

Ron Williams – 1981 - 2009

I started my coaching career in 1981 as an assistant coach with the South DeKalb YMCA. That introduction to track gave me the motivation to start my own track program. In 1984, I founded D.C. Express Track Club with the express purpose of creating a development/competitive program that focused on combining the physical attributes of student-athletes with that of academic excellence.

D.C. Express is a track program that provides elementary, middle, and high school student-athletes with a constructive channel through which to funnel their energy while teaching them many of the concepts upon which our society is based such as Teamwork, Sportsmanship, and Goal Setting. In addition, the program directly promotes academic excellence by encouraging student-athletes to continue their education both through high school and beyond. D. C. Express serves the needs of student-athletes by instilling excitement, knowledge, and basic values, such as hard work, that helps set our student-athletes apart from athletes of other track programs. As evidence of its lasting impact, D.C. Express has contributed to 80 student-athletes receiving scholarships to continue their formal education. Additionally, many former student-athletes have gone on to become productive members of our society and some have even come back to support this program as volunteer coaches.

By providing a constructive means for youth activities in a competitive environment and maintaining a winning tradition, I have established and sustained a lasting vehicle to promote community advancement, and assure my efforts and commitment truly personify “Community Mindedness”.

In support of this program, I spend approximately 1,000 personal hours per year working, teaching, and coaching, and countless hours conducting fundraisers and submitting grant proposals to help raise the funds the club needs.

My philosophy is to provide youth student-athletes the opportunity to maximize their individual talent in the area of Track and Field while providing them with an opportunity for educational growth and teaching them correct techniques while exposing them to State, Regional, National, and International Competition.

In addition, through my leadership as head coach, D.C. Express members have set records in various categories. Moreover, D.C. Express has been recognized in several local and national newspaper and television features. D.C. Express participates in an average of 15 track meets annually, 4 of which are at the national level.

Through D.C. Express, I have been able to realize some wonderful experiences and amazing accomplishments. One of my most important accomplishments during the past 27 years came about in 2001. In 2001, I was selected as Head Coach of fifty of America's brightest young stars that traveled to Debrecen, Hungary, for the Second IAAF World Youth Athletics Track and Field Championships. Team USA won its first World Championship by capturing 7 gold, 5 silver and 3 bronze medals. There were a total of 166 countries that competed in this track and field championship.

In 1996, I was awarded the USA Track & Field National Youth Committee "Frank Sevigne Award" recipient for outstanding contribution to Youth Athletics.

My other titles and accomplishments include:

1981-1984	Assistant Coach South DeKalb YMCA
1984- Present	Founder and President/Head Coach of D.C. Express Track Club Inc.
1986 - Present	Attended TAC (USATF) National Convention as voting or alternate delegate
1986	Level I Coaches Certification
1986 - 1987	College level (Volunteer Assistant Coach at Georgia Tech) Women's program
1987 – 93	Georgia Association USATF Youth Athletics Vice Chair
1989	Level II Coaches Certification – Sprints & Hurdles
1989- 90	United States Women's Track Coaches Association - Club Representative
1989 - 91	Georgia Association USATF Vice Chair Women's Track & Field
1989 – 91	Georgia Association USATF Vice President
1991 - Present	National Level USATF Certified Official
1992 - 1994	Georgia State Games Youth Chair & Meet Director
1992 - 96	Georgia Association USATF Executive Vice President
1992 – 97	USATF Youth Athletics South Zonal Representative
1992 - 2000	USATF Youth Athletics Executive Committee Member
1995	USATF Georgia Association Award of Excellence "Coach of the Year"
1995	United States Women's Track Coaches Association "Service Award" Club
1996	USATF Youth Committee "Frank Sevigne Award" recipient for outstanding contribution to Youth Athletics
1996	Field of Play Marshall & Warm-up Track Coordinator @ Olympic Stadium/ Summer Olympic Games and US Olympic Trials
1996	Manager of the Mixed Zone for the Para-Olympic Games
1998 - 99	USATF Youth Athletics Region III Coordinator
1999 – 2000	USATF Youth Athletics Executive Committee - Vice Chair/Operations
2001	Head Coach – 2001 IAAF World Youth Championships / Debrecen, Hungary (1st USA World Youth Team Championship)
2002	USATF National Youth Athletics Coaches Association (South Zone) "Coach of the Year"

2005 - 2009	Youth Representative (USA Track & Field Coaches Advisory Committee)
2006 – 2008	Member (USA Track & Field Junior Commission)
2007	Clinician – Sprints (Georgia High School Track & Field Clinic)
2007 - Present	USATF Youth Track Coaches Association- Vice President
2006- 2008	Stockbridge High School – Assistant Boys and Girls Coach
2007 -2009	Stockbridge High School – Director of Track & Field/Cross Country
2008	Judo Brown Outstanding Dedication Award (Atlanta Track Club)
2008-2009	Stockbridge High School – Coach of the Year/Female Sport
2009	Assistant Manager/Coach - 2009 IAAF World Youth Championships Bressanone, Italy

Through my leadership as head coach of D.C. Express Track Program over the past 25 years, D.C. Express has won an impressive number of Individual and Team Championships.

- **D.C. Express has developed and produced 49 National Champions, 12 National Championship Relay Teams and 3 Junior National Champions in sprints, hurdles, throws, distance, and jumps.**
- **State level, D.C. Express has developed and produced 195 Individual Champions and 78 Relay Teams.**
- **Regional level, D.C. Express has developed and produced 77 Individual Champions and 26 Relay Teams.**
- **Invitational level, D.C. Express has developed and produced 40 Individual Champions and 12 Relay Teams.**
- **1996 D.C. Express won the USA Track & Field Youth National Inaugural Club National Team Championship (Young Women Division)**

In addition to my track and field career, I worked in corporate America for more than 34 years as a Manager with BellSouth Telecommunications. I retired from my position with BellSouth in 2006.

Other Community Involvements:

1996 - 1999	C. Tyco and Marie Howle Foundation, Inc. - Board of Advisors
2005 – 2008	New Lake Estates Homeowners Association – President
2007- Present	Friends of Panola Mountain State Park – Board of Directors
2008- Present	South Rockdale Civic Association – Board of Directors

Other Track and Field Involvement:

Stockbridge High School:

2007

**Girls Track – County & Region 4 AAAA Champion
State 4 AAAA Team Runner up
100m hurdle State Champion
300m hurdle runner up**

**Boys Track - Region Champion
110m hurdle State Champion**

2008

**Girls Track – County Champion
Region 4 AAAA Runner up
5 State qualifiers**

**Girls Track
100m hurdle State AAAA Champion
300m hurdle state runner up AAAA
300m hurdle (Best Overall Performance Award)
100m 5th place finish**

**Boys Track – County Champion
Region 4 AAAA 3rd Place
4 State qualifiers, 4x100, 4x400
400m 3rd place finish
4x100 relay 8th place finish**

**Girls Cross Country
3 State qualifiers**

**Boys Cross Country
5th County
3rd Region 4 AAAA
22nd State AAAA**

2009

**Boys Track
3rd County
3rd Region 4 AAAA
5 State qualifiers (400m, 800m, 100m, 1600m, 3200m, 4x100, 4x400)
4x400 relay 6th, 800m 7th**

**Girls Track
6th County
3rd Region 4 AAAA
5 State qualifiers (2 800m, 2 1600m, 3200m)
800m 8th**