

= Thomas Wilcher =

Thomas Wilcher is a high school athletic coach and teacher who was previously a National Collegiate Athletic Association ( NCAA ) Division I track and field national champion in the indoor 55 m hurdles and a three @-@ time NCAA All @-@ American in track and field for the University of Michigan . Wilcher was also a running back for the Michigan Wolverines football team from 1983 ? 1986 . In his redshirt senior year , he was a member of the Big Ten Conference football champion team as well as a 110 m hurdles Big Ten individual champion .

In high school , Wilcher was a Michigan High School Athletic Association ( MHSAA ) record @-@ setting hurdler and four @-@ time All @-@ American . As an athlete , he is a ten @-@ time MHSAA track and field champion and a two @-@ time Michigan High School Track and Cross Country Athlete of the Year award winner . He was also a Junior Olympics champion in the 110 m hurdles and an All @-@ state and All @-@ American tailback in football . He was also an All @-@ City swimmer .

As of 2013 , Wilcher is the head coach for the football team and the boys ' track & field team as well as the physical education teacher at Cass Technical High School in Detroit . As a boys ' track coach , he is a three @-@ time MHSAA team track and field champion , and his school has also twice been the MHSAA runner up . In his role as a football coach , he is the current MHSAA Division 1 champion and a former Detroit Free Press Coach of the Year , who once convinced Vernon Gholston , the 2007 Big Ten Conference Defensive lineman of the year and 2008 NFL Draft sixth overall pick , to try playing football and to return to the sport after quitting . His 2010 and 2013 teams advanced to the MHSAA semifinals and 2011 and 2012 teams won back @-@ to @-@ back Division 1 championship games .

= = High school = =

At Detroit Central High School , in track and field , he was a four @-@ time All @-@ American , ten @-@ time MHSAA champion ( three @-@ time team , four @-@ time relay , three @-@ time individual ) and Michigan High School Track and Cross Country Athlete of the Year award winner in both 1981 and 1982 . He led Detroit Central to three consecutive state MHSAA Class A championships as a team from 1980 ? 1982 . As a sophomore in 1980 , he was the anchor of the Class A state champion 4 x 440 yard relay race team . As a junior in 1981 , he won the MHSAA Class A 120 @-@ yard ( 110 m ) high hurdles , as well as participated on the 4 x 440 and 4 x 110 MHSAA champions . As a senior , he won both the low hurdles ( 300 m ) and high hurdles ( 110 m ) as well as participated on the state champion 4 x 100 meter MHSAA champions . His time of 13 @.@ 5 in the 110 metre hurdles was the state all class record from 1981 ? 1986 and continues to be tied for the second fastest time in state high school history . His 1982 time of 13 @.@ 6 seconds continues to be the fastest 110 meter hurdles time ever run at the MHSAA state championship meet . Although not officially recognized as a record due to metric conversions from yards to meters , the 1982 time of 41 @.@ 7 in the 4 x 100 is considered indistinguishable from the official record and is described as a notable performance according to state records .

Nationally , he was the number one ranked scholastic high hurdler as a junior as well as the number one ranked long ( low ) hurdler as a senior and was undefeated by high school athletes in both years in the respective events . As a junior , he won the 1981 AAU Junior Olympic Games in the high hurdles ( By some accounts he was an AAU Junior champion in 1982 ) . As a senior , he won the International Prep and Golden West low hurdle races . He was timed as fast as 13 @.@ 48 seconds and 13 @.@ 28 ( wind @-@ aided ) . In addition to his track accolades , he was an All @-@ state and All @-@ American tailback and All @-@ City swimmer .

Some sources regard his 13 @.@ 2 time in the 1982 AAU Junior Olympic Men 110 Meter Hurdles Young event a national record as of May 2013 . As of 2009 , the AAU considered it to be the national record . However , as of 2013 , AAU regarded Booker Nunley 's July 27 , 2008 13 @.@ 41 time to be the junior Olympic record for the newly named 17 @-@ 18 division ( which was said to be formerly known as the Young division ) .

= = College = =

Wilcher was recruited to the University of Michigan by Thomas E. Moss , Sr. , the former Deputy Chief of Police for the Detroit Police Department . In 1986 , he won the NCAA indoor 55 meter hurdles Championship , and he placed fifth in the NCAA outdoor 110 m hurdles with a time of 13 @. @ 57 , earning both indoor and outdoor track & field All @- @ American honors . He had also placed third in the outdoor 110m hurdles in 1985 earning All @- @ American honors . In 1987 , he was the outdoor Big Ten Conference 110 meter hurdles champion and earned first team All @- @ Big Ten honors . Wilcher holds numerous Michigan Wolverines records in the high hurdles including both the team indoor 60 meters ( converted ) , team outdoor 110 meters , and Michigan indoor track building records . Wilcher 's personal best and team record time of 13 @. @ 52 seconds in the 110 meter hurdles came at the 1985 Penn Relays where he was also the event champion . He was the Big Ten winter sports athlete of the week in January 1986 for his hurdling performance .

In February 1985 , Wilcher was involved in an altercation stemming from an intramural basketball game . Thomas Wilcher incurred penalties of 72 hours of public service deferred sentence , US \$ 429 court costs and restitution in Ann Arbor District Court .

