

## Georgia TFXC Coaching Collective Interview-Daryl McCulley of Liberty County

Coach Daryl McCulley of Liberty County is in his 34<sup>th</sup> year of coaching and 38<sup>th</sup> year of teaching. He is in his 18<sup>th</sup> year at Liberty County High School, where he is a Science teacher and the Head Girls Track Coach. He also is an assistant coach for Football, where his focus is Special Teams/Offensive Line. He worked at the Ash Fork JUSD #31 in Ash Fork, Arizona for 20 years and coached at both the middle school and high school levels. In Arizona, one of his teams placed 3<sup>rd</sup> at State with 4 girls on the team. In Georgia he has been named the Coastal Empire Track Coach of the Year in 2017 and 2021.

**Event groups you work with:**

**I currently work with the throwers but I oversee Pole Vault, Hurdles, and our relay teams**

**also.**

**What made you want to get into Coaching?**

**When I was first interviewed for the teaching position in Ash Fork (Fall 1986) I was asked about my athletic career in HS and college. The principal wanted young, athletic teachers to provide solid role models for the students at the school. Since I did track in HS and some in college, I got the job. I later moved into other coaching positions as the need arose.**

**What lessons did you learn early on in your coaching career?**

**Being fair and consistent with the athletes. I was 23 years old when I began my career. Although an adult, I was still young enough to remember what it was like when I was in HS. I still do today after 38 years too. Sometimes it's easy to lose sight of what our true mission is: To help make a person better as an individual and as an athlete. It takes a village....**

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

**What are some of your favorite things about coaching?**

Watching a young kid develop into a solid athlete after years of dedication and training and participating at the highest level makes for a good day. Winning is always the end goal of any program and we have had our share and hope to continue doing well in the future. Seeing the "ah-ha" moment when an athlete finally understands what you've been coaching all along.

I also get to coach with my good friend, Keith McGee. He is the LCHS Boy's Head Coach for Track. He teaches weight training and without question, many of the successes our athletes earn can be attributed to their hard work in the weight room.

**What are some of the areas that you think you've improved on since you started?**

I think I have improved all around. I have improved in the throws and increased my knowledge in the hurdles, Pole Vault, and sprints.

**What do you think about the state of Track and Field/Cross Country in Georgia now compared to when you started coaching?**

When GHSA moved boys and girls to the same site it was a blessing for us. We now have access to our entire coaching staff for the State Meet.

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

Have some fun while you are coaching. Enjoy the athletes you coach, revel in their successes with them, and minimize their failures. Keep an open mind about coaching. Great ideas to help your athletes are great ideas no matter where they come from and don't be afraid to try something new.