



Coach Richard Herman

Hometown: Fort Myers, FL

North Fort Myer High School, Class of 1970

USAF, Retired, 1972 - 1992

Today's Champions, Tomorrow's Leaders

For more than 45 years Coach Richard Herman, as an athlete and coach, has been involved in youth and adult sports, football, basketball, baseball and track and field. From 1966 to 1970 Coach Herman actively participated in American Legion Baseball, football, basketball, AAU Track and Field and high school track and field.

In 1966 he attended Stranahan High School in Fort Lauderdale, FL where he was a member of their track team. In 1967, while attending Dillard High School, Fort Lauderdale, FL he ran track for the legendary coach, Robert Green, Dunbar Alumni. In 1968, he was a Florida AAU Champion in the Long Jump, High Jump, 440 yard dash and also played football at Dillard High School. In 1969, he participated in the National Jaycee track Invitational, in Pensacola, FL where he was voted Outstanding Athlete after winning the 440 yard dash, Long Jump, anchored the 4x100m and 4x400m relay teams. Also in that year, he was a Florida state finalist in the 440 yard dash and Sprint Medley Relay for Dunbar Senior High School. In 1969, while attending Dunbar Senior High School, he lettered in football and track, and played basketball. In 1970 he graduated from North Fort Myers High School.

From 1970 to 1972, he attended Lake City Community College (Lake City, FL) on a Track Scholarship. There he went on to become two time All-Conference/State (sprints) 400m, 200m, Long Jump, 440 relay and mile relay. In 1971, he was ranked 10th in the 440 yard dash (NJCAA) with a time of 48.8. In 1972 he was Florida Junior College Pentathlon Champion and was Voted Outstanding Athlete at Lake City Community College.

In 1972, Herman enlisted in the USAF. He was first stationed at Robins AFB, GA and then deployed to Andersen AFB, Guam. There, he played Varsity Football with the Andersen Bombers as a DB. He returned to Robins AFB in 1973 where he began coaching youth football and founded the Robins Track Club in 1974, which is still in existence today. Coach Herman played and coached the Robins AFB intramural football champions in 1973. During this assignment, from 1976 to 1977, he played semi-pro football for the Macon Chiefs in Macon, GA as a Defensive Back.

After leaving Robins in 1977, he was stationed at Wurtsmith AFB, Michigan until 1981 where he coached varsity women's basketball as their head coach. During his one year assignment at Shemya AFB, AK, 1982 he competed and coached base Intramurals Men basketball Champions.

In 1982, he left the cold north for the humid south and coached youth baseball and football at Tyndall AFB, FL. While stationed at Tyndall AFB, Herman also played semi-pro football Panama City Pirates and the Florida Suns as a Defensive Back.

From 1983-1987, he was stationed at Kadena AFB, Okinawa, Japan. There, he played and coached football for the Kadena Falcons during the 1983 – 1984 seasons. He was their starting Corner Back, voted to the All-Pacific All-Star Team, in 1985 he was the Secondary Coach, in 1986 he became the Defensive Coordinator and finally in 1987 he became their Head Coach.

Upon returning to the US, Herman was stationed from 1987 – 1990 at Seymour Johnson AFB, NC where he coached youth baseball, football, and basketball. Leaving the CONUS once again, he was assigned to Keflavik AFB, Iceland from 1990-1991 where he coached youth baseball. His last active-duty assignment found him at Dover, AFB, Delaware from 1991 – 1992 where Herman coached youth baseball. While there, he also played semi-pro baseball for the Dover Giants.

In November 1992 he retired from the Air Force and devoted himself to Fort Belvoir, VA, Youth Sports programs. His involvement is widespread and greatly valued.

Since 1992, he has coached football, baseball, basketball on Fort Belvoir. In 1999, Herman founded the Barracudas Select Basketball County Program and the following year (2000), he founded the Sonic Boom Track Club. His teams have won county championships in both football and basketball, and coached 8 national champions in track and field.

His devotion to the community's youth did not go unnoticed and he has been the recipient of many prestigious awards. To include the President's Volunteer Service Award given in 2002 and the FCYBL Robert B. Dix, Jr. Community Service Award given in 2005, and the FCYBL Harry Barton Community Service in 2007. He is currently a NYSCA Certified Youth Coach and serves as a commissioner for select basketball, football and track at Fort Belvoir. In 2008 Coach Herman was a National Military Family Volunteer Award recipient and in 2010 he was elected to the Fairfax County, VA Football Hall of Fame.

Track and Field has always been his first love, which still remains today. His motto, "Today's Champions Tomorrow's Leaders" is not something he says; it's something according to which he lives his life.