

2017 Team NSAF Staff

Here is a look at the NSAF Staff accompanying the team to Cuba this year.



Jim Spier is the Co-Founder and Executive Director of the National Scholastic Athletics Foundation (NSAF) NSAF, and the key to the success of the Foundation and its three marquee events: the New Balance Nationals Indoor, the New Balance Nationals Outdoor and the Great American Cross-Country Festival. Most are familiar with Jim's National Top 5 List, which is updated weekly and published on the NSAF website, and he is co-statistician with John Blackburn of the US Junior List. He is humbled to be associated with this team and takes great pleasure in seeing these young athletes reach their full potential.



While **Tracy Sundlun** is best known as one of the founders of the Rock 'n' Roll Marathon Series in 1998, which now involves 29 events in 15 states, Washington DC, and 6 other countries, in which over 500,000 runners compete each year; in 1984, Tracy was the original Meet Director of what is now known as the New Balance Indoor Nationals, and is one of the founding Board Members of the National Scholastic Athletics Foundation. He was also a coach, including at Georgetown, Colorado and USC, and he worked with more than 100 men and women in just about every event, from 15 countries who represented their country in the Olympic Games or other international competitions.

Tracy has been at the forefront of a number of the sports' innovations and advances over the past 40 years, including as the original leader in 1974 of the effort to introduce and involve chiropractic in track & field and with the USOC and the various national sports governing bodies, and then later in 1980, he initiated the first test case which lead to open running as we know it today with prize money and above-the-table appearance money.

In 2015, Tracy was inducted into the Running USA Hall of Champions, and was named "One of the 50 Most Influential People in Running" by Runner's World Magazine; and last summer he was the Head Manager of the United States Men's Track & Field Team for the 2016 Olympic Games in Rio de Janeiro.



Joy Kamani is Chief Operations Officer and Attorney for the NSAF, a position she's held for the past eleven years. Prior to joining the NSAF full-time she was an entertainment business attorney with a private practice. She has coached youth track and field and accompanied the USATF National Youth Team to the World Youth Championships in Poland, Hungary and Canada as Assistant Coach, Assistant Manager and Head Manager respectively.

Her four children all ran track at least through the collegiate level. Her eldest son also competed at two Olympic Games. So, as a mother, she understands the concerns of parents regarding their children traveling away from home and familiar territory for athletic competition.



Kristi Rieger works full time for the National Scholastic Athletics Foundation as the Director of Special Projects. She also works part time as a certified personal trainer in Sioux Falls SD. In addition, Kristi is the meet director for the NXN Heartland Regional held each fall in Sioux Falls. Prior to her work with the NSAF Kristi enjoyed a 23-year career as a physical education instructor and track and cross-country coach in Sioux Falls. An All-American distance runner at Augustana College, SD, Kristi coached high school cross-country and track & field for 16 years, most of this time as the Head boys and girls cross country and track coach at Roosevelt High School in Sioux Falls. During her coaching career, Kristi coached 14 individual track state champions in the 800 through 3200-meter runs, 4 individual state champions at the South Dakota State Cross Country meet and a 3-time Footlocker finalist. Her boys and girls teams earned 9 runner-up track and cross country team honors. In 2004 and 2005 Coach Rieger's girls' cross-country teams earned invitations to Nike Cross Nationals. During her coaching tenure, Coach Rieger is most proud that she coached 41 student-athletes that went on to earn college track and cross country scholarships. Her track-coaching resume also includes coaching Team South Dakota at the 2001 Down Under cross-country meet in the Gold Coast, Australia. Kristi has served as a coach/manager for Team NSAF at the Caribbean Scholastic Invite since 2007.



