
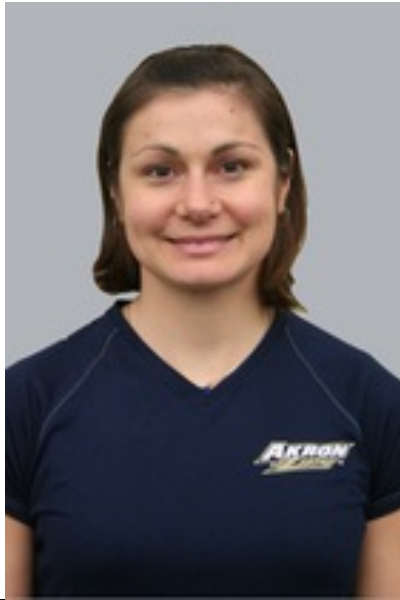


<p>Zach Ball: Northwood University</p>		<p>The 2016-17 season will be the second for Zac Ball as an assistant coach for the Northwood University Cross Country / Track & Field programs. He will focus on coaching the throws for the upcoming track season, but also serves as the director of operations for both the Cross Country and Track & Field programs. So far this season Ball saw provisional marks in Paul Evans and Carly D'Almeida in the weight throw, which cumulated with Paul earning second team All-American last weekend at the NCAA Championships. Ball also added four more athletes to the all time top ten list. In his first season at Northwood, Ball coached the throws and the distance runners as well as was assistant strength and conditioning coach for over 20 NCAA Division II teams at Northwood. He guided three athletes to school records, as well as four NCAA provisional standard marks. Ball has also rewritten Northwood's top ten all-time list in the throws with all 11 of his athletes placing within the top ten in multiple events. Prior to Northwood University, Ball had a distinguished career at Ashland University where he was a six-time All-American in the hammer and weight throw under the guidance of 4x Olympian Jud Logan.</p>
<p>Tim Berger: Muskingum University</p>		<p>Tim Berger is a professor of sports science and teaches at Muskingum University in the undergraduate and graduate programs. He has worked for the past 36 years training coaches statewide for the Ohio Department of Education, bringing athletes and coaches the latest in sports science to improve performance. He has developed and teaches the graduate level online programs for the Coaches' Institute and the Performance Institute to further the educational needs of coaching personnel and teacher recertification. His passion has always focused upon finding the newest science to aid in the successful training of athletes at all levels. His work and research in the areas of sports nutrition, brain plasticity & mental training has gained popularity with coaches and athletes from schools throughout the state. He addresses coaching personnel and athletes from all sporting backgrounds at dozens of workshops and state conferences each year.</p>

**Bridget
Franek:
Akron
University**



Bridget Franek won six state titles for Crestwood High School (Mantua, OH)- one in Cross Country, two in the 1600m, one in the 3200m, one in the 800m and one in the 4x8. Upon graduation, she attended Pennsylvania State University to pursue her undergraduate degree in Kinesiology (exercise science) as well as an NCAA running career. Arguably one of her greatest accomplishments as a Nittany Lion was her consistency, qualifying for every NCAA championship competition in Cross Country, Indoor Track, and Outdoor Track for four straight years. She was named All-American after 10 of these appearances. This consistency gave her the foundation and experience she needed to ultimately become a National Champion her senior year (2010) in the Steeplechase. While at Penn State she also set 6 school records and helped her team win 5 conference championship titles. She also qualified for several international USA teams before graduating- NACAC (U23) in Toluca, Mexico (2008) and the IAAF World Championships in Berlin, Germany (2009). Once her NCAA career was over, Franek moved to Eugene, Ore. and joined the Oregon Track Club. She traveled all over the world to train and compete (Spain, France, Italy, England, Greece, Switzerland, Sweden, to name a few. . .). She qualified for the 2011 IAAF World Championships in Deagu, South Korea and the 2012 Olympic Games in the steeplechase. There she qualified for the finals and placed 14th. In 2014, she switched over to Team Run Eugene. With TRE, she won the 2016 Warrior Dash World Championships in her track and field off-season to help fund her Road to Rio. Ultimately, she placed 6th at the 2016 Olympic Trials and missed a spot on the team by 3 places.

