

## Coach H. Lance Miller's Bio

Coach Miller attended St James High School in Louisiana from 1984 to 1987. He was a member of the football, basketball, baseball and track and field teams. As a freshman at St James, I made the varsity team as a jumper under the direction of Assistant Coach Boo and Head Coach Dufraine. As a sophomore, I was able to compete at the State Championship Meet placing in the top 8 in all of the jumping events. As a junior in high school, I simply did not lose, quickly becoming one of the state's best in the long jump, triple jump, and high jump. Also, earning a spot on the 4X100m relay team in which we excelled as one of the very best! At each and every track and field meet as a junior, I won most valuable field athlete everywhere I competed. I was nearly breaking a triple jump and long jump stadium record at each venue. As a senior, I set St. James High school Triple Jump record at 48 ft 7in, however; at the state championship I placed second.

I was blessed to catch the eyes of some great coaches and was invited to compete in the Golden South Classic against the Nation's leading performers in high school. Also, after going to a jump camp at LSU, we got into a competition against all levels of schools 2A, 3A, 4A and I Won my events, jumping 24 ft. 2in in the long jump. I was later invited to compete for the USA Track and Field International Team going to Amsterdam, Holland, Brussels and the Netherlands, where we competed against 8 other countries. While in Amsterdam, Holland, I won the High Jump at 6ft 10. 1/4in and also won the Long jump at 24ft '7in", and Triple jump at 49'0" respectively!

Going into my 1st year of college at Barton County College in Kansas, I became an All American my 1st year in the long jump 24'5, triple jump 50'7", and high jump 6'11". I also returned to the USA Track and Field International Team going to Beijing, China competing with other Universities and athletes. I placed 2nd in the high jump at 7'1" and 1st triple jump at 51'6"! I was awarded the most outstanding athlete while in Beijing by the Council Leader of the Beijing Institute of Physical Education University. During my time at Barton, I became a three time All American in the Triple Jump, Long Jump, and High jump.

While moving to Reno Nevada in 1990, I became a member of the University of Nevada-Reno and became Most Outstanding Athlete of the week and Indoor Conference Athlete of the Year for Long jump and Triple jump. I signed a Track and Field Contract with Sacramento Track and Field Club. I was able to compete in six USA Track and Field Championships including qualifying for two Olympic Trials! My best performances were Long Jump at 26'9" and Triple Jump at 56'8", and 7'4" lifetime High Jump! One of the highlights of my career was competing in the Modesto Relays against three former Olympians from the mid 80s and winning in 1992!

As of now, I have been mentoring athletes for more than 20 yrs in Las Vegas, Nevada and around the world through social media platforms. I am also the USATF Region 15 Coordinator, USATF West Zone Representative and serve on the USATF Youth Executive Committee Board. I am extremely pleased to have been apart of the process in sending nearly 100% of athletes I personally coach to Universities of their choice earning track and field scholarships! For me this is one of the biggest joys of my life, only second to my wife and three daughters that have supported me throughout!