

## **TRACK SPEAKER BIOS**



### **Efrain Ambriz – Harlingen South**

**Sunday, July 18<sup>th</sup> 12:30 PM**

**Lecture Title:** *Sprint Training 100m Athletes*

Efrain Ambriz is the Head Cross Country and Track Coach at Harlingen High School. He is in his 13th year coaching Track and Field and 8th as Head Coach. His track and cross country teams have won a combined 9 district titles along w 4 area titles. In 2021, the boys teams won the Region IV 6A titles in cross country and track and field. Individually, he has had 10 state qualifiers and most recently helped guide Jose Garcia to the 6A 100m State Championship.



### **Steven Bergeski – Amarillo HS**

**Sunday, July 18<sup>th</sup> 1:30 PM**

**Lecture Title:** *Training Quarter Milers*

Coach Bergeski is in his 12th year of coaching and teaching in the Amarillo Independent School

District. This is Bergeski's 3rd season as the Head Boys Track Coach of the Amarillo High

Golden Sandstorm. During the fall, he also coaches football and serves as the Sandies

Offensive Coordinator. Prior to his arrival at Amarillo High, Bergeski spent 7 years at Caprock High School, 1 year at Arbor Christian Academy, and 1 year at Horace Mann MS.

Over the past 12 years Bergeski has coached Hurdles, Jumpers, Quarter Milers, Distance, and the Relays. During his career in the Panhandle he has been fortunate enough to coach two 5-A State Champions in the 800m and Long Jump, as well as Bronze State Medalists in the 800m, 300 Hurdles, 3200m, and 2 separate Mile Relay Teams.

In 2019 the Sandies were just 4 points shy of claiming the Region 1 Team Title and Finished 6th in the Team Standings at State. Most recently, Amarillo High was able to capture both the Boys & Girls Team Titles at the Region 1 Track Meet and Finished 6th once again as a Team at the 2021 State Meet.

On a personal note, Bergeski is married to his beautiful wife Angelica and they have 2 sons, Connor (10) and Kannon (1).

## TRACK SPEAKER BIOS



**Scott Hippensteel – Lockhart HS**

**Sunday, July 18<sup>th</sup> 2:30 PM**

**Lecture Title:** *Building a Winning Cross Country Program*

\* Began coaching in Lockhart in the fall of 1988 \* Head XC and Track coach for 34 seasons. \* This is my 34th year in Lockhart \* I also was the Head Boys Soccer coach for my first five years in Lockhart. \* Boys XC has won 25 Varsity District titles \* Boys XC won 22 consecutive District titles. \* Boys XC has won 11 Regional titles. \* Boys XC has won two State Championships. \* Boys XC has two District Runner-up titles. \* Boys XC has three Regional Runner-up titles. \* Boys XC has five State Runner-up titles. \* Boys XC has qualified for Regional 29 of 33 seasons. \* Boys XC has qualified for State 20 of 33 seasons. \* Boys XC has been a State Medalists 9 times. \* Boys XC has placed in the top six at State 16 times. \* Boys XC has qualified over 150 runners to the State Meet. \* Lockhart has produced two male XC State Champions \* Lockhart has produced three male XC State Runner-ups. \* Lockhart has produced two male Footlocker All-Americans. \* Lockhart has produced 19 All-State male XC runners.



**Jen McHugh – SA Reagan**

**Monday, July 19<sup>th</sup> 8:00 AM**

**Lecture Title:** *Parasympathetic Sprint Training*

Coach McHugh has enjoyed 11 years at Reagan High School as the Head Girls' Track Coach. At Reagan she has coached 46 athletes to the State Championship and thirteen athletes to gold, silver, and bronze medals in the 400M Relay, 100M, 200M, 800M Relay, and 3200M. The Reagan Girls Track Team has won three consecutive Regional Titles and finished as State Runner-Up in 2021. Reagan's 400M Relay team ended the 2021 season as #10 USA All Time. Prior to her time at Reagan, Coach McHugh coached eight years at Roosevelt High School during which time the Girls Track Team won multiple district titles, earned several Regional podium finishes, and qualified 26 athletes to the State Championship—with four medals earned. In 2019, Coach McHugh was named the SA Express News Coach of the Year. Coach McHugh is blessed to serve the Reagan community and is grateful to be able to pursue her passion for building athletes and teaching young people about life through track and field.

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**June Villers – Desoto HS**

**Monday, July 19<sup>th</sup> 9:00 AM**

**Lecture Title:** *300m Hurdle Training*

I have coached track and field for 25 years. This was my 19th year coaching at DeSoto High School with 14 years as head coach. I also serve as the Assistant Athletic Director for DeSoto ISD and am a proud graduate of DeSoto. The DeSoto girls are 5peat State Champions this year with a total of 9 wins since 2007. DeSoto girls have been district champions since 2004 and won 13 of the last 14 Regional Championships. DeSoto girls broke the 4x100m relay National record in 2019 with a time of 44.24. DeSoto girls also hold the state records for 100m hurdles and 4x400m Relays. I am married with 3 sons, Ethan, Cole, and Luke.



