



---

Website: [www.legacynationsports.com](http://www.legacynationsports.com) Email: [info@legacynationsports.com](mailto:info@legacynationsports.com)

### **Objective**

To train non-athletes and athletes to become top performers in their various areas of interest or sports through proper conditioning, discipline, giving their all every day and emphasizing the importance of excelling both in the classroom and on the court and/or field

**Credentials:** ISSA Certified Elite Trainer (Certified Personal Trainer, Nutritionist, Weight Management Specialist and Strength & Conditioning Specialist) | USA Track & Field Certified Coach | USA Basketball Licensed Gold Coach

**Certificates:** USA Track & Field Certificate in Endurance Training and NFHS Certificates in NCAA Eligibility, Sports Nutrition, Appearance and Performance Enhancing Drugs and Substances, Sudden Cardiac Arrest and Concussion in Sports

### **Coaching Experience – Athlete’s Accomplishments**

#### **2023 Basketball Training**

**Nassau, Bahamas**

- **Daniel Wilson Jr.** (High School Athlete) – Recovering from injury and will be training for Basketball

#### **2021-2022 Track & Field Training**

**Nassau, Bahamas**

- **Rache Pantry** (High School Athlete) – Improved fitness, running mechanics, breathing, power, speed, balance and endurance (9 months)
- **Raegan Pantry** (Elementary School Athlete) – Improved fitness, running mechanics, breathing, power, speed, balance and endurance (9 months)

#### **2022 Fitness Training**

**Nassau, Bahamas**

- **Kenyatta Nairn** (Senior Athlete)

#### **2021 Fitness Training**

**Nassau, Bahamas**

- **Aquila Pratt** (Senior Athlete) – Lost 10lbs during our training after 12-24 sessions
- **Jamaal Pratt** (Senior Athlete) – Lost 20lbs-30lbs during our training after 24 sessions
- **Myer Bowe** (Senior Athlete) – Lost 5lbs during our training after 4 sessions
- **Granville Gibson** (Senior Athlete) – Lost 22lbs during our training after 24 sessions

#### **2021 Basketball Training**

**Nassau, Bahamas**

- **Yukari Ellis** (High School Athlete) – Improved fitness, agility, vertical jump, balance and ball Handling after 12 sessions

#### **2020-2021 Track & Field Training**

**Virtual Training – Bell, Florida**

- **Nicole Shepherd** (Bell High School) – 2022 FHAA 1A Track & Field High Jump State Champion, 2021 FHSAA 1A Track & Field High Jump Regional Champion and State Finals Silver Medalist  
\*Improved high jump height from **4’9”** to **5’2”** (5-inch improvement) after 16 sessions

## 2019 & 2020 Strength & Conditioning and Track & Field

Nassau, Bahamas

- **Steffon Rolle – Baseball** (High School Athlete)
- **Troyt Lynes – Basketball and Track & Field** (Senior Athlete)
- **Ambrose Smith – Track & Field** (High School Athlete)

## 2018 Strength & Conditioning

Daytona Beach, Florida

- **D'Marcus Adams – Track & Field** (Mainland High School) – 2018 FHSAA 3A Track & Field Long Jump, 100m Hurdles & 4x400m Relay Bronze Medalist and 400m Dash Silver Medalist  
\*Improved long jump approach, speed, foot strike, positioning coming off the board and landing  
**Current Football Scholarship Athlete at Florida Atlantic University**
- **Edward Tre Steward – Football** (Oviedo High School) – VTO Sports Combine Top 5 Defensive Back and Most Valuable Player  
\*Improved 40-yard dash time from **4.90 to 4.84** (0.06 secs improvement) after 12 sessions  
\*Improved 3 cone drill time from **7.38 to 7.20** (0.18 secs improvement) after 12 sessions  
\*Improved broad jump distance from **107 to 113** (6-inch improvement) after 12 sessions  
\*Improved vertical jump distance from **25.5 to 28.7** (3.2-inch improvement) after 12 sessions
- **Precious Roberts – Basketball** (WNBA Draft Combine Participant)  
\*Improved vertical jump, power, foot strike, speed, breathing, agility and conditioning (9 sessions)  
**Former Semi-Professional Player for Big V Australian Women's Basketball League**  
**Former Professional Player for Ukrainian SuperLeague and Jacksonville Lady Panthers**
- **Kyani Moore – Basketball** (Collegiate Scholarship Athlete)  
\*Improved vertical jump, power, foot strike, speed, breathing and conditioning after 12 sessions  
**Current Basketball Scholarship Athlete at Chowan University (NCAA)**
- **Lee'Sha Henry – Basketball** (Collegiate Scholarship Athlete)  
\*Improved vertical jump, power, foot strike, speed, breathing and conditioning after 12 sessions  
**Current Basketball Scholarship Athlete at Edward Waters College (NCAA)**
- **Azurae Taylor – Basketball** (Collegiate Scholarship Athlete)  
\*Improved vertical jump, power, foot strike, speed, breathing and conditioning after 12 sessions  
**Current Basketball Scholarship Athlete at Manhattanville College (NCAA)**

## 2017 & 2018 Summer USATF Season

Orlando, Florida

- **Leslie Garcia** (Lyman High School) – 2017 USATF Junior Olympic 400m Dash Bronze Medalist  
\*Improved 400m dash time from **1:03.50 to 1:00.73** (2.77 secs improvement) after 24 sessions  
\*Improved 200m dash time from **27.71 to 27.23** (.48 secs improvement) after 24 sessions
- **Rachel St. Angelo** (Lake Howell High School) – 2017 USATF Junior Olympic Triple Jump Bronze Medalist and Regional Championship Qualifier  
\*Improved triple jump distance from **32'7.25 to 32'9** (1.75-inch improvement) after 24 sessions  
\*Improved long jump distance from **14'5.25 to 14'8** (2.75-inch improvement) after 24 sessions
- **Barry Crawford** (Lake Howell High School) – 2017 USATF Junior Olympic Long Jump Silver Medalist and Regional Championship Qualifier  
\*Improved long jump distance from **18'7 to 19'4** (9-inch improvement) after 24 sessions  
\*Improved 200m dash time from **27.71 to 27.23** (.48 secs improvement) after 24 sessions
- **Kamoree Curtis** (Jackrabbit Track & Field) – 2017 & 2018 USATF Junior Olympic National Qualifier,

