

Ernest Asante joined fort Belvoir as a volunteer hurdles coach beginning in the summer of 2016. Ernest has over 12 years of experience in track and field and has participated in track on the collegiate and post collegiate level. He attended the University of North Carolina Wilmington where he competed in the 110/ 400 meter hurdles as well as the Long, Triple, and High Jumps.

Ernest has roots with the Fort Belvoir Track and field program. From 2000-2004 he ran for the Sonic boom track club as a hurdler and jumper. While apart of the program he set club records and won a national championship in the 400 meter hurdles.

Ernest has always loved track and field and looks forward to sharing his admiration with present and future sonic boom athletes. His goal is to help each and every athlete reach their personal and athletic goals while instilling them with life skills.