

## 2017 Track and Field Coaching Staff



**Joe Riccio - Grand Canyon University**  
Assistant Coach - Throws

Joe Riccio is entering his third season as assistant coach men's and women's teams in 2017. Riccio will oversee throwers.

Since joining GCU, Riccio has assisted four student-athletes to individual WAC Championship titles, including three-time champion, Tarasue Barnett. In 2016, he assisted the men's and women's programs to their first Division I WAC Indoor and Outdoor Championships.

Riccio led Jamaican-native, Barnett, to the 2016 Rio Olympic Games as she qualified for the women's discus throw. The junior sophomore finished 16th in the world at the games with the best mark among all NCAA competitors.

Prior to joining the Lopes, Riccio was assistant throws coach at Mesa Community College for a year. He helped several athletes qualify for nationals, including two who brought home All-America honors (one on men's side, one on women's side).

As a student-athlete, Riccio began his college career at Mesa CC where he was a national champion and earned multiple national honors. He picked up the championship in the hammer throw as a sophomore and was an All-American in the shot put and weight throw while also competing in the javelin.

Following his JUCO days, Riccio competed at Wyoming for a year and earned a Mountain West Athlete of the Week award and was a point scorer in three events (shot put, weight throw and hammer), including placing fourth during outdoor season in the hammer. He then transferred to Arizona State where he scored at the Pac-12 Championship and was a regional qualifier in the hammer.

Riccio's high school career included an Arizona state championship in the shot put and discus.



**Chris Riggs - Grand Canyon University**  
Assistant Coach/Recruiting Coordinator

Chris Riggs enters his fifth season as an assistant coach (14th overall) with the Lopes in 2017. Riggs will oversee the horizontal jumps and women's multi-events, as well as serve as the recruiting coordinator for the track and field program.

Since GCU transitioned to Division I, Riggs has coached 13 student-athletes to individual WAC Championship titles, including four-time long jump champion, Marcus Flannigan.

In 2016, Riggs assisted the men's and women's programs to their first Division I WAC Indoor and Outdoor Championships, including five student-athletes he coached crowned 2016 WAC Champions.

Riggs coached five different athletes to a total of eight Division II All-America performances in 2013, while also being named the 2013 USTFCCA Indoor West Region Women's Assistant Coach of the Year. In addition, six school jump records were snapped during the 2013 season, including Aaron Hill's long jump mark of 7.85 meters.

Riggs came to GCU after spending two seasons at Windward School in Los Angeles. Under his direction, Windward sprinters set school records in all sprint and relay events, including a league record in the boy's 4x400 meter relay.

Prior to Windward, Riggs spent two years at UCLA as the team's decathlon coach. While with the Bruins, Riggs coached Trent Perez to an eighth-place finish at the 2009 USATF Junior National Championships. Perez finished his career with a personal best of 7,315 points.

From 2005 to 2008, Riggs was the sprints, relays and jumps coach at Santa Monica Community College. He also served as a cross country assistant at SMCC. Riggs coached several athletes to conference titles and CCC Championship qualifying marks, and also coached former UCLA Bruin Eric White to multiple school records in the pole vault during the 2008 season.

Prior to SMCC, Riggs assisted with the sprints, jumps and multi-event groups at his alma mater Colorado State, where he helped coach two NCAA qualifiers and John Woods, an All-American in the indoor 60m and outdoor 200m.

As an athlete at Colorado State, Riggs was a three-time conference champion and nine-time All-Mountain West honoree. He was a four-time NCAA qualifier and a 2003 USATF Championship qualifier in the 200m.

He graduated from Colorado State in 2004 with a bachelor's degree in speech communication.



## **Sara Slattery - Grand Canyon University**

Head XC Coach/Assistant TF Coach (Distance)

Sara Slattery begins her second season as GCU's head men's and women's cross country in 2015 after a successful career both professionally and as an NCAA athlete.

Slattery has been a professional distance runner since May 2005, competing in both national and international competitions. In 2007, she was the Pan American Games champion in the 10,000 meters in Rio de Janeiro. She was an alternate for the U.S. Olympic Team at the 2008 Olympic Games in Beijing and has been a member of multiple U.S. national teams.

