



Website: www.jmillercompany.com

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Objective

To train athletes to become top performers in their various sports through proper conditioning, discipline, giving their all everyday and emphasizing the importance of excelling both in the classroom and on the court and/or field

Certifications: USA Track & Field Coach, USBC Bowling Coach, Strength & Conditioning Coach and Sports Nutrition Coach

Coaching Experience – Athletes Accomplishments

2019 & 2020 Strength & Conditioning

Nassau, Bahamas

- **Steffon Rolle – Baseball** (High School Athlete)
- **Troyt Lynes – Basketball and Track & Field** (Senior Athlete)
- **Ambrose Smith – Track & Field** (High School Athlete)
- **Rache Pantry – Track & Field** (High School Athlete)
- **Raegan Pantry – Track & Field** (Primary School Athlete)

2018 Strength & Conditioning

Daytona Beach, Florida

- **D'Marcus Adams – Track & Field** (Mainland High School) – 2018 FHSA 3A Track & Field Long Jump, 100M Hurdles & 4X400M Bronze Medalist and 400M Silver Medalist
*Improved Long Jump Approach, Speed and Positioning coming off the board which resulted in a Great Takeoff and Landing
Current Sophomore Football Scholarship Athlete at Florida State University
- **Edward Tre Steward – Football** (Oviedo High School) – VTO Sports Combine Top 5 Defensive Back & Most Valuable Player
*Improved 40 Yard Dash Time from **4.90** to **4.84** (0.06 secs improvement) in 1 Month
*Improved 3-Cone Drill Time from **7.38** to **7.2** (0.18 secs improvement) in 1 Month
*Improved Broad Jump Distance from **107** to **113** (6-inch improvement) in 1 Month
*Improved Vertical Jump Distance from **25.5** to **28.7** (3.2-inch improvement) in 1 Month
- **Precious Roberts – Basketball** (WNBA Draft Combine Participant)
*Improved Vertical Jump, Power, Speed, Agility & Overall Conditioning
Current Semi-Professional Player for Big V Australian Women's Basketball League
Former Professional Player for Ukrainian SuperLeague and Jacksonville Lady Panthers
- **Kyani Moore – Basketball** (DME Sports Academy High School C/O 2019 Power Forward)
*Improved Vertical Jump, Power, Speed, Agility & Overall Conditioning
Current Freshman Basketball Scholarship Athlete at Wiley College

- **Edward Tre Steward – Football** (Oviedo High School) – VTO Sports Combine Top 5 Defensive Back & Most Valuable Player
 *Improved 40 Yard Dash Time from **4.90** to **4.84** (0.06 secs improvement) in 1 Month
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 *Improved Vertical Jump Distance from **25.5** to **28.7** (3.2-inch improvement) in 1 Month
- **Kyani Moore – Basketball** (DME Sports Academy High School C/O 2019 Power Forward)
 *Improved Vertical Jump, Power, Speed, Agility & Overall Conditioning
Current Freshman Basketball Scholarship Athlete at Wiley College
- **Lee'sha Henry – Basketball** (Mainland High School C/O 2019 Combo Guard)
 *Improved Vertical Jump, Power, Speed, Agility & Overall Conditioning
Current Freshman Basketball Scholarship Athlete at Edward Waters College
- **Azurae Taylor – Basketball** (Windermere High School C/O 2019 Power Forward)
 *Improved Vertical Jump, Power, Speed, Agility & Overall Conditioning
Current Freshman Basketball Scholarship Athlete at Manhattanville College