**Tyler
Griffin:
Kent State
University**



Tyler is in his first season as an assistant coach for Kent State University. Griffin will oversee both the men's and women's cross country teams, as well as the mid-distance/distance events for the track program. Before joining the Kent State staff, Griffin was an assistant track & field/cross country coach at his alma mater, Mount Union, where he developed training programs for student-athletes competing in the 800m run, all the way up to the 10,000m. With Griffin's aid, the Purple Raiders men's cross country team captured three consecutive Ohio Athletic Conference Championships (2012-14) and were Division III National Championship qualifiers in 2014 and 2016. Mount Union's women's cross country team captured the OAC title in 2014 and qualified for the national championship that same year. With a strong distance program, thanks in part to Griffin, Mount Union's men's track and field team captured the 2014 NCAA Division III Outdoor Track and Field National Championship, the first in program history. Mount Union track and field was dominant at the conference level during Griffin's tenure, winning the men's and women's OAC Championships in indoor and outdoor track and field in four consecutive years. In his career as a student-athlete at Mount Union, Griffin was a nine-time OAC Champion, eight of which came in track and field and one in cross country in 2010. Griffin's greatest individual feat came in 2009 when he was crowned NCAA Division III Outdoor National Champion in the 1,500m run.

**Jason
Hudson:
Oberlin
College**



Jason Hudson has been a part of the Oberlin College Department of Athletics and Physical Education since 2002 and currently works as the director of wellness. In this role, he works as liaison between the department of athletics and physical education and other campus constituents. He works closely with the director of athletics to serve Oberlin the campus community. In 2017 he will also oversee the course curriculum offered by the department of physical education. Hudson joined the men's and women's track and field coaching staff in 2002, serving as the programs' head coach until 2006. He is an accomplished coach who has helped lead the track and field and cross country programs to success since 2002. During his tenure as head coach, he produced 51 all-conference performers, 15 individual conference champions, five provisional national qualifiers, and one NCAA meet participant. Under Hudson's watchful eye, the Oberlin women finished third at the NCAC indoor meet and second at the NCAC outdoor meet. In 2005, he tutored Edo Bedzra to NCAC Male Sprinter of the Year honors indoors and Teresa Collins to NCAC Female Sprinter of the Year honors outdoors.

<p>Terry Kemp: Amherst Steele High School</p>		<p>TERRY KEMP has coached cross country and track for over 30 years. During his 28 years as a girls coach at Marion L. Steele (Amherst, OH), his athletes have earned 11 All-Ohio certificates in cross country and another 19 All-Ohio Awards in track. A highlight of his tenure at Amherst was coaching both the team and individual state champions in the 1991 Girls State Cross Country Meet. A former track and cross country athlete for Marietta College, Terry has his masters degree in sports science and has also earned a USATF Level III Certification as an endurance coach. In 2016, The Positive Coaching Alliance named him as a Double-Goal Coach.</p>
<p>Dan Kinsey</p>		<p>Kinsey is a 2010 graduate of The University of Akron and was a multiple time MAC Champion and an All-American in the Decathlon in 2009 and 2010. He was also voted team MVP and team captain. He is the Akron University school record holder in the Heptathlon(5,490 points) and Decathlon(7,563 points). Dan also has a decorated coaching career: Coaching at the Swedish Olympic and National Team, University of Central Missouri, University of Findlay, & the University of Akron. He has coached Erika Kinsey to a #7 world ranking in 2015, an 8th place finish at the 2016 World Indoor Championships and coached her to her first Olympics Games appearance. He has also coached 2 National Championship teams, 4 National Champions, 18 All-Americans, 5 Conference Championships, 18 school records, 1 NCAA National Championship Record and 6 USATF Junior All-Americans. At Beaver Local High School, Dan was a five-time high school All-American in the decathlon/pentathlon.</p>

Ryan
Ladd:
Baldwin
Wallace
University



Ryan Ladd enters his first season as an assistant coach with the Baldwin Wallace University women's track and field team in 2017. His focus is recruiting student-athletes. Prior to joining the Yellow Jackets, Ladd was a distance coach at Firelands High School, where he earned "Coach Of The Year" accolades. He is a 2005 graduate of Mount Union College (Alliance, Ohio), where he earned a degree in Sport Management and participated on the cross country, indoor track, and outdoor track and field teams under the direction on John Homon. In addition to his recruiting duties, Ryan is the Facility Coordinator at Mercy Health & Recreation Center in Amherst.

