



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 Basketball Licensed Gold Coach, USBC Bowling Coach and USA Track & Field Coach with a Certificate in Endurance Training

Certificates: NCAA Eligibility, Performance Enhancing Drugs & Substances and Heat Illness Prevention

Coaching Experience – Athlete's Accomplishments

2021 Basketball Training

Nassau, Bahamas

- Yukari Ellis – 8th session as of March 23rd, 2021 (current progress)

2021 Track & Field Training

Nassau, Bahamas

- Rache and Raegan Pantry – 8th session as of March 23rd, 2021 (current progress)

2021 Fitness Training

Nassau, Bahamas

- Aquila Pratt – 15th session as of March 2nd, 2021 (current progress)
- Jamaal Pratt – Lost 15lbs in one month @ 3 days of training per week (current progress)
- Myer Bowe – 4th session as of February 1st, 2021 (current progress)
- Granville Gibson – Lost 25lbs in two months @ 3 days of training per week (current progress)

2019 & 2020 Strength & Conditioning

Nassau, Bahamas

- Nicole Shepherd – Track & Field (Florida High School Athlete – Virtual Training Sessions)
- Steffon Rolle – Baseball (High School Athlete)
- Troyt Lynes – Basketball and Track & Field (Senior Athlete)
- Ambrose Smith – Track & Field (High School Athlete)
- Rache Pantry & Raegan Pantry – Track & Field (High School Athletes)

2018 Strength & Conditioning

Daytona Beach, Florida

- D'Marcus Adams – Track & Field (Mainland High School) – 2018 FHSAA 3A Track & Field Long Jump, 100M Hurdles & 4X400M Relay Bronze Medalist and 400M Dash Silver Medalist
*Improved Long Jump Approach, Speed, Foot Strike and Positioning coming off the board which resulted in a Great Takeoff and Landing
Current Redshirt Sophomore Football Scholarship Athlete at Florida Atlantic University
Former Football Scholarship Athlete at Florida State University

- Edward Tre Steward – Football (Oviedo High School) – VTO Sports Combine Top 5 Defensive

Back and 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 7.20** (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, Foot Strike, Speed, Agility and Overall Conditioning

Former Semi-Professional Player for Big V Australian Women's Basketball League

Former Professional Player for Ukrainian SuperLeague and Jacksonville Lady Panthers

- **Kyani Moore – Basketball** (Collegiate Scholarship Athlete)

*Improved Vertical Jump, Power, Foot Strike, Speed, Agility and Overall Conditioning

Current Sophomore Basketball Scholarship Athlete at Wiley College

Former High School Basketball Player for DME Sports Academy

- **Lee'Sha Henry – Basketball** (Collegiate Scholarship Athlete)

*Improved Vertical Jump, Power, Foot Strike, Speed, Agility and Overall Conditioning

Current Sophomore Basketball Scholarship Athlete at Edward Waters College

Former High School Basketball Player for Mainland High School

- **Azurae Taylor – Basketball** (Collegiate Scholarship Athlete)

*Improved Vertical Jump, Power, Foot Strike, Speed, Agility and Overall Conditioning

Current Sophomore Basketball Scholarship Athlete at Manhattanville College

Former High School Basketball Player for Windermere High School

2017 & 2018 Summer USATF Season

Orlando, Florida

- **Leslie Garcia** (Lyman High School) – 2017 USATF Junior Olympic 400M Dash Bronze Medalist

*Improved 400M Dash Time from **1:03.50 to 1:00.73** (2.77 secs improvement) in 1 Month

*Improved 200M Dash Time from **27.71 to 27.23** (.48 secs improvement) in 1 Month

- **Rachel St. Angelo** (Lake Howell High School) – 2017 USATF Junior Olympic Triple Jump Bronze Medalist and Regional Championship Qualifier

*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 Olympic Long Jump Silver Medalist and Regional Championship Qualifier

*Improved Long Jump Distance from **18'7 to 19'4** (9-inch improvement) in 1 Month

*Improved 200M Dash Time from **27.71 to 27.23** (.48 secs improvement) in 1 Month

- **Kamoree Curtis** (Jackrabbit Track & Field) – 2017 & 2018 USATF Junior Olympic National Qualifier, 2018 USATF Junior Olympic Regional 4X800M Relay Silver Medalist and 2017 USATF Junior Olympic Regional 1500M Bronze Medalist

*Improved 800M Split Time from **2:44 to 2:41** (3 secs improvement) in 1 Month

*Improved 800M Time from **2:56.38 to 2:52.17** (3.81 secs improvement) in 1 Month

- **Devin Guilbeau** (Lyman High School) – 2017 USATF Junior Olympic Regional Qualifier **(First Time Track & Field Athlete)**

*Improved 400M Dash Time from **1:04.44 to 1:02.40** (2.04 secs improvement) in 1 Month

*Improved 200M Dash Time from **28.32** to **27.94** (.38 secs improvement) in 1 Month

- **Karis Guilbeau** (Rock Lake Middle School) – 2017 USATF Junior Olympic Regional Qualifier

*Improved 100M Dash Time from **14.27** to **13.26** (1.01 secs improvement) in 1 Month

*Improved 200M Dash Time from **28.27** to **28.00** (.27 secs improvement) in 1 Month



Coach J.'s Athletic 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 First Team All-American (5th in The Nation)
- 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 (State Champion)
- 2002 – 2003 USA Who's Who In Sports Inductee for Athletic Excellence
- 2002 – 2003 USA 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 25 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 and 1 of 352 Selected Nationally***)
- 2004 – 2007 USA Long Jump & Triple Jump Record Holder
- 2004 – 2007 NCAA Division 1 Outdoor Regional Championships Long Jump & Triple Jump Qualifier
- 2004 – 2005 Conference USA Commissioner's Honor Roll Award Member
- 2006 – 2007 Big East Conference Academic All-Star Team Member

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

Professional Organizations

- Alpha Phi Alpha Fraternity, Inc.
- Phi Sigma Pi National Honors Fraternity
- Lambda Pi Eta Communications Honors Society
- Phi Sigma Pi National Honors Fraternity
- Sigma Alpha Pi National Society of Leadership & Success
- Chi Sigma Alpha
- USA Track & Field
- USA Basketball
- USBC Bowling Congress

Links

<https://www.coachup.com/coaches/jaydianm-7>

<https://gousfbulls.com/sports/track-and-field/roster/jaydian-miller/1663>

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<http://www.usforacle.com/2004/04/08/usf-jumper-coming-into-his-own/>

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<http://www.usforacle.com/2004/04/22/host-bulls-close-c-usa-tournament-in-fifth/>

<http://www.usforacle.com/2004/06/02/delpinos-races-to-record-setting-regional/>

<http://www.usforacle.com/2004/06/07/bulls-seek-all-american-status/>

<https://www.tampabay.com/archive/2004/05/29/track/>

<http://usfweb2.usf.edu/aas/COMMISSIONER.HTML>

<https://www.tampabay.com/archive/2002/03/27/missing-in-action/>

<https://fl.milesplit.com/meets/769/results/2443/raw#.Xsrfe8B7nIU>

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