Slattery graduated from Colorado in 2003 with a degree in economics and earned a master's degree in secondary and adult education from the university in 2005. She competed for the Buffaloes in cross country and both indoor and outdoor track and field with many notable finishes. She was a four-time NCAA champion, 10-time Big 12 champion, and a 10-time All-American as a student-athlete.

Slattery is from Phoenix, where she attended Mountain Pointe High School, earning three consecutive All-East Valley honors and All-East Valley Runner of the Year awards. 12 Time Arizona State Track and Cross Country Champion

Arizona State Record Holder in 4x800m (9:25.52), 1600m (4:49.11) and 3200m (10:15.94) was also a member of the 1998 U.S. Junior National Cross Country Team and earned Arizona State Runner-of-the-Year honors during her junior and senior years.

### **EDUCATION**

University of Colorado, Boulder - BA Economics, Masters of Education,



## **Jim Lothrop - Paradise Valley CC**

Assistant Coach - Throws

- **2-time qualifier for US Olympic Trials in javelin. Top marks 255' (old rule)...242' (new rule).**
- **NCAA D3 national runner-up in javelin 1977.**
- **MIAA (Mich. Intercollegiate Athletic Assn) champion in shotput, discus, javelin.**
- **2-time National Champion as Masters thrower (1998 & 1999).**
- **Administrator of online Javelin Discussion Forum (2002 - 2012)**
- **Youth javelin coach for Phoenix Bobcats since 2003. The Bobcats have had 20 National Champions in javelin during that time.**
- **Currently coaching throws at Paradise Valley Community College. Coached one heptathlete with no prior throwing experience to national championship qualifier in javelin.**
- **Horizon HS throws coach 1989-1990.**
- **37 year** career as IT professional, the most recent at CVS Health in Scottsdale, AZ (28 years).



## **Brent Kreig – Red Mountain High School**

Girls Head XC and Track Coach

Brent has been coaching Track and Field at Red Mountain High School for 10 years and has been the Head Girls Coach for Cross Country and Track for the past five years. Brent was a four sport athlete in high school (football, golf, basketball, and track). As a track athlete he lettered in high jump, long jump, triple jump and pole vault. Brent graduated from NAU and holds a Bachelors Degree in Elementary Education and a Masters in Educational Leadership. He also holds a USATF Level 1 coaching certification.

In his eleven years at Red Mountain Brent has taught mathematics and has served as a basketball, football, track, and cross country coach. Brent started his track career coaching all jumping events and currently coaches sprinters, heptathletes and decathletes. Along with his fellow coaches, he has nearly tripled the size of the program, increased the competitive spirit in athletes, overseen numerous changes in the Red Mountain program, and has improved the facilities in his five years as Head Coach. As Head Coach he has helped thirteen athletes to earn the opportunity to compete at the college level and has had numerous athletes place in the top five at state track and field meets. Besides his on-track coaching experience, he has been in charge of a vast majority of the paperwork for the track and cross country programs. He has also hosted numerous successful cross country, track, and basketball events while at Red Mountain High School.



**Louie Quintana – Arizona State University**  
Head XC Coach/Assistant TF Coach (Distance)

Under the guidance of Louie Quintana, the Sun Devil distance and mid-distance group has continued to improve and make a name for itself both in the Pac-12 and nationally. Entering his 15th year working with the Arizona State University track & field program, Quintana, the 2006 USTFCCCA National Assistant Coach of the Year for Women's Distance, continues his tenure with the men's and women's cross country and distance teams.

In his Sun Devil career, Quintana's athletes have captured six NCAA titles in all six distance events (800m, 1500m, 3000m, 3000m steeplechase, 5000m, and 10,000m), including 2016 Olympian Shelby Houlihan's victory in 2014 in the 1,500-meter event and Kyle Alcorn's sweep of the indoor 3,000m and outdoor 3,000m steeplechase. In 2006, Olympian Amy Hastings (indoor 5,000m) won her first national title while Victoria Jackson (outdoor 10,000m run) added another crown in 2006.

