

Robert Abdullah

Coaching Experiences

- **Assistant Track and Field Coach/Recruiting Coordinator, Princeton University 2016 – Present**
 - In 3.5 years, Coach Abdullah has coached 17 Ivy League Champions, 31 All-Ivy League Performers and 11 NCAA Regional Qualifiers. In addition, his athletes have broken 4 school records, 2 Ivy League Championship records and 2 All-time Ivy League record. Coach Abdullah's athletes have cracked the All-time Ivy League Championship and All Meet Performance List 33 times, along with putting 29 athletes on the Princeton Top 10 List. Prior to becoming the Sprints and Hurdles Coach, Robert served as a volunteer coach for the Tigers for 12 years, working primarily with the hurdlers and assisting Coach Marc Anderson, the longtime sprints coach, until his retirement.
 - As the hurdles coach, Abdullah has coached 7 of the top 10 all-time Princeton outdoor hurdlers and 9 of 11 all-time indoor hurdlers. In 2019, Joey Daniels became Princeton's first NCAA All-American in the 110m hurdles (13.70), setting a school record and becoming the Ivy League all-time fastest. Joey also represented Canada in the same year at the World University Games in Italy.
 - As the sprints coach, Abdullah has developed some of the Ivy League's finest. Carrington Akosa, Charlie Volker, Simangaliso Ndhlovu and Greg Sholars are some of his great ones. In 2019, Simangaliso was the Zambia National Champion in the 100m. In addition, Abdullah's 4 x 100m relay team ran 39.90 in 2018 to become the first Tiger team to qualify for the NCAAAs.
 - Since becoming the long jump's coach in 2018, Princeton has continued to thrive. In 2019, Jesse Thibodeau, Aviram Shwarzbard and Gilron Tsabkevich were dominant in the Ivy League. Jesse Thibodeau jumped 7.87m (25' 10") with Aviram 7.53m (24' 8.5") and Gilron 7.62m (25') close behind. Jesse joined Joey Daniels at the World University Games in 2019 for Canada, making them both Olympic hopefuls in 2020. Aviram and Gilron are the best 2 long jumper in their country, Israel.
- **Assistant Track and Field Coach at Princeton University (Volunteer) (2004 – 2007, 2009 - 2016).**
 - The Princeton Men's team won the Indoor Heptagonal Championship in 2007, 2010, 2011, 2015; Outdoor Heptagonal Championship in 2011, 2012, 2013, 2015; Princeton Women's team won the Indoor Heptagonal Championship in 2010 and 2011; Outdoor Heptagonal Championship in 2011;
- **Sprint and Hurdle Coach for Rider University's Men and Women's Track Teams (2007 – 2008).**
 - Key Accomplishments
 - 2007 - AJ Parillo became MAAC champion and IC4A qualifier in the 400m
 - Karlise Cureton broke all Rider University sprint hurdle records (55m, 60m and 100m hurdles).
- **Head Cross Country Coach/Track and Field Coach at Stuart Country Day School (2005 – 2007); Assistant Coach at Stuart Country Day School (2001, 2004 – 2005).**
 - Key Accomplishments
 - Five out of the six years we won five Outdoor Patriot Conference Championships and five Outdoor New Jersey Prep B State Championships.
 - Coached 25 All-State performers and 11 State champions.
 - Cross Country (2005 – 2006), we won 2005 Patriot Conference and New Jersey State Prep B Championship title.
 - Coached 5 All-State performers and one State Champion – the only individual state champion Stuart has ever had.
- **Assistant Sprints and Hurdles Coach at Glassboro State/Rowan College (1987 – 88).**
 - Back to Back New Jersey Athletics Conference Outdoor Championships
 - Coached seven NCAA Division III All-Americans

- **Private high school coach**

- Coached High School All-American Porscha Dobson to personal records of 11.65; 24.52; 54.5 and 13.50. She was ranked #2 in the US; 3rd All-time in New Jersey (2003).
- Coached New England/ECAC Champion and multiple NCAA Regional Qualifier Jessica Lee to personal records of 8.18 (60mh) and 13.27 (100mh)

Track and Field Coaching Influences and Mentorship:

- Wilbur Ross, Hall of Fame coach and author of the Hurdler's Bible. Trained some of the greatest hurdlers ever – Renaldo Nehemiah, Jack Pierce, Tony Dees, Larry Shipp, Elias Gilbert, etc.
- Steve Riddick, Olympic Gold Medalist and world ranked sprinter.
- Oscar Moore Jr., Former Head Coach of Men's Track and Field Team at Glassboro State College. Hall of Fame coach and Olympian. Five time NCAA Division III Coach of the Year.
- Fred Samara, Head Coach of Men's Track and Field Team at Princeton University. Coach Samara is well known for his coaching excellence on the national and international levels. Inductee to the USTFCCA Hall of Fame.
- Steve Dolan, Director of Track and Field, University of Pennsylvania. Prior to Penn, Steve coached many sub 4 minute milers, Olympian distance runners, national champions and All-American at Princeton and The College of New Jersey.

Personal Achievements:

College – Glassboro State College (Currently known as Rowan University)

- Four time NCAA Division III All-American
- Two time National Champion.
- Indoors and Outdoor All-East performer
- Competing Events Included: 110m hurdles, 400m intermediate hurdles, the long jump and the 4 x 100m and 4 x 400m relays.
- Team captain and MVP (1981, 82, 84)
- Member of four National Championship teams
- Inducted into the Rowan University/Glassboro State College Hall of Fame in 1995, 2012.

Post-Graduate

- I have authored a book titled, The Hurdle Book, A Guide for Beginners in the 110/100m High Hurdles.
- Wrote my Master's thesis on "A Comparison Study on High Hurdle Training"