Mike
Lugar:
Amherst
Steele
High
School



Mike Lugar was the founder and coach of Lake Erie Jumps Club, as well as an assistant coach at Elyria High School and Amherst High School. Lake Erie Jumps Club has represented jumpers from all over Northern Ohio. He currently has twenty-five state championship medals accredited to his coaching and training. Mike trained hundreds of athletes throughout the years, including high jumper, Henry Patterson (7'8") and United States Olympian, Tianna Bartoletta (a current member of the world record 4x1 team and current Olympic gold medalist in the long jump). Mike has coached all levels of athletes from junior high to the professional level. As an athlete, Mike was a high school All American in the decathlon and an All-State pole vaulter. He is currently a masters pole vaulter, high jumper and long jumper, gaining All-American status in all three. In 2008 Mike was the Police and Fire World Champion in the long jump. In 2013 he jumped 6'5" in the high jump to win the Masters Indoor National title and retained the #1 ranking in the world for the masters category.

<p>Tim Mack: Olympic Gold Medalist</p>		<p>Tim graduated from St. Ignatious High School and vaulted for Malone College and then The University of Tennessee before becoming the Olympic Gold Medalist and Olympic Record holder in the pole vault. His list of accomplishments can be found here as well as in the book: "Above and Beyond: Tim Mack, the Pole Vault, and the Quest for Olympic Gold" by Bill Livingston</p> <p>1995: SEC Indoor Track and Field Champion NCAA Indoor Track and Field National Champion</p> <p>1996: USA Outdoor Olympic Track and Field Trials Competitor</p> <p>2000: USA Outdoor Olympic Track and Field Trials Competitor (8th Place)</p> <p>2001: USA Indoor National Track and Field Championships (2nd Place) Goodwill Games Champion World Outdoor Track and Field Championships Qualifier (9th Place)</p> <p>2002: USA Indoor Track and Field Championships Champion USA Outdoor National Track and Field Championships (2nd Place)</p> <p>2003: USA Outdoor National Track and Field Championships (2nd Place) World Outdoor Track and Field Championships (tie 6th Place)</p> <p>2004: USA Outdoor Olympic Track and Field Trials Champion and Record Holder, Olympic Games Gold Medalist and Record Holder (5.95m, 19' 6 1/2") Grand Prix Final Champion and Record Holder (6.01m, 19'8 1/4")*</p> <p>2010: USA Indoor Track and Field Championships Champion World Indoor Track and Field Championships Competitor.</p>
<p>Tyler Mettle: Kent State University</p>		<p>Mettle has been hired to coach the men's/women's horizontal jumps and men's high jump at Kent State University. Mettillle spent the 2016 season as an assistant at his alma mater, Mount Union, where eight of his athletes (three indoor, five outdoor) reached the Division III NCAA Championships. For his efforts, he garnered Great Lakes Region Assistant Coach of the Year for the 2016 indoor season. While at Mount Union, Mettillle was tasked with creating and implementing a running and lifting program for the Purple Raiders' track and field athletes. Mettillle had an illustrious career as a student-athlete at Mount Union, winning four individual NCAA Championships and one a team championship in 2014. In 2013, Mettillle was the outdoor 400-meter hurdles national champion with a time of 51.24. In 2014 Mettillle was a member of the Purple Raider 4x400 relay team that swept the indoor and outdoor national championships. At the 2015 outdoor national championships, Mettillle and the 4x400 relay team would repeat as national champions. In total, Mettillle was an 11-time All-American as a member of the Purple Raiders track and field program.</p>