Under Quintana, Houlihan had one of the most remarkable Sun Devil careers in track & field/cross country history. Houlihan was a 12-time All-American (3 XC, 5 indoor & 4 outdoor), which is the second most in program history, and a seven-time Pac-12 All-Academic honoree, which is also tied for the most for a female student-athlete in program history. Winning the National Championship in the 1,500-meter event in 2014 made it the first-ever and only title in that event in program history. Her name is all over the ASU record book, holding the top spot in the 800-meter, mile run and 3,000-meter indoor events, as well as the 800- and 1,500-meter outdoor events. She also holds the second-best time in the 5,000-meter event behind Victoria Jackson by less than a second (15:49.72). She also broke the Pac-12 Championship meet record in 2015 in the 1,500-meter event (4:11.06). On top of that, Houlihan was a two-time Pac-12 Athlete of the Year in cross country in 2014 and in outdoor track & field in 2015. She also was the first student-athlete in conference history to win the Pac-12 Newcomer of the Year in both cross country and track & field during her freshman season.

During his competitive career at Villanova University, he captained the Wildcat squad to a pair of Top 10 finishes, placing fourth in 1992 and ninth in 1994 at the NCAA Championships. Individually, he claimed three NCAA Cross Country All-America certificates with finishes of 16th, 14th, and 4th. Quintana also qualified for four indoor and outdoor NCAA Track and Field Championships as well as the 1992 United States Olympic Trials. In 1993, he was named Male Outstanding Performer at the prestigious Penn Relays and, for his efforts, made the cover of the July 1993 issue of *Track and Field News*. As a competitor, Quintana clocked personal-best times of 1:46.3 (800m), 3:40.37 (1,500m), 7:58.85 (3,000m) and 13:53.62 (5,000m).

In all, Quintana garnered nine All-America awards during his career on the Main Line. He earned his bachelor's degree in History from VU in 1996 and recently completed his Master's degree in Education Curriculum and Instruction with a major in Language and Literacy from ASU. A standout in high school, he was the National Footlocker Cross Country Champion having secured the crown in 1990.

Quintana and his wife, Andi, currently reside in Avondale with their daughter, Ellie, and son, Charlie..



## **Will Claye - USA Track and Field**

Professional Athlete – Long Jump & Triple Jump

Name: Will Claye

Sport: Track and Field

Event(s): Triple Jump

Height: 5-11

Weight: 160

DOB: 6/13/1991

Birthplace: Tucson, Ariz.

Hometown: Phoenix, Ariz.

High School: Mountain Pointe High School (Phoenix, Ariz.) '08

College: University of Florida '12, Entrepreneurship

Coach(es): Jeremy Fischer

### **Olympic Experience**

Two-time Olympian (2012, 2016); three-time Olympic medalist (2 silver, 1 bronze)

Rio 2016 Olympic Games, silver

London 2012 Olympic Games, silver (triple jump); bronze (long jump)

In 2012, became the first man since 1936 and the first American since 1904 to win Olympic medals in both the long and triple jumps.

### **World Championship Experience**

- Most recent: 2015 – 19th (triple jump)
- Years of participation: Outdoor – 2011, 2013, 2015 (triple jump, long jump); Indoor – 2012 (triple jump, long jump)
- Medals: 3 (1 gold, 2 bronzes)
- Gold – 2012 (triple jump)
- Bronze – 2011 (triple jump); 2013 (triple jump)

Personal: Son of William Claye and Saffie Tunis...Has two siblings, Taiyou and James...Trains at the U.S. Olympic Training Center in Chula Vista, California...As a freshman at the University of Oklahoma (transferred to the University of Florida after his sophomore year), won six major triple jump titles, including the NCAA title...Skipped his final semester of high school to enroll early at Oklahoma...Two-time Arizona state champion in the triple jump...Was the first Arizona high school athlete to triple jump more than 50 feet and set the Arizona triple jump record...He and Christian Taylor, fellow Olympian and former University of Florida teammate, both won medals at the 2012 Olympic Games.