2018 USATF Junior Olympic Regional 4x800m Relay Silver Medalist and 2017 USATF Junior Olympic Regional 1500m Bronze Medalist

\*Improved 800m split time from **2:44** to **2:41** (3 secs improvement) after 24 sessions

\*Improved 800m time from **2:56.38** to **2:52.17** (3.81 secs improvement) after 24 sessions

- **Devin Guilbeau** (Lyman High School) – 2017 USATF Junior Olympic 200m and 400m Regional Qualifier (**First Time Track & Field Athlete**)

\*Improved 200m dash time from **28.32** to **27.94** (.38 secs improvement) after 24 sessions

\*Improved 400m dash time from **1:04.44** to **1:02.40** (2.04 secs improvement) after 24 sessions

- **Karis Guilbeau** (Rock Lake Middle School) – 2017 USATF Junior Olympic 100m and 200m Regional Qualifier

\*Improved 100m dash time from **14.27** to **13.26** (1.01 secs improvement) after 24 sessions

\*Improved 200m dash time from **28.27** to **28.00** (.27 secs improvement) after 24 sessions

### **Coach J.'s Athletic Accomplishments**

#### **High School – Miami Killian Senior High School**

**Miami, Florida**

- 2002 USA #1 High School National Ranking in The Long Jump Through Regular Season
- 2002 MileSplit USA First Team Elite – Long Jump
- 2002 USA Top 20 High School National Ranking in The Triple Jump
- 2002 FHSAA 4A District 16 Long Jump & Triple Jump Champion
- 2002 FHSAA 4A Region 4 Triple Jump Champion
- 2002 FHSAA 4A State Finals Triple Jump Champion
- 2003 FHSAA 4A District 16 Long Jump, Triple Jump & High Jump Champion
- 2003 FHSAA 4A Region 4 Triple Jump Champion & Long Jump Silver Medalist
- 2003 FHSAA 4A State Finals Long Jump & Triple Jump Bronze Medalist
- 2003 USA High School Triple Jump First Team All-American (5<sup>th</sup> in The Nation)
- 2003 Miami Killian Senior High School's Most Distinguished Student Service Award for Community Service, Academics and Athletics
- 2002 – 2003 Miami Herald/All-Dade First & Second Team
- 2002 – 2003 Miami Herald/All-Dade Athletic Award (State Champion)
- 2002 – 2003 USA Who's Who In Sports Inductee for Athletic Excellence
- 2002 – 2003 USA Who's Who Among American High School Students for Academic Excellence

#### **College – University of South Florida**

**Tampa, Florida**

- 2004 NCAA Division 1 Outdoor National Championships Qualifier in The Long Jump as a Freshman (**Top 25 Athletes in The Nation**)
- 2005 Conference USA Triple Jump Champion
- 2006 NCAA Leadership Conference Participant  
(**Only Student-Athlete Chosen from The University of South Florida and 1 of 352 Selected Nationally**)
- 2004 – 2007 USA Long Jump & Triple Jump Record Holder
- 2004 – 2007 NCAA Division 1 Outdoor Regional Championships Long Jump & Triple Jump Qualifier
- 2004 – 2005 Conference USA Commissioner's Honor Roll Award Member
- 2006 – 2007 Big East Conference Academic All-Star Team Member

#### **Post Collegiate – Thomas A. Robinson Stadium**

**Nassau, Bahamas**

- 2016 T-Bird Flyers Invitational Long Jump Champion
- 2016 Club Monica Invitational Long Jump Champion
- 2016 Star Trackers Invitational Long Jump Champion

## Professional Organizations

- Alpha Phi Alpha Fraternity, Inc.
- Phi Sigma Pi National Honors Fraternity
- Lambda Pi Eta Communications Honors Society
- Phi Sigma Pi National Honors Fraternity
- Sigma Alpha Pi National Society of Leadership & Success
- Chi Sigma Alpha Honors Society – Barry University
- USA Track & Field
- USA Basketball
- International Sports Sciences Association (ISSA)

## Links

<https://www.coachup.com/coaches/jaydianm-7>

<https://gousfbulls.com/sports/track-and-field/roster/jaydian-miller/1663>

<http://www.dyestat.com/jaydianmiller>

<http://www.usforacle.com/2004/04/08/usf-jumper-coming-into-his-own/>

<http://www.usforacle.com/2004/04/13/freshman-jumper-leaping-forward/>

<http://www.usforacle.com/2004/04/22/host-bulls-close-c-usa-tournament-in-fifth/>

<http://www.usforacle.com/2004/06/02/delpinos-races-to-record-setting-regional/>

<http://www.usforacle.com/2004/06/07/bulls-seek-all-american-status/>

<https://www.tampabay.com/archive/2004/05/29/track/>

<http://usfweb2.usf.edu/aas/COMMISSIONER.HTML>

<https://www.tampabay.com/archive/2002/03/27/missing-in-action/>

<https://fl.milesplit.com/meets/769/results/2443/raw#.Xsrfe8B7nIU>

<https://www.orlandosentinel.com/news/os-xpm-2002-05-26-0205260260-story.html>

<http://www.bahamashalf.com/2014Relay.htm>