

Brentwood Christian Track and Field - Coach Smith

I have been coaching cross country at BCS for 16 years and track and field for 23 years. I have also coached middle school basketball for many years as well. I graduated from Harding University with a degree in elementary and special education, where I ran cross country for 4 years.

The purpose for the track and field program at BCS is to develop the God-given talents of our student athletes in all areas of track and field. We want to instill in them the discipline of training and introduce them to the proper techniques needed to take care of their bodies while competing. Track is a very unique sport that combines both the individual and team aspects of competition. Athletes line up to compete as both individuals and team members, and are given the opportunity to succeed on both fronts. Track is also unique in the difference in the types of events. Track athletes can run any variety of distance, hurdle, jump, vault or throw. There is truly something for everyone.

The goal for track and field is to help each athlete find areas of strengths and interest and to work to improve in these areas so that they can compete individually and as a team. We hope to teach our athletes to push beyond what we thought possible, experienced the joy of victory, and learned to handle disappointment. We hope to encourage them to experience the benefits and blessings God has provided us through His gift of running and competing.

All of this is achieved only through the understanding that God is the giver of all our gifts and the gift and ability to run and jump and throw speaks to the glory of God's creation. In competing in cross country and track and field, we can enjoy the individual physical abilities of our bodies while glorifying God. This ultimately defines our success.