**Michael Boykin - Altis**  
Sports Science Lead  
Sprints and Hurdles Coach

Mike is in his third year as a sprints and hurdles coach with Altis. Prior to joining the Altis staff, he spent two years at the University of Wisconsin-Madison where he served as a volunteer assistant coach with the sprints, hurdles, and multi-events under the tutelage of Nate Davis and Ed Nuttycombe. He also has experience working at the high school level with promising young sprinters and hurdlers.

In addition to his track experience, Mike has worked in the public and private sector of strength and conditioning with a range of athletes from middle school to those at the professional level. These include internships with various teams at UW-Madison, Quinnipiac University, and Northeastern University. He has also interned at Cressey Performance, a private training facility outside of Boston, Massachusetts.

Mike is a graduate of the University of Wisconsin-Madison with a degree in Exercise and Movement Science, as well as a certified Strength and Conditioning Specialist through the NSCA.



**Chidi Enyia - Altis**  
Sprints and Hurdles Coach

Chidi Enyia is in his 19<sup>th</sup> year coaching and 3<sup>rd</sup> season with ALTIS working specifically with the coed Professional short sprints group alongside Stuart McMillan. Before arriving in Phoenix, he spent 4 years as the Men's & Women's sprints/hurdles/relays coach and one year as a volunteer at Southern Illinois University in Carbondale, IL. Prior to that he was the Boy's and Girl's sprints and horizontal jumps coach at Lincoln-Way East High School and the founder of USATF and AAU registered Flight Track Club both in Frankfort, IL. Prior to that he worked as a personal trainer and private coach for several years. Enyia obtained his B.Sc in General Art from Illinois State University in 2002 and MS.Ed in Kinesiology from Southern Illinois University in Carbondale in 2014 with a research focus in Post-Activation Potentiation.



## **Dustin Imdieke - Altis** Sprints and Hurdles Coach

Dustin Imdieke is a sprint and hurdles coach at ALTIS. Dustin contributes to the ALTIS Education Team, developing and delivering online and in person content. He was selected to serve on the Norwegian coaching staff for 2016 Olympic Games and 2015 World Championships. Here he coached Isabelle Pedersen to a 9th place finish in the 100h (12.86). Previously, he coached at Paradise Valley Community College and South Mountain High School.



## **Jasmine Todd – USA Track and Field** Professional Athlete – Sprints and Horizontal Jumps

Jasmine Todd, prior to an injury that cut her senior year short, claimed seven individual titles during her prep career. Todd won three straight AIA triple jump titles (2009, 2010, 2011) and two straight long jump crowns (2010, 2011) and holds the Arizona State record in the triple jump (41'5").

**High School Bests:** 100 meters 11.64w, 2011; Long Jump - 20 feet 1.5 inches (6.134 m), 2012; Triple Jump - 41 feet 5 inches (12.62 m), 2011; 60 meters 7.42 (i), 2012.

### **College – University of Oregon, Five-Time All-American**

**2013-14: Outdoor** – Assisted with the 4x100 meter relay team's first-place finish at the Oregon Preview (44.1); sixth-fastest time in school history...enjoyed a wind-aided personal record at the Aztec Invitational in the 200 meters, ran a 23.6 and placed fourth...was a part of the 4x100 meter relay team that ran a 43.74 for a meet record, also was the fourth-fastest time in school history...placed second at the Pepsi Dual in the 100 meters (11.46)...won the long jump at the Pepsi Dual as well...excelled at the Mt. SAC Relays, took third and recorded a personal record in the 100 meters (11.25)...in more action with the 4x100 meter team she won the Mt. SAC Relays (43.31) and took second at the Penn Relays (43.33)...took fifth in the Pac-12 Championships preliminaries with a 11.46 in the 100 meters...fared well at the Pac-12 Championships in the long jump, finished fourth at 19-10.75 (6.06m)...**Indoor** – Participated in the 60 meters and long jump during the indoor season...she finished sixth in the long jump with a 20-2.5 (6.16m) at the NCAA Championships, first All-America honors of her career...made her first NCAA Indoor Championships memorable when she took third in the 60 meters, made it two All-America accolades for the week...won the 60 meters at the UW Preview, ran a 7.2...first place at the Rod McCravy Memorial Invitational in the long jump (21-0/6.40m)...won another 60 meter title at the Don Kirby Elite (7.24), also enjoyed a second-place finish in the long jump (21-4/6.50m)...



