



Coach William "Bill" Montgomery has been involved with the Fort Belvoir Sonic Boom Track Club since 2010 as a track parent, volunteer member of the staff and now a Level 1 USATF certified coach. He received his undergraduate degree at Hampton University, where he participated in Army ROTC. He spent seven (7) years on active duty in the United States Army as an Armor Officer. He earned his Master's Degree from Webster University and currently works for the Department of the Navy at the US Marine Corps Barracks, Quantico, Virginia. His background in sports ranges from organized little league and high school baseball to a variety of intramural team sports. Coach Montgomery recognizes the value that physical activity provides for today's youth in the area of track and field. He strongly believes that the Fort Belvoir Sonic Boom Track Club does an excellent job in developing the talent and confidence within its young athletes. Coach Montgomery's objective is to ensure that young athletes understand that when it comes to life in general, education and athletics, you should always be prepared. Preparation comes from setting personal goals and being committed through hard work to achieve those goals.