

JAY WYSS, MPA

CROSS COUNTRY / TRACK & FIELD COACH

PROFESSIONAL EXPERIENCE

J.R. TUCKER HIGH SCHOOL

Cross Country / Track & Field Coach

2024 - Present

- Helped lead Boys Cross Country to its first state meet appearance in 20 years and coach distance runners to 1 school record and multiple all-state performances
- Designed and launched www.tuckertrack.com, a comprehensive website serving as a central resource for cross country and track & field information
- Developed and implemented a digital registration platform for cross country, indoor, and outdoor track & field
- Established comprehensive Top 10 performance lists categorized by season, event, grade, and gender, enhancing team awareness of performance benchmarks
- Curated a historical archive of team and individual achievements dating back to 1962
- Collaborated with vendors to establish a team shop, providing high-quality gear for athletes, families, and fans
- Cultivated multiple fundraising initiatives to enhance the team's financial stability
- Conceptualized and executed a professional social media strategy, increasing visibility and highlighting team successes

ATHLETIC EXPERIENCE

- Competed as an NCAA Athlete in Cross Country and Track & Field for five years
- Set VCU Track & Field records in the Men's 3,000m, 10,000m, and 4 x Mile Relay
- Ran the second fastest 5,000m in VCU's history
- Earned All-Conference accolades five times
- 4th in the 2009 Richmond Half-Marathon
- 7th in the 2010 Monument Avenue 10K
- Personal bests include: Mile (4:07), 3,000m (8:11), 5,000m (14:24), 10,000m (30:11), and Half-Marathon (1:08)

ADDITIONAL EXPERIENCE

AFFINITY GROUP UNDERWRITERS
Technology Director, 2016 – Present

ICF INTERNATIONAL
Associate, 2013 – 2016

VCU ATHLETICS
Learning Support Specialist, 2008 – 2013

ABOUT

A dedicated and creative coach with a passion for developing athletes and fostering a positive team environment. Proven ability to lead teams to success. Expertise in designing training programs, managing team logistics, and utilizing technology to enhance team performance and communication. A lifelong enthusiast for cross country and track and field, with a strong personal athletic background including record-setting performances at Virginia Commonwealth University and successful post-collegiate competition.

EDUCATION

Virginia Commonwealth University
Master of Public Administration, 2012

Bachelor of Arts
History & Political Science, 2009

COMMUNITY INVOLVEMENT

- Richmond Road Runners Club
- Pony Express Track & Field Club
- Virginia Track Coaches Association
- USA Track & Field

CONTACT

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