**2014-15: Outdoor** – Earned All-American honors in the long jump by finishing fourth with a jump of 21-10 (6.65m)...qualified for team USA in both the 100 and long jump...at the USA Championships she finished third in the 100 final, tying the school record in 10.92...took fourth in the long jump with a school-record distance of 22-5.25 (6.84m)...advanced to the 100 semifinals at the Beijing IAAF World Championships...member of the 4x100 team which brought home the silver medal at the World Championships...was the top scorer at the Pac-12 Championships, tallying a total of 35 points in five events...finished first in the triple jump (42-11.75) and 100 (11.18), second in the long jump (20-8.5) and 4x100 and fourth in the 200 (23.21)...won the 100 at the Mt. SAC relays in a wind-aided time of 11.03...part of the Ducks quartet which won the sprint medley relay at the Penn Relays...ran a wind-aided time of 10.88 at the NCAA West Regionals which is the second fastest wind aided mark in NCAA history...**Indoor** – Earned first team All-American award with a third-place finish in the 60 (7.22)...second team All-American in the long jump with an 11th place finish (19-9.75/6.04m)...personal best in the 60 came at the UW Preview where she ran a winning time of 7.15...the time is second-best in school history...jumped 41-4.25 in the triple jump at the Husky Classic which is third on the Oregon all-time list...

Todd graduated in May 2016 from Oregon and is continuing her professional career at Altis.



## **Erik Johnson - Arete Throws Nation™**

Erik Johnson is the founder and head coach for Arete Throws Nation, and creator of the Throwing Chain Reaction™ system.

Coach Johnson had a long successful career in track and field as an athlete from the age of 10 to 27. Erik was 5 time Youth Junior Olympic All-American (HJ-SP-DT), 1988 AZ state HS champion Discus, NCAA D1 All-American Discus, 3x US Championship Competitor, Olympic Trials Finalist, and the 2011 World Masters Bronze medalist. U40

Coach Johnson's athletes in CA and AZ have won over 81 Championship titles since 2013 in the shot put and the Discus (a combination of league, Division, State, and national titles). He has had the national High School Boys shot put Leader in 2013 and 2015, Arizona State leader in 2016 and has sent dozens of throwers to University throwing programs.

Erik also personally coaches athletes that are training at the Elite US level turning post collegiate throwers, like Jason Harrell who failed to make the NCAA championships during his collegiate career, into a Top 5 US ranked Discus thrower in 2 years and Rashad Williams who is the Indoor national record holder for Puerto Rico in the Shot Put.

Erik's Arete Throws Nation program hosts approximately 6 Throws Camps each year that teach the Throwing Chain Reaction System™, a system he created to help develop better coaches and throwers at a faster pace by simplifying the highly technical aspects of the Shot Put and Discus. His Arete Throws Nation TCR Online membership program is becoming the leading resource for throws coaches around the world. Please Visit [www.AreteThrowsNation.com](http://www.AreteThrowsNation.com) for details.



**Josh Barge – Red Mountain High School**  
Boys Head XC and Track Coach

Josh Barge is in his fifth year at Red Mountain High School as Head Boys Coach with emphasis on coaching the Mountain Lions' men's short sprinters and Short Relay an. In his 10-year career as both a head coach and an assistant coach, Coach Barge has coached student-athletes to All-Region or State status in every sprinting, relay, hurdling and jumping event, as well as the decathlon.

Barge is a USATF Level I Certified Instructor and a Certified Strength and Conditioning Specialist through the NSCA. He graduated from Wyoming University in 2007 with a bachelor's degree in Physical Education / Teaching Education. While at Wyoming he was a two-time top-8 finisher in the 110 Hurdles at the Mountain West Conference Championships (2006-2007), as well as a 4-time Letterman for Wyoming's Football team (2002-2005).