<p>Dennis Mitchell: Akron University</p>		<p>Dennis Mitchell, one of the longest-tenured coaches in the league and a 21-time Mid-American Conference Coach of the Year, is in his 22nd season at The University of Akron. In all, he has received the league's top coaching honor 11 times for his women's teams and 10 times for his men's Teams. Mitchell has earned Great Lakes Region Coach of the Year recognition from the USTFCCA on six occasions; twice for the women's teams men's and four times for men's teams. Known for his high-energy home track meets, Mitchell has not only made Akron's Stile Athletics Field House the home of Mid-American Champions, but a destination for some of the top indoor talent in the northeast United States with the annual Akron Invitational. Since 1998, Mitchell's teams have produced 32 All-Americans (27 first-team), who have garnered a total of 89 All-America honors. Of that esteemed group, five have gone on to win NCAA Championships. Shawn Barber is a three-time NCAA Champion winning the indoor and outdoor pole vault crowns in 2015 as well as the 2014 indoor title. Christi Smith captured the heptathlon crown in 2000, Stevi Large won the hammer in 2009, while Annika Roloff won the 2014 outdoor pole vault title.</p>
<p>Madeline Outman: Cleveland State University</p>		<p>Maddy Outman is the first head women's track and field coach of the new Division I women's team at Cleveland State University, which started in the 2016-2017 school year. She previously served as the head track and field coach at Division II Ursuline College, where she guided the Arrows to a top-40 Division II team national ranking while coaching the school's first two NCAA All-American athletes in the 800 meters and 100 meter hurdles. She led the team to the school's first and second conference championship titles in school history in any sport in 2014 and 2015, earning GMAC Coach of the Year accolades. Statistically more than 90% of her athletes have set a lifetime personal best each year. In her on-going professional track & field career, Outman has competed in four USA championships in the high hurdles, intermediate hurdles, 400 meters, 600 meters, and multi-events, twice finishing in the top 10. While competing collegiately, Outman was a 13-time NCAA All-American and a 4-time Academic All-American. She was twice the NCAA Regional Athlete of the Year, and was also the NCAA Woman of the Year award winner for the PSAC conference in 2009. She still holds 6 all-time conference records and 16 collegiate school records.</p>

<p>Mike Pendleton: Genoa High School</p>		<p>Mike has been coaching throws since 2004 at the high school level. Pendleton is now the Head Track and Field Coach at Genoa High School. Specializing in throws, Pendleton has earned his U.S.A.T.F. Level 1 Certification.</p> <p>Pendleton has coached 38 state meet All-Ohio throwers with 14 State Champions. Pendleton's daughters: Emily, Erin, Carly and Megan were All-Ohio throwers with many State Championships. Emily has the longest discus throw ever in the State of Ohio with a distance of 183'-3".</p> <p>Pendleton is passionate about the throws and always is learning and teaching. Pendleton coaches throwers all year round from Northwest Ohio and farther. He loves the throws!</p>
<p>Justin Rodhe: RODHE SPORT</p>		<p>Justin is a 2012 Olympian for Team Canada and trained with the great throws coach, Dr. Anatoliy Bondarchuk for 5 years on his way to a 69.85ft throw in the shot put. He founded RODHE SPORT in 2010 with the invention of the shot put glove and now provides high quality equipment and world class training for athletes all over the world. Justin competed for Division III Mount Union from 2004-2007 in where he was a 5 time All-American in the shot put and discus, including winning a shot put National Title in 2007.</p>

