

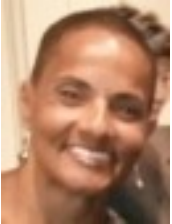
2013 Team NSAF Staff

Team Managers:

Jim Spier, Executive Director, NSAF. Jim is the key ingredient to the success of the NSAF and its three marquee events: the New Balance Indoor Nationals, the New Balance Nationals and the Great American Cross-Country Festival. He is a co-founder of the NSAF. Most are familiar with Jim's National Top 5 List which is updated at least weekly and published on the NSAF website and co-statistician with John Blackburn of the US Junior List.



Joy Kamani is Chief Operations Officer and Attorney for the NSAF. 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.



Jacqué Kendall, has chaperoned and mentored hundreds of student athletes over the years including several NSAF alumni such as Marquise Goodwin, Francena McCorory, Monique Hennegan, Tonya Williams, and Andre Cason. She has traveled the world extensively to all major sporting events, track and football being her favorites. Her coaching resume includes assistant coach at Great Bridge, Manor, Bethel and Kecoughtan High Schools. In 2005 she was inducted into the Livingstone College Athletic Hall of Fame for reviving its girls track program. Her work is dedicated to the memory of colleague, friend and mentor, Cedric Walker.



Cedric Walker, Coach Emeritus

Cedric Walker was arguably the best thing that has ever happened to track and field! He had an instinct for the sport that gave birth to extraordinary athletes, phenomenal performances and mind-shattering relay teams. He was our CSI Relays Coach, an NSAF Board Member and our best friend. His Flower City Track Club athletes have represented the United States on our Olympic, World Outdoor, World Indoor, World Cup, Pan-Am Games, Pan-Am Juniors and World Juniors teams and he has developed over 120 All-Americans (NCAA, NJCAA & HS). His national assignments included, Management Assistant, 2004 Olympic Games, Assistant Coach, USATF Team, World University Games (1993), Head Manager, USATF World Jr. Team, Annecey, France (1998), Assistant Coach, USATF Jr. World Team, Kingston, Jamaica (2002), Assistant Coach, USATF World Team, Paris, France (2003), Assistant Coach USATF Indoor World Championship Team, Hungary (2004), Head Relays Coach 2004 National Junior Team, Grosseto, Italy, Assistant Manager, World Team, Helsinki (2005) and Assistant Manager, World Team, Moscow (2006), Manager Pan Am Juniors (2011) and Head Manager NCACC Under 23 Team (2012). Coach Walker was taken from us too soon earlier this year. But, he will always be a part of our collective lives and his presence will always be felt at CSI.



Team Coaches



Paul Limmer's 35 year HS coaching career spanned 5 decades. During that time Mephram High School won numerous titles ranging from local to National: Footlocker Champions, National Champions men and women, 3 Penn Relay Championships of America (2 Boys DMR, 1 girls 4 x 800), NYS Champions too numerous to mention, Sectional Champions galore. Mephram's Girls DMR held the National Record for twenty years. During his tenure Mephram's Girls XC squad compiled an enviable 153 wins with only 2 losses. When Limmer retired in 2000, he retired as the winningest combined Boys and Girls track coach in NYS history with over 700 wins. Mephram still holds the venerable Van Cortland Park 5 man 5k average , 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.

Kristi Reiger has been a physical education teacher for 21 years and is currently an elementary school physical education instructor in Sioux Falls, South Dakota. She also works part time as a personal trainer. An All-American distance runner at Augustana College, SD, Kristi coached high school cross-country and track & field for 16 years in Watertown, SD and Sioux Falls, SD. During this time, 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 along with 9 runner-up track and cross country teams. In addition, two of her cross-country teams earned invitations to Nike Cross Nationals in 2004 and 2005. During her coaching tenure, Kristi coached 41 student-athletes that went on to earn college track and cross country scholarships. Kristi's track coaching resume also includes coaching Team South Dakota at the 2001 Down Under cross-country meet in the Gold Coast, Australia. In addition, she has helped coach/manage at the 2007thru 2012 Caribbean Scholastic Invite in San Juan, Puerto Rico with the National Athletic Sports Foundation.

