

Georgia TFXC Coaching Collective Interview: Coach Phillip Hoskins of McEachern

Coach Hoskins is the Boys Head Coach at McEachern and has been coaching for 29 years and teaching for 19 years. He has coached 2 State Championship Track and Field teams and 4 State Championship Football teams. The last 3 years, he has served as the State Meet Director for the 2A/7A State Meet at McEachern, in addition to continuing to be meet director of the long time McEachern Invitational.

What were some of the lessons you learned early on in your coaching career?

Coach Hoskins: The main thing I learned is be honest and respectful to your athletes. Let them know the expectations early and often.

Who are some coaches you've coached against that you've always respected and admired?

Coach Hoskins: Coach Cage at Westlake has done a tremendous job at Westlake. Coach Houstoulakis at Marietta and Coach Kelly Williams at Chapel Hill who I coached with for my first State Championship Team in 2004 have been influences on how I run my program.

What are your favorite things about coaching?

Coach Hoskins: My favorite thing about coaching is seeing the athletes compete. Being primarily a jump coach, I am always seeking new drills and skills to help my athletes break jump records.

What are some areas that you think you've improved in later in your career?

Coach Hoskins: Practice planning has improved over the years. Having one of the best sprint and hurdler coaches in Coach Cedric Sapp helped me tremendously.

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

Coach Hoskins: When I started coaching track in Tennessee, the school had asphalt to train on with rubber runways to jump on. We had to train on grass mostly to prevent shin splints. Over the years I never thought of some of the times, throws, and jumps reaching the marks they are now. Kids are now stronger and faster with the new and inventive training available to them.

How was it hosting the 7A State Track Meet the last 3 seasons?

Coach Hoskins: Hosting the State Track Meet has been a blessing to McEachern High School. At first, we were reluctant to host such huge event. After talking with my staff, we decided to be the host after Berry College backed out. It is a lot of work with a lot of responsibility. With the help of Jacqui Collins, a USATF official, we were able to collaborate and get enough USATF officials together to pull this task

off. You have to know good people to be a good host. Make sure your Booster Club is willing to put in the work needed also.

Any advice for Track and Field coaches who are early in their careers?

Coach Hoskins: My advice is to get to know the coaches that have been doing it for years. Go to clinics as much as possible and join a track organization that looks out for the kids first.