<p>Michael Schober: Kent State University</p>		<p>Michael Schober has been instrumental in the development of the Kent State track and field program since he joined the staff in 2013. Schober leads Kent State's sprints, hurdles, relays and high jump events and has brought success in each of those areas at the conference, regional, national levels. In three years, Schober has coached 17 Mid-American Conference Champions, 19 regional qualifiers and four national championships qualifiers. A graduate of Kent State University where he earned his Bachelor's of Science degree in physical education-human movement studies in 2012, Schober earned All-MAC honors five times. A team captain during his senior year, Schober's score of 5,358 in the heptathlon ranks sixth all-time in the Kent State record books.</p>
<p>Myles Tyler: Cleveland State University</p>		<p>Myles Tyler is a first year, Assistant Track and Field Coach at Cleveland State University. Myles spent three and a half years at Cleveland State University, where he graduated with my Bachelor's in Sports Management with a minor in Business. He is an intern with our now retired Athletic Director John Parry, during his years at CSU. Before transferring to CSU, Myles attended Kent State University. As a freshman, Myles competed on the Kent State Track and Field Team as a sprinter. Myles continued his career as an unattached sprinter while at CSU.</p>

<p>Ralph White: Cleveland State University</p>		<p>Ralph White has been coaching for 40+ years at the Junior High, Senior High and NCAA levels. Ralph's high school team won three consecutive state team titles and his last year they were ranked the #1 team in the country. Ralph set the National High School record for both the boys and girls 4 x 400. In college, Ralph has coached 15 men who have run 45 or better and 7 women at 51 or better. His men won 5 Division I 4 x 400 titles. His team also also ran an unofficial World Record indoors of 3:02.95. His women ran 3:26! Ralph has coached 15 Olympians, 41 National Champions, and have won 51 Coach of the Year awards ranging from conference to NCAA.</p>
<p>Anjanette Arabian Whitman: Lutheran West High School</p>		<p>Anjanette Whitman is the head cross country and track and field coach at Lutheran West High School. Anjanette has been coaching for a total of 17 years. She has her USATF Level 2 certification in the areas of endurance, sprints, relays, hurdles and jumps. In only 3 years of leading the Lutheran West Cross Country and Track Field Program, Anjanette and her husband Keith, who is in charge of sprints and hurdles, have coached 14 new school event records 40 different times, 4 new conference records, the ladies' team champions in the Patriot Athletic Conference for both Cross Country and Track and Field, 1 Cross Country State Meet individual qualifier, 8 event showings at the Division II/III Indoor State Meet and 16 event showings at the Division II and III Outdoor State Meet. Additionally, Anjanette has led cross country teams to the Ohio High School State meet every season from 2004 to 2011 and outside of those years coached individual State qualifiers in 2002, 2003, 2014 and 2015. The 2009 team set a new State Meet record low score for all divisions and both genders in Ohio of only 28 points. That team also competed at the Nike Cross National Championships in Portland, Oregon in 2008 and 2009, finishing 5th in 2009. Overall, she has coached 4 State Champion Teams and 2 State Runner-Up Teams. A total of 31 of her athletes she have competed at the collegiate level.</p>

**Jeremy
Wilk:
Northwood
University**



Jeremy began his collegiate running career at Grand Valley State University as a walk-on, battled injury for his first two years in college, and eventually progressed to be a 2x All-American, 3x Academic All-American and eventual school record holder in the 800m outdoors with a time of 1:49.40. He ran under Coach Baltus at GVSU for 5 years. Following his collegiate running career, he went to Division 2 Ashland University in Ohio where he worked with 2013-14 NCAA D2 Indoor Assistant Track Coach of the Year, Trent Mack. There he worked with 1:46 800m runner, Drew Windle, a top 10 NCAA XC team and top 4 teams on both the men's and women's side in track. The following year, Tom Scott and Jeremy Wilk took over control of the distance and mid-distance squads, where they had over 50 lifetime personal bests from under 30 student-athletes in track, including a school record in the women's steeplechase and 2x NCAA qualifier in the men's 5k (14:06) and 10k (29:41). After a little over 2 years at Ashland, Jeremy began at Division 2 Northwood University in mid-September. Less than 8 weeks later, at the NCAA Division 2 Midwest Regional Championships, 9 of his 10 runners ran lifetime personal bests. The men had an average PR of 70 seconds and the women had an average PR of 30 seconds. Jeremy's indoor 2017 squad saw excellent success with 10 student-athletes had 20 lifetime PR's this indoor season, including 4 school records and 4 #2 marks in school history