Kristi has served as the meet director for the Nike Cross Nationals Heartland Regional since its inception in 2008. She has also been a guest speaker at numerous running camps and clinics throughout the country. Since college, Kristi has competed in 11 marathons, including the 2010 Boston Marathon.

Brandon Jiles has been Head Girls Coach of Motor City Track Club in Detroit, MI since 2005 and Head Girls Coach at Oak Park High School since 2011. His high school coaching career began at Detroit Mumford High School as an assistant under Hall of Fame Coach Robert Lynch. During Jiles' seven year tenure Mumford's boys won 7 straight Detroit Public School League titles, Boys and Girls combined for three Division 1 MHSAA State Championship titles and had three MHSAA Division 1 State runner ups. In 2008 his boys 4x800 relay team captured Nike Outdoor Nationals crown with a time of 7:37.99.



Coach Jiles' athletes have represented the United States on the World Junior Team and World Youth Team and he has developed numerous High School All-Americans and State Champions. Jiles himself was a High School All American and State Champion in 800m at Detroit Mumford and attended Eastern Michigan where he was 2-time NCAA Indoor Qualifier (Distance Medley Relay), 17- time All MAC performer and 2004 Olympic Trials Qualifier in 800m (1:48.46). Coach Jiles was recently selected to be a member of the 2013 USATF World Youth Championships coaching staff traveling to Donetsk, Ukraine this summer.

Medical Staff:

Medical Director:



Dr. Rob Jones is an orthopedic surgeon in Raleigh, North Carolina and a member of the Board of Directors of the NSAF. He is the Medical Director of all NSAF owned and managed events. Dr. Jones will be coordinating all medical issues for us on the mainland but will be unable to travel to Puerto Rico with us this year.

Sports Psychologist:



Dr. Margaret Ottley is an Associate Professor of the division of Sport Psychology/Pedagogy in the department of Kinesiology, College of Health Sciences, West Chester University of Pennsylvania. She has traveled and served as Sports Psychologist for several US National teams including the World Junior team which competed in China in 2006 and for the Trinidad & Tobago Olympic team in 2008 and 2012.

Chiropractor:



Dr. Jeannette M. Anderson, Chiropractor and athlete has been in private practice for over 18 years. She trained at Logan College of Chiropractic in St. Louis, Missouri. Her externship was completed in Vermont. For athletic training certification and graduate work in exercise physiology. She attended Brooklyn College and LIU, Brooklyn. She continuously trains with advanced coursework in chiropractic assessment, technique and rehabilitation. Dr. Anderson has been a member of the NSAF Medical staff at all NSAF events for several years and was the Team Chiropractor for the United States Track and Field team at the 2004 Olympic Games in Athens, Greece and the Junior World Championships in Jamaica. She combines chiropractic and lifestyle to reach each athlete's goal of wellness. Incorporating the areas of diet and nutrition, exercise, stress levels, posture, ergonomics, and rest with a balanced body.

Sports Performance Specialist:



Dr. Elizabeth Wheeler, Doctor and former competitive athlete with a passion for helping others perform at their best. Dr. Wheeler is founder and Director of Launch Sports Performance. She is a physical therapist who specializes in sports medicine helping athletes with injury rehabilitation, injury prevention and techniques to enhance their personal performance. Her commitment to helping patients achieve their personal best includes knowledge of disciplines that are expansive and not in the typical range of protocol for physical therapists. 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 <http://launchsp.com/about-us/dr-liz/>



Brandon Jackson, is the NSAF Medical Team Coordinator and has been with the foundation now for 7 years. He currently resides in Raleigh, NC where he works in Transplant Surgery. He has 10 years of critical care, orthopedic, and athletic performance experience. As a former athlete and currently a competitive runner, Brandon loves being a part of NSAF medical team where you will find him treating, teaching, and coaching athletes.