

Jack Sands

Coaching Experience:

1980-present

6yrs @ North Shore High School, Houston, Texas – Aug. 1974 thru June 1980
30yrs @ Klein Forest High School, Houston, Texas – Aug. 1980 thru June 2010
4yrs @ Summer Creek High School, Houston, Texas – Aug. 2010 thru Present

Coaching Accomplishments:

13 District Championships and 8 District Runners-up @ Klein Forest
2 State Team Runners-up – 1996 & 2007
2013 State Championship @ Summer Creek
8 Team Top 10 Finishes @ State Meet Since 1995
4 Regional Championship Teams – 1998, 2006, & 2007 @ KF & 1 @ Summer Creek
10 State Individual Champions
8 State Individual Silver Medalists
6 State Individual Bronze Medalists
4 Individual National Champions
4 National Leading Relays
13 NCAA Division 1 All-Americans
3 NCAA Champions (1 Individual & 2 Relay)
4 Athletes have represented the USA in International competition

2 Olympians –

2004 Derrick Brew - USA – 400 Bronze Medalist and 4 x 400 Gold Medalist
2004 LeJuan Simon – Trinidad & Tobago – Triple Jump

Relays

4 x 100 Relays ran under 42.0 for 24 years in a row – 1987 to 2010 (41.4 Average)
4 x 400 Relay has run 3:20 or better for 25 of the last 27 years
Averaged 3:15.78 from 1995-2008
Averaged 3:14.62 from 2001-2007

Coaching Honors:

2002 – Named to USA National Team Coaching Staff for North America, Central America, & Caribbean Championships
1998-2001 – Texas High School Coaches Association Track Advisory Committee (Chairman – 2000-2001)
2007-2010 – Texas High School Coaches Association Track Advisory Committee (Chairman – 2007-2010)
Gulf Coast Track Coaches Association President – 2004-2005 & 2005-2006
Gulf Coast Scholastic Track Coaches Association Coach of the Year - 2006 – 2007 – 2009
Gulf Coast Scholastic Track Coaches Association Assistant Coach of the Year – 2012 & 2013
Selected for Induction to Gulf Coast Scholastic Track Coaches Hall of Fame - 2010