

Georgia TFXC Coaching Collective Interview with Coach Brandon Thompson, Woodland Stockbridge

Coach Brandon Thompson is in his second year at Woodland Stockbridge, but has coached for 9 years total. He was previously at Columbia High School in Mississippi for 5 years, and also worked at Woodland Middle School for 2 years. In addition to coaching Track and Field, he is the CTAE Business Management and Administration Teacher. Coach Thompson led his team to a Region 5-4A Runner Up finish.

**Event groups you work with:**

I work with all event groups.

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

I was inspired by my grandfather Leon Magee.

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

Do your own research.

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

I'm relatively new to Georgia but I really admire what they are doing in programs like Westlake and Druid Hills. Coaches I personally enjoy competing against are Braxton Hall & Rayne Clark of Eagles Landing, Johnathan Perkins Clinton High School in Mississippi, Charles Green Hattiesburg High School in Mississippi, Earnestine Dillon Columbia High School in Mississippi.

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

I love the relationship with the kids and watching them grow in the sport and as individuals.

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

Definitely have improved my knowledge of middle-distance philosophies!

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

This is remarkable state to coach in. Track is Life here.

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

Be patient and flexible. If new information presents itself assess its merits and deficiencies and make an informed decision; the best programs were built over years not overnight.