**Jerry Newman – Brenham HS**

**Monday, July 19<sup>th</sup> 10:00 AM**

**Lecture Title:** *Track Coordination: Make it Fun!*

Jerry has been the head track and field coach at Brenham High School since 1985. He came to Brenham from Wall, Texas where he stayed 1 year after student-teaching there for 1 semester. Mark Elam was the coach at Wall that got the head football and AD job in Brenham that brought Jerry to Brenham. Newman coached football and track for 20 years and then got out of football and kept track and is still there working with kids every day. He has won many district championships as well as 5 regional championships...his ultimate goal is to win the Texas 5A State

Track and Field Championship

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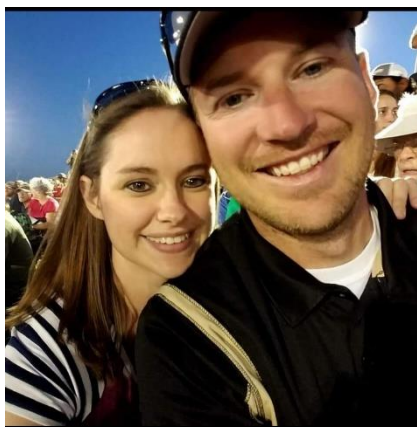


**Chris Beene – Anna HS**

**Monday, July 19<sup>th</sup> 11:00 AM**

**Lecture Title:** *Setting Up Training for Explosive Events*

College Track & Field/XC coach for 22 years including coaching jobs at Abilene Christian, Texas Tech, Wayland Baptist, and South Plains College. As head Coach at South Plains College, my teams won 32 National Team Titles. Also, the Men's outdoor track team won 10 National Championships in a row (NJCAA record). Program had 9 NJCAA National Records during my tenure as head coach. Coach Beene awarded 14 National Coach of the Year awards. Had 20 athletes who competed either at the Olympic Games or World Championships. First NJCAA Coach to present at the USTFCCA Coach's convention (2015). 2016 I was named the Texas Track & Field Coach's Association Coach of the year. In 2021 (this year) I was inducted into the NJCAA Coach's Association Hall of Fame. Recently went into High School Coaching at Coronado High School in Lubbock, Texas. Coached 2 separate athletes that won state titles. This year Boys and girls teams took 9 athletes to the State meet in 7 events. Coach Beene will start his new high school coaching job at Anna High School this year.



**Wade Floyd – Andrews HS**

**Monday, July 19<sup>th</sup> 12:00 PM**

**Lecture Title:** *Building and Maintaining a Cross Country Program*

I graduated from Graham High School in 2003, where I ran varsity cross country and track for four years. Upon Graduation, I went to Texas A&M University and ran cross country and was in the Corps of Cadets for a semester, before I transferred to East Central University in Ada, Oklahoma where I ran for four years. I graduated with my bachelor's degree in Kinesiology in December of 2006, and a master's degree in Sports Administration in December of 2007. I started my teaching and coaching career in 2008 at Dumas ISD, where for 2 years I coached Middle School Football, Cross Country, Basketball, and Track. In 2010 I moved to the High School as the head cross country and assistant track coach and stayed there until May of 2017. In June of 2017 I moved to Andrews High School as the Head cross country and assistant track coach. I currently reside in Andrews with my wife, Melissa, and my two children, Matilyn (9) and Wyatt (6).

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## Track/XC Riles CCP w/ UIL

Monday, July 19<sup>th</sup> 1:00 PM



### Mike Meeks -Lubbock ISD

Monday, July 19<sup>th</sup> 2:00 PM

*Lecture Title: Track Meet Management*

Currently serves as the Executive Director of Athletics for Lubbock ISD after spending 25 years in Track & Field, 10 years as a head coach. Meeks currently serves at the UIL Region 1 4A/5A Meet Director.



### Shelton Ervin – Summer Creek

Tuesday, July 20<sup>th</sup> 8:00 AM

*Lecture Title: Controlling the Controllable: The Quest for Greatness*

Coach Ervin is in his 12th season as the Head Track and Field/Head Cross Country Coach of the Bulldogs of Summer Creek High School. Ervin just completed his 18th year of coaching track and field after having stints at the University of Houston, Cypress Springs, and Atascocita High School.

