



Coach James Shellington

Hometown: Washington, D.C.

High School: Western High School

College: Fort Valley State University

Fortunes & Experiences Drive Motivation to Coach

James Shellington Sr. comes to Ft. Belvoir Sonic Boom Track Club with a varied wealth of experience. From his days in high school and college to the present, he has actively played a part in track and field, both as a participant and as a coach. James takes the fundamentals of the sport and applies them as a foundation; not only for a team member's athleticism, but also as a foundation for that team member's citizenship in his or her community.

James graduated from Western High School in Washington DC where he lettered each of the three years he in which he was involved with track. He ran in events such as the 100 and 220 yd. dash and the 4 x 400 relay; and in such field events as the high jump and long jump. His varied involvement and success enabled him to participate in track and field at the collegiate level, where he joined the track team at Ft. Valley State University, Ft. Valley, GA. There, he ran the 100 and 200 m dash and did the long jump. At Fresno State University in Fresno, CA, he was a Physical Education Instructor and volunteered as a track and field assistant in events such as the javelin, sprints and middle distance. One of the many highlights of his solid track and field career occurred in 1987, when he placed 1st in the long jump with a length of 19' 6" and 3rd in the high jump with a height of 5' 6" at the State of Florida Masters Track & Field Meet.

When asked why he coaches, he replied, "Track and field provides an opportunity to give back to the community and youth some of the fortunes and experiences that [I] gained as a participant of the sport over the years." His coaching philosophy stresses not only the athletic improvement in the event itself; but also the development of "the core understanding of self discipline, self esteem, good sportsmanship, confidence, team work, mental focus and spirit." All of these, James says, "can be called upon at some point in time to help you through a situation."

James is a stalwart supporter of the athletes he coaches and of the team as a whole. The combination of these experiences, both on and off the field, enables him to create a well-rounded athlete who can "become that great person and student athlete." That, above all is his motivation for coaching the team members of Ft. Belvoir Sonic Boom Track Club.