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Website: [www.legacynationsports.com](http://www.legacynationsports.com) Email: [info@legacynationsports.com](mailto:info@legacynationsports.com)

**Objective:** To provide student-athletes of all sports with elite-level sports performance training that enhances speed, strength, and overall athletic ability. Committed to helping young athletes reach their full potential and compete at the collegiate level.

**Credentials:** MBA in Sport Management (Dec. 2026) | USA Track & Field Certified Coach | 8 Years of Experience in Training and Coaching | USA Basketball Licensed Gold Coach | ISSA Certified Elite Trainer (Certified Personal Trainer, Nutritionist, Weight Management Specialist and Strength & Conditioning Specialist)

**Certificates:** USA Track & Field Certificate in Endurance Training and NFHS Certificates in NCAA Eligibility, Sports Nutrition, Appearance and Performance Enhancing Drugs and Substances, Sudden Cardiac Arrest and Concussion in Sports

### **Coaching Experience – Athlete's Accomplishments**

#### **2024-2025 Track & Field Training**

**Nassau, Bahamas**

- **Laila-Marie Brice** (High School Athlete) – Improved fitness, running mechanics, breathing, power, speed, balance and endurance  
\*Improved 400m dash time from **1:15** to **1:01.60** after 3 months (December 2024 – March 2025)  
**Achievements:** Recorded a time of **1:01.60** to place 4th in the Nation at the 2025 High School Nationals Track & Field Championships and **1:03.45** to