activity director, and a proud Father to Hudson Maverick Fee, Haven Marie Fee, and Jettson Lindon Fee.



Tim Butler: Coach Butler's tenure began in 1973 at Dana Hills High School for 42 years. After retiring from Dana Hills, Coach Butler transitioned to his alma mater, San Clemente high school in 2017. Coach Butler has a winning Pct. of .792 (200-52), 2 Seaview League, 25 South Coast League, and 9 Orange County titles. Coach Butler has prepared his athletes well to earn 6 CIF-SS Div. 1 titles, 5 Runner Up, 37 consecutive post-season appearances, 20 consecutive appearances in CIF Finals and one Div. 1 CIF-SS Champion. At the State level, Coach Butler has 4 Div. 1 State titles, 6 Div. 1 State Runner Up, 13 Div. 1 Team podium appearances, 21 State Meet appearances, qualified for 17 state meets since 2000, and has had one Div. 1 individual state champion (2008). Coach Butler's team has qualified 9 of 18 Nike Cross National Meet appearances since its inaugural year in 2005. Tim is an 8x OC Register COY, 2010 California State COY, 2012 Mt. Sac Hall of Fame Member, 2019 Arcadia Hall of Fame Member. On the Track, Coach Butler has produced 17 state finalists, 2 state champions (800m and 3200m) and a strong collection of fast times (11 sub 1:55 800m, 10 sub 4:15 1600m, 13 sub 9:20 3200m). Coach Butlers favorite stat is being married to his wife Mimi for 50 years, and personal hobbies are surfing, reading and being a grandpa.

Sprints, Hurdles, Relays



Troy Johnson: Coach Troy Johnson, has served as the Men's and Women's Head Track & Field Coach at Stanislaus State since 2013. Under Johnson leadership, Warrior athletes have earned 21 NCAA All-American awards and won 31 CCAA Conference Championships. From 2007 to 2012, Johnson was the head coach for track & field and cross country at Cal Poly Pomona, where he led the Broncos to many individual national championship appearances with eight individual All-Americans. Prior to becoming head coach at Pomona, Johnson served as a full-time assistant coach at Cal State Stanislaus from 2000 to 2007, where his emphasis

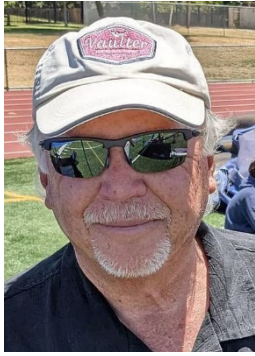
included coaching student-athletes in the sprints, jumps and multi-events disciplines. Since 2000, under Johnson's leadership, 34 student-athletes were NCAA All-Americans with 36 conference champions, including two-time national champion Chaunte Mitchell. Johnson gave Stanislaus its first gold medalist in the 2008 World Indoor Championships when 2007 400-meter D-II national runner-up Joel Stallworth was a part of the Team USA 4x400 meter relay. Johnson has helped coach 85 student-athletes to qualify for the NCAA Championships. Johnson is a USATF Level I certified instructor and holds USATF Level II certifications in the areas of Endurance, Jumps and Sprints/Hurdles. He has recently completed his IAAF Level V Diploma and USATF Level III certification in Sprints/Hurdles/Relays. Johnson has spoken at different clinics and education schools for LA84, PAUSATF, and USATF.



Roosevelt Kent: Coach Kent has 30+ years of coaching that has enabled him to work with athletes of all ages, at all levels, and has developed a rich history of successfully coaching athletes to perform at their best. Coach Kent is certified USA Track and Field Level One, USA Weight Lifting, 24 Fitness Personal Training. Coach Kent has coached at various institutions (Azusa Pacific University, Oklahoma Baptist University, Rocklin High School, Revolution Express Track Club, Woodcreek High School, Oakmont High School, Granite Bay High School, girls basketball strength and condition coach and track and field sprint coach) and developed those programs to operate and compete at the highest level.

Personally, Coach Kent has experienced winning a Collegiate National Track and Field Championship as an athlete and a coach.

Jumps

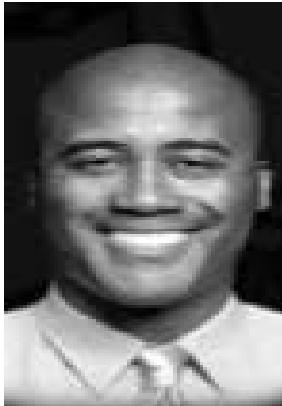


Kent Rhodes: Kent Rhodes will be entering year five with the Warriors in 2023, assisting with the Jessup pole vaulters. An experienced coach, Coach Rhodes brings to Jessup over 20 years' worth of coaching. The Warriors have been very successful in the pole vault since Rhodes came on board. The 2022 season was a culmination of the hard work he has put forth as Rachel Travis earned All-American Honors at the NAIA Indoor and Outdoor National Championship. On top of her two NAIA All-American finishes, Travis also won the 2022 GSAC Championship in the pole vault. Outside of Jessup, Rhodes has served as the pole vault coach for Placer High School and Del Oro High School. In addition, Rhodes also runs his own year-round pole vault training club and facility, working with vaulters of all age groups throughout Northern California. Rhodes has spent time over the years working with high school pole vaulters who have qualified for the CIF Section, Masters, and State Meet. He has coached 20 high school vaulters who have gone on to compete in the CIF State Championship meet, with numerous winning medals including first and second place. Many of the vaulters Rhodes coached have gone on to continue their track career at the collegiate level, including at Jessup.