Paul Limmer's 35 year HS coaching career spanned 5 decades. During that time, he coached Mepham High School (New York) athletes to numerous titles at all levels, ranging from 1982 Foot Locker XC champ Christine Curtin, national boys and girls champions on the track and 3 Penn Relay Championships of America winners (2 Boys DMR, 1 girls 4x800) to New York State and sectional champions too numerous to mention. Mepham's girls' DMR held the national record for 20 years. During his tenure, Mepham's girls' XC squad compiled an enviable record of 153 wins against only 2 losses. When Limmer retired in 2000, he retired as the winningest combined boys and girls track coach in New York state history with more than 700 wins. Mepham still holds the venerable Van Cortlandt Park 5-man, 5k average of 16:12 per man set in 1980, 29 years ago! He was National HS XC Coach of the Year in 1990 and NYS Coach of the Year numerous times. In 1993 he was the Honorary Referee of the Penn Relays. Perhaps his finest achievement is the legions of former athletes who currently coach all over the US.



Carmen Jackson has been the head coach of Miami Northwestern High School since 1991. She has led her team to 10 state, 13 Regional, 25 District and 12 GMAC Conference titles. She has been the Florida Interscholastic Athletic Association Coach of the Year, Florida Dairy Farmers Coach of the Year, Florida Athletic Coaches Association Coach of the Year, Miami Herald Coach of the Year, Miami Herald Track Coach of the Year, the NSAF Coach of the Year, National High School Athletic Association Coach of the Year and U.S. Track and Cross Country Coaches Association National Coach of the Year - many of these in numerous years. She was herself a stand-out athlete in high school and college at Jackson State University, winning numerous titles in the 60m, 100m and as a member of a world record setting sprint medley team. Coach Carmen believes that high school coaching is the most special and important profession anyone can choose because young men and women who participate in high school sports are so valuable. A

coach frames the sport experience for the student athlete and quality coaching will have the greatest influence on whether participation in high school sports becomes a positive experience for the young athlete. Coaches will take on the roles as a recruiter, expert teacher, trainer, strategist, promoter, caring friend, impartial judge, disciplinarian, counselor, and parent substitute. She believes that as coaches wear these multiple hats they must direct their energy and goals towards the process of training and competition that will positively affect the personal development of the young student athlete. Promoting winning is just a small portion of success in the athlete's athletic life, but more importantly, using the sport as a vehicle to enrich the lives and future of the athletes should be a coaches ultimate goal. Coach Carmen coaches to be that positive vessel where the athlete can experience success through athletics, where athletes can have pride, set goals, learn from mistakes, work hard, learn commitment, be confident, and enthusiastic in all their endeavors. Through this sport they will learn to become strong individuals and how to sacrifice some of their wants of today so that they can satisfy their needs of tomorrow.



[Dr. Robert Jones](#) is the owner and President of Impact Orthopaedics, P.A. He specializes in orthopaedic and sports medicine, arthroscopy, and joint reconstruction. Dr. Jones has been a member of the National Scholastic Athletics Foundation's Board of Directors member of since 1998 and has served as its Medical Director since his appointment. Dr. Jones will not be accompanying the team this year to Cuba but will oversee the medical and sports performance related aspects of the team, including review of athlete medical information as submitted by team members and ensuring that the medical staff is prepared for all possible situations..



Dr. Liz Wheeler PT, DPT, PRC, SCS is the founder and CEO of Launch Sport Performance in Rockville, Maryland. She is a Doctor of Physical Therapy who specializes in Sports Medicine, nutrition, and healthy living. She will be leading our medical staff in Cuba. Dr. Wheeler travels around and works for Major League Baseball athletes, Olympic athletes, NFL athletes, and provides her skills for many elite track & field events. Dr. Liz helps athletes with injury rehabilitation, injury prevention, nutrition planning, and various advanced manual techniques to enhance athletic performance. Her commitment to helping patients achieve their personal best includes an expansive knowledge of multiple medical, wellness, and performance disciplines that are not "typical" for traditional physical therapists in the

United States. She considers advanced knowledge from a diversity of topics (such as nutrition, neuroscience, and Postural Restoration®) as important components in helping athletes gain competence in "how to most effectively and efficiently operate their own finely tuned machine." You can learn more about Dr. Wheeler on her website www.launchsp.com.



[Dr. Margaret Ottley](#) is a full professor of sport & exercise psychology and exercises science at West Chester University (WCU), PA. She completed her post-doctoral specialty in curriculum and instruction in Health & PE at Purdue University, IN. Her Ph.D. and M.Ed. in sport & exercise psychology were completed at Temple University, PA and her B.A. in child development & family studies was done at Spelman College, GA.

