

Georgia TFXC Coaching Collective Interview with Kevin Foster, Langston Hughes

Longtime Langston Hughes Coach Kevin Foster has a wealth of knowledge accumulated through his coaching career. In addition to heading up the very successful Langston Hughes Track program, he also leads the Quicksilver Track Club.

- What are some of the areas that you think you've improved on later in your career?

Communication and delegating responsibilities are definitely areas that I've improved on in the later stages of my career.

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

Track & field/cross country are definitely way better now than they were back when I started coaching. Back then, you only had a few schools, and coaches, that were really invested in their programs. You know, the football coach who only had his kids running 40's in practice, or the history teacher who only believed that distance kids should run nothing over a mile. The growth and popularity of the youth grassroots programs combined with coaching education now have kids coming into high school with 4-5 years of training and national competition under their belts. Instead of your top kids/programs coming only from the metro area, you're now seeing top kids/programs all over the state.

-What comes to mind when you look back on your career?

I have a few more years left in the tank. As I look back, I'm just thankful for the number of kids and parents that have allowed me to be their coach.

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

My advice to the younger coaches that are starting out on their coaching journey is to always keep a proper work/life balance. As I evolved through the coaching process, all of my focus was on being the best coach ever. I'm a track junkie. This is my vice. I never put a lot of emphasis on vacations, relaxing and developing other interests outside of the sport. As I look back, I realized that I have sacrificed and missed out on a lot of things that normal people do. But I'm often reminded, if not you, then who? If not now, then when?