

## Georgia TFXC Coaching Collective Interview with Coach Aymir Taylor, Discovery High School

Coach Aymir Taylor of Discovery High School is in his 2<sup>nd</sup> year of coaching. His background as an athlete is impressive; he accomplished quite a bit at Shiloh High School and then went on to Kentucky State University.

### **Athletic Accomplishments:**

**Former AAU All-American**

**Former AAU Indoor National Record Holder**

**GHSA 2014 6A State Champion (Shiloh)**

**2x SIAC 2<sup>nd</sup> Team All Conference**

**Shiloh High School Top 10 All Time - 100/4x100**

**Kentucky State University Top 10 All Time - 100/200/4x400**

What are your coaching duties at Discovery?

**As of now I am currently the Sprint & Hurdle Coach for Discovery.**

What made you want to get into coaching?

**I always had an interest in coaching since I was about 11 years old when I started playing little league football. I've always been blessed to have very passionate and caring coaches. Those coaches are the reason I'm coaching, I want to have the same impact on young lives that my coaches had on me.**

What are some of the lessons you've learned early on in your coaching career?

**I've learned quite a few lessons. The most important I would say are building relationships, patience, and time management.**

Who are some coaches you coach against that you respect and admire?

**I might be biased here but I admire how Coach Devin Jones runs his program at Shiloh. I was part of that inaugural state championship team at Shiloh, so I was there firsthand to see how he runs his day-to-day operations. Now he has full control and year in and year out they are state title contenders. Also love what they are doing at Buford, Westlake, and Langston Hughes, the buy in from football kids and the amazing times they are posting just speak volumes to the kind of coaches they have on staff.**

What are your favorite things about coaching?

**My favorite things about coaching are definitely helping the kids reach their full potential both athletically and mentally and watching kids enjoy all of their hard work anytime they PR. Nothing beats that "I JUST PR'd" face !**

What are some areas that you think you've improved in so far?

**I would say my overall knowledge of track and field just has improved vastly. Since I've gotten into coaching and taking various classes and online forums and clinics I have absorbed so much**

**information that I wish I knew as a runner ! Just being more knowledgeable has made coaching more fun.**

What do you think about the state of Track and Field/Cross Country right now in Georgia?

**I like where we are headed with the state of TFXC in Georgia. I do think we could clean up some things. (i.e. having the 4x200 right after the 100, qualifying marks for state). I also like the California model of the state championship, 1 singular winner, everybody races everybody !**

Any advice for Track and Field/Cross Country coaches who are also early in their careers?

**Best thing you can do is be COACHABLE, even as a coach there is always more you can learn. Find a mentor or a like-minded peer and just learn more. Be patient with the kids; you won't always get the instant results you think will come from some great workout or some nice practices. The kids have lives outside of the sport so respect it the same way you wish to be respected.**