Wilcher , who wore # 27 as a 6 @- @ foot ( 1 @. @ 8 m ) 185 @- @ pound ( 84 kg ; 13 @. @ 2 st ) Wolverine , redshirted as a true freshman in 1982 and played sparingly in his second and third seasons . He earned varsity letters in football as a redshirt junior and redshirt senior for coach Bo Schembechler . He totaled 758 yards ( 693 m ) rushing and eight touchdowns as a tailback in the same backfield as Jamie Morris . However , he never caught a pass . In his final season , he totaled 397 rushing yards and six touchdowns . That year , he was a member of the 1986 Big Ten Conference football champions who went on to the 1987 Rose Bowl , but accumulated no statistics in the Rose Bowl . He accumulated statistics in eleven of the thirteen games played and started twice . He had also started one game in 1985 . In his best games , he rushed for 104 yards ( 95 m ) and a touchdown on 16 carries in a 34 ? 3 win against the South Carolina Gamecocks football team on September 21 , 1985 , and he rushed for two touchdowns and 74 yards ( 68 m ) in Morris ' absence in a 34 ? 17 win against the Wisconsin Badgers football team on October 4 , 1986 . His touchdowns were the first two in what became Schembechler 's 200th victory . On September 27 , 1986 , his seven @- @ yard ( 6 m ) touchdown run cemented a homecoming victory against the Florida State Seminoles football team by putting the team up 20 ? 10 with 1 : 27 remaining .

After graduating , Wilcher competed for the University of Chicago Track Club while training for the United States Olympic Trials for the 1988 Summer Olympic Games . On May 8 , 1988 he won the Jesse Owens Classic with a 110 @- @ meter high hurdles time of 13 @. @ 70 . At the Olympic Trials on July 23 , 1988 at Indiana University Track and Field Stadium , his second @- @ round heat included Arthur Blake , Jack Pierce , and Greg Foster who placed first , second and third respectively as well as Tony Dees .

= = Coaching = =

Wilcher is the current football head coach at Cass Technical High School in Detroit , where entering the 2011 MHSAA semifinals , the team had compiled a 99 ? 56 ( .639 ) record and competed in the MHSAA Class @- @ A playoffs ten times since he became head coach in 1997 . He was the 1998 Detroit Free Press High School Football Coach of the Year , with his Detroit City Class @- @ A runner @- @ up team . At Cass , some of his athletes have included Vernon Gholston , and Marko Cooper , who was 1999 All @- @ USA second team . One of the first star players he coached ( as an assistant coach ) was future Michigan Wolverines @- @ leading rusher and NFL @- @ athlete Clarence Williams . In 2007 , Joseph Barksdale was the Detroit News ' No. 1 Blue Chip Prospect , Parade All @- @ American , U.S. Army All @- @ American Bowl Participant ( East Roster ) , USA Today All @- @ USA High School First Team , The ESPN.com 150 , Rivals.com Top 100 for 2007 , Scout.com Hot 100 for 2007 , and SuperPrep All @- @ American . The 2010 team went 12 ? 1 and lost 24 ? 21 in the MHSAA Division I semifinals , when they fumbled on the 6 @- @ yard line on

second @-@ and @-@ 4 with less than a minute remaining . The 2011 team won the state Division 1 championship by 49 ? 13 margin against Detroit Catholic Central High School at Ford Field with a freshman quarterback , Jayru Campbell , who also plays basketball and runs track . The 2012 team won the third consecutive district championship and qualified for the state Division I championships . The 2012 team defended their championship by defeating Detroit Catholic Central High School 36 ? 21 at Ford Field in a rematch of the prior year 's state championship match . In 2013 , Detroit Catholic Central upset Cass Tech in the state semifinals by a 28 ? 0 score . The following year , Saline High School upset Cass Tech in the state semifinals 30 ? 15 .

Wilcher is also the Cass boys ' track and field coach . The team won the MHSAA Class A track and field championships in 1994 , 1995 , and 1996 under Wilcher . The team was state runner up in the MHSAA Lower Peninsula Division 1 Championships in 2001 and 2002 . Among the track athletes he has trained are NCAA All @-@ American Pierre Vinson , and current Michigan Wolverine , Nick McCampbell .

= = = Vernon Gholston = = =

Vernon Gholston did not play football at Cass until his sophomore year and did not play on defense ( at linebacker ) until his senior year . Gholston did not even see himself as a football player when he was in high school , yet he has gone on to become an Ohio State Buckeyes football defensive end , the 2007 Big Ten Conference Defensive lineman of the year and the sixth overall selection in the 2008 NFL Draft . According to Gholston , " It was between periods and I was going to my next class . . . .He thought I was actually somebody ? s father walking down the hall . He asked me whom was I looking for . I was like , ' Nobody . I go here . ' He really couldn 't believe it . He kind of grabbed me at that point and put me on the team . "

A similar , although more indepth , story of the recruitment of Gholston has been told by Wilcher : " He was walking down the hall with a Bible in his hands , " Wilcher said . " He was already built like a grown man ; he was all cut up ( like a bodybuilder ) . I asked him , ' Can I help you sir ? ' He looked around to see who I was talking to . I said , ' Are you looking for a student ? ' He said , ' No , I go here . ' He said he was a freshman . I thought he was lying . " When the defensive coordinator kicked Gholston off the team for being too soft , Wilcher went to his house and dragged him back into the program : " I told him I didn 't care if he wasn 't tough enough , he was going to play football for me , " Wilcher said . " I knew that he had desire to play . My only regret is that I didn 't put him at running back . I didn 't know how fast he was . "

= = Head coaching record = =

source :

= = Personal = =

He and his wife Crystal had a son Kishon and daughters Kaila and Kiersten . As of November 2013 Kishon is a redshirt sophomore cornerback for the Toledo Rockets . Kaila was the 2012 Detroit Public School League champion in the 300 meter dash .