He served as the Head Track and Field Coach at Cypress Springs High School in 2007. Ervin ran track at the University of Houston where he competed in the 400 and 800 meters. After the completion of his collegiate career, he served on the Track and Field Coaching Staff at U of H. Ervin began his collegiate career at the University of Kansas, where he was a member of the Jayhawks' 4x400-meter relay team and competed in the 800 meters. In 2013, Ervin guided the Bulldogs to the Humble I.S.D first ever Track and Field State Championship when he led the Bulldogs to the 2013 4A Title. The Bulldogs brought home their 2nd State T&F title this year (2021) when they won the 6A title led by 1st place finishes in the Discus, High Jump, and 110HH. Born August 19, 1980, in Jasper, Texas, Ervin was a high school All-America selection at Westbury High School in Houston. His twin brother Elton Ervin is the First Assistant Track and Field & XC Coach here at Summer Creek High School.

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### Blake Janek – Lake Travis

Tuesday, July 20<sup>th</sup> 9:00 AM

**Lecture Title:** *Long Sprints or Short Distance Athletes? Keys to Training 800/1600 Athletes*

A new and successful name in High School Cross Country and Track, Blake Janek, a 2017 graduate of McMurry University just completed his second year as the Lake Travis High School Head Boys and Girls Cross Country and Track Coach. Never not having an athlete at the State Meet in his 3 years of coaching, Janek has encapsulated success from the very beginning of his High School coaching career. Leading the list of accolades, Janek has coached 3 UIL State Champions and 1 Silver Medalist. In 2019, Janek coached the first Male Track State Champion from Abbott High School. The athlete won the 800 meter dash in a time of 1:57.63. The season of training under Janek helped the athlete drop 12 seconds off of his previous personal best time and led him to the ultimate goal of a UIL State Title. In 2021, Janek coached a male and female pole vaulter to 6A State Titles. These athletes were accompanied by the Silver Medalist in the Shot Put and Discus and the Girls 4x400 meter relay. Lake Travis Boys finished the UIL State Meet as the 4th place team and the Girls followed with a 10th place finish.



### Jason Reed & Kevin Benjamin - Cedar Hill

Tuesday, July 20<sup>th</sup> 10:00 AM

**Lecture Title:** *Sprint Relay Dynamics*

**Kevin Benjamin**

#### **Education:**

Master of Education—Physical Education —Tarleton State University  
Bachelor of Science—Industrial Technology —Tarleton State University

#### **Coaching Experience:**

Head Track Coach - Cedar Hill High School – (2011 – Present)  
Assistant Football Coach - Cedar Hill High School – (2004 – Present)  
Assistant Track Coach - Cedar Hill High School – (2004 – 2012)  
Assistant Coach – Springtown ISD – (2003 - 2004)

#### **Coaching Accomplishments:**

Head Coach - Cedar Hill HS:

- 1 - State Runner up (2021)

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- 1 – Regional Championship (2011)
- 1 – 4x200 State Champion (2021)
- 1 – 4x100 State Champion (2021)

Assistant Track Coach - Cedar Hill HS:

- 1 - State Runner up (2007)
- 3 – Regional Championships (2005, 2006, 2007)
- 4 – District Championships (2006, 2007, 2009, 2010)

Assistant Football Coach - Cedar Hill HS:

- 5 - State Game Appearances (2006, 2012, 2013, 2014, 2021)
- 3 – State Championships (2006, 2013, 2014)

### **Cedar Hill School Records:**

- 4x100 Relay 40.08 (#10 All Time HS Ranking)
- 4x200 Relay 1:23.99 (#9 All Time HS Ranking)



### **Coach Jason Reed**

I was born and raised in Dallas, TX. I graduated from Dallas' Justin F. Kimball HS where I was a three-sport athlete. Upon graduation I received an athlete scholarship for football and track to the University of Arkansas at Pine Bluff. I went on to finish my college career and graduated with my bachelor's and Master of Science from Texas A&M University-Commerce. I have been married for 17 years to my lovely wife, ReNeice Reed. Together we have 3 children Xavian, Javien, and JaNaiya. I am a proud member of Alpha Phi Alpha Fraternity Inc. Professionally, I have been a dedicated math educator and coach for 17 years. During my tenure I have held several leadership positions; one and half years as Athletic Director, Head Coach Football and Girls & Boys Track at A.W. Brown Leadership Academy, three years as Head Boys Track Coach (won 2 district titles)

and Varsity Assistant Running Backs Coach at Justin F. Kimball HS, six years as Head Girls Cross Country, three years as Varsity Assistant Running Backs, and ten years as an Assistant Girls Track Coach at Lancaster HS. At LHS I was blessed to be a part of 7 State Championships in track and field. I am currently entering my 4<sup>th</sup> year as the Head Girls Track Coach at Cedar Hill HS.