T.J. Harris: Coach Harris joined San José State as an assistant coach and field events coordinator for the Spartan track and field program in September of 2021. Prior to becoming a Spartan, Coach Harris spent the last seven seasons as an assistant coach at Campbell overseeing recruiting and training for the horizontal and vertical jumpers, multi-event athletes and throwers. He has helped coached 23 student-athletes to All-American accolades. In addition, Harris instructed the first women's first team All-American in school history. While with the Fighting Camels, Harris guided Campbell to 30 individual Big South championships. Prior to Campbell, Coach Harris spent six seasons as an assistant coach at Southwestern College. During his time with the Moundbuilders, he saw 20 individuals earn 31 conference championships.

Coach Harris is a graduate of Southwestern, and won five individual conference titles as a student-athlete (two long jump, two triple jump, one 4x100m relay). He was a three-time All-American, earning accolades in both the long and triple jump.



Adarian Barr. Adarian has spent decades coaching in the college and private sector, and currently consults with a variety of coaches in multiple sports. He is USATF Level II coach in the sprint, hurdles, relays and jumps along with being a level I instructor. In 2012, Adarian coached Bracin Walker from being a 22-foot longer jumper to being a 25'9" long jumper, the Community College state champion and an Olympic trials qualifier. He also lowered his 100m time from 11.5 to 10.53. In 2000, he took Sarah Marovacich from being 3 years out of track and field to placing 2nd in the long jump at the NCAA DIII Indoor championships. Adarian himself is a former California high school state champion in the triple jump along with being a 3-time NCAA All-American.

Adarian has spoken at numerous track and field clinics and currently conducts his own clinics here and abroad. He is the co-author of "Let Me Introduce You" a book on movement and movement assessment. He has also numerous inventions on the market from carbon fiber insoles to sensory training products.

Throws



Matthew Eckman: Coach Eckman graduated UC Davis in 95' with a BS in Biomechanics and beginning his 26th year as head coach and throws coach at Rocklin High School. Outside of Rocklin High School, Coach Eckman has served as the lead instructor for the rotational shot put for 19 years at the Ironwood Throws Camp and 11 years as instructor for the Altis/John Godina Throws Camps and Clinics. A message from Coach Eckman: "I have been truly lucky to have worked with some amazing coaches and throwers from all levels of competition. From world class Olympians to elementary school students one thing remains true, throwers are a unique group of athletes who are always exciting to coach. I look forward to sharing my experiences with you".



Suzy Powell-Roos: Suzy Powell-Roos, three-time Olympian, in the discus for the USA in 1996, 2000, and 2008. Powell attended UCLA, graduating in 1999, after being named the 1994 *Track & Field News* High School Athlete of the Year, as a 3-time CA State Champion and inductee into the National High School Sports Hall of Fame. While at UCLA she was runner-up in the Discus at the NCAA Championships in 1996 and 1997 and a six-time NCAA Outdoor All-American.

Powell won the USA title in 1996 and 2007, and placed second at USA Nationals seven times – 1997, 2000-03, 2006, and 2008. In April 2007 she set an American record of 67.67 at a meet in Maui and that mark stands as the #4 all-time mark in the US. Powell went into coaching and training, forming Sports Performance Consultants in Modesto, while also coaching at Modesto JC.

Special Topics



athletes and was presented at the National Strength and Conditioning Association conference.

Becka Ussery, MA, M.Ed, CSCS: Becka's teaching experience and interests include exercise physiology, personal training, strength and conditioning, and sports ministry. She finds joy in helping students learn the foundations of exercise science, identify their unique gifts, and provides hands-on experiences with current projects so connections can be made between theory, gifts, and practice. She has a passion for international work, which led her to attend the International Sports Leadership School through Fellowship of Christian Athletes in South Africa and spend time working at the Alliance Academy in Amman, Jordan. Her recent research conducted with undergraduate Jessup students, focused on the influence of hormones in strength training programs for female



the Cross Country and Track & Field teams serving as an assistant coach in the distance events.

Parker Daniells: Parker currently serves as lead faculty for the Kinesiology program at William Jessup University. Parker has been at Jessup since 2009 as a coach for Cross Country and Track & Field before becoming a professor in 2015. Coach Daniells has had great success as a coach with the Warriors with 20 Men's All- Conference Awards, 12 Women's All-Conference Awards, 51 NAIA Academic Scholar-Athletes, 3 All-Americans and 2 National Champions (Marathon). Parker's Men's team won the California Pacific Conference in 2011, 2012, and 2013 while Coach Parker was named 2011, 2012, and 2013 Men's Conference Coach of the Year. During the school year, you will see Parker with



appearances, qualified for 17 state meets since 2000, and has had one Div. 1 individual state champion (2008). Coach Butler's team has qualified 9 of 18 Nike Cross National Meet appearances since its inaugural year in 2005. Tim is an 8x OC Register COY, 2010 California State COY, 2012 Mt. Sac Hall of Fame Member, 2019 Arcadia Hall of Fame Member. On the Track, Coach Butler has produced 17 state finalists, 2 state champions (800m and 3200m) and a strong collection of fast times (11 sub 1:55 800m, 10 sub 4:15 1600m, 13 sub 9:20 3200m). Coach Butlers favorite stat is being married to his wife Mimi for 50 years, and personal hobbies are surfing, reading and being a grandpa.

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