2017 & 2018 Summer USATF Track & Field

Orlando, Florida

- **Leslie Garcia** (Lyman High School) – 2017 USATF Junior Olympics 400M Bronze Medalist
 *Improved 400M Time from **1:03.50** to **1:00.73** (2.77 secs improvement) in 1 Month
 *Improved 200M Time from **27.71** to **27.23** (.48 second improvement) in 1 Month
- **Rachel St. Angelo** (Lake Howell High School) – 2017 USATF Junior Olympics Triple Jump Bronze Medalist
 *Improved Triple Jump Distance from **32'7.25** to **32'9** (1.75-inch improvement) in 1 Month
 *Improved Long Jump Distance from **14'5.25** to **14'8** (2.75-inch improvement) in 1 Month
- **Barry Crawford** (Lake Howell High School) - 2017 USATF Junior Olympics Long Jump Silver Medalist
 *Improved Long Jump Distance from **18'7** to **19'4** (9-inch improvement) in 1 Month
- **Kamoree Curtis** (Jackrabbit Track & Field Clinic Club) – 2018 USATF Junior Olympics Regional 4X800M Silver Medalist | 2017 USATF Junior Olympics Regional 1500M Bronze Medalist & USATF Junior Olympic Nationals Qualifier
 *Improved 800M Split Time from **2:44** to **2:41** (3 second improvement) in 1 Month (2018)
 *Improved 800M Time from **2:56.38** to **2:52.17** (3.81 secs improvement) in 1 Month (2017)
- **Devin Guilbeau** (Lyman High School) – 2017 USATF Junior Olympics Participant (First Time Track & Field Athlete)
 *Improved 400M Time from **1:04.44** to **1:02.40** (2.04 second improvement) in 1 Month
 *Improved 200M Time from **28.32** to **27.94** (.38 second improvement) in 1 Month
- **Karis Guilbeau** (Rock Lake Middle School) – 2017 USATF Junior Olympics Participant
 *Improved 100M Time from **14.27** to **13.26** (1.01 second improvement) in 1 Month
 *Improved 200M Time from **28.27** to **28.00** (.27 second improvement) in 1 Month

Coach J.'s Former Student-Athlete Experience – Accomplishments

High School – Miami Killian Senior High School

Miami, Florida

- 2002 USA #1 High School National Ranking in The Long Jump Through Regular Season
- 2002 MileSplit USA First Team Elite – Long Jump
- 2002 USA Top 20 High School National Ranking in The Triple Jump
- 2002 FHSAA 4A District 16 Long Jump & Triple Jump Champion
- 2002 FHSAA 4A Region 4 Triple Jump Champion
- 2002 FHSAA 4A State Finals Triple Jump Champion
- 2003 FHSAA 4A District 16 Long Jump, Triple Jump & High Jump Champion
- 2003 FHSAA 4A Region 4 Triple Jump Champion & Long Jump Silver Medalist
- 2003 FHSAA 4A State Finals Long Jump & Triple Jump Bronze Medalist
- 2003 USA High School Triple Jump All-American
- 2003 Miami Killian Senior High School's Most Distinguished Student Service Award for Community Service, Academics and Athletics
- 2002 – 2003 Miami Herald/All-Dade First & Second Team
- 2002 – 2003 Miami Herald/All-Dade Athletic Award
- 2002 – 2003 USA Who's Who In Sports Inductee for Athletic Excellence (Track & Field, Basketball & Volleyball)
- 2002 – 2003 USA's Who's Who Among American High School Students for Academic Excellence

College – University of South Florida

Tampa, Florida

- 2004 NCAA Division 1 Outdoor National Championships Qualifier in The Long Jump as A Freshman (*Top 26 Athletes in The Nation*)
- 2005 Conference USA Triple Jump Champion
- 2006 NCAA Leadership Conference Participant
(*Only Student-Athlete Chosen from The University of South Florida & 1 of 352 Selected Nationally*)
- 2004 - 2007 USF Long Jump & Triple Jump Record Holder
- 2004 – 2007 NCAA Division 1 Outdoor Regionals Long Jump & Triple Jump Qualifier
- 2004 – 2005 Conference USA Commissioner's Honor Roll Award Winner
- 2006 – 2007 Big East Conference Academic All-Star Team

Post Collegiate – Thomas A. Robinson Stadium

Nassau, Bahamas

- 2016 T-Bird Flyers Invitational Long Jump Champion
- 2016 Club Monica Invitational Long Jump Champion
- 2016 Star Trackers Invitational Long Jump Champion