In Trinidad & Tobago, her K-12 grade teacher education certification was done at Valsayn Teachers' College. At WCU, Dr. Ottley presently teaches graduate and undergraduate courses in Sport and Exercise Psychology, Mental Training, Motor Development and Learning, Sociology and Psychology of Sport and Principles of Coaching. Dr. Ottley is a Certified Sport Psychology Consultant with the Association for Applied Sport Psychology (AASP). She is the founder of SANKO-FA HP (HyPower Performance) LLC, Sport & Performance Psychology. Her major accomplishments as a sport psychology consultant were serving two countries at three Olympic Games - London 2012 and Athens 2004 with Trinidad & Tobago Olympic Committee and the Beijing Olympics 2008 with USA Track & Field (USATF). She was the keynote speaker at USATF's Elite Athletes Retreat 2015 which focused on athletes' preparation for Rio Olympics 2016. She also traveled with the Trinidad & Tobago Women's Soccer Team during the 2014 CONCACAF championship and the 2015 World Cup Qualifier (2014). In Philadelphia she sits on the advisory board of the Black Women in Sport Foundation.

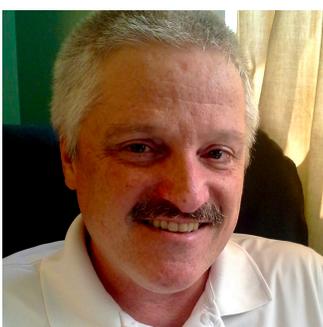


Dr. Emily Krodel joined the faculty of the University of South Carolina School of Medicine in September 2015. She currently serves as the head team physician at South Carolina State University and is the assistant director of the primary care sports medicine fellowship at USC. As a D1 student athlete, she played collegiate tennis while earning her Bachelor of Science degree in Biology from the University of Evansville in Evansville, IN, and then received her medical degree from Indiana University School of Medicine in Indianapolis. Dr. Krodel completed an intern year in general surgery and is a graduate of the Family Medicine Residency program at Palmetto Health Richland, Columbia, South Carolina. After graduating residency, she completed a sports medicine fellowship at the University of North Carolina in Chapel Hill, NC. Her interest areas include concussion

management, preventive medicine, and nutrition and exercise as medicine.



Matthew Devens MS, ATC joined the New York University Sports Medicine Athletic Training team in July of 2014. He earned a Bachelor's of Science degree at Southern Connecticut State University then went onto obtaining a Masters of Science degree at Long Island University Brooklyn. He has a passion for health, fitness and sports which led him to spending the last decade learning techniques and treating athletes at every level; including professional hockey athletes, elite track and field athletes and highly competitive student athletes in the NCAA. Matt takes pride in teaching his athletes how to prepare, perform and recover on a mental and physical level in order for them to achieve their best results during daily training and in their highest level of competitions.



Steve Underwood is the NSAF's Communications and Public Relations Specialist. He has been with the NSAF since 2013 and is responsible for the excellent reporting and video interviews you see on our [website](#), [Facebook Page](#) and [Twitter](#). He's been covering high school track and field since his early days with dyestat.com in 2000. Prior to that he worked as a journalist and as a sports information specialist for several news publications and universities. He will be covering CSI in depth for website and social media.



Edwin Rivera wears many hats as parent, coach and as a Travel Consultant for Cruise Planners where he helps clients plan their cruises, land and tour vacations. He was born in Puerto Rico and is fully bilingual - English/Spanish. This will be his third time accompanying Team NSAF to Cuba as our translator and Cultural Liaison. He is available to assist family members, coaches and fans of Team NSAF with questions on traveling to Cuba.



Scott Julich is a Captain in the US Army and has spent 9 years serving in various positions in Texas, Korea, Hawaii, Afghanistan, and Virginia. He graduated from the US Military Academy at West Point in 2008, with a degree in nuclear engineering. Scott has a passion for health and fitness and spends much of his spare time helping out at his wife's (Dr. Liz) gym, Launch Sport Performance. Scott serves as security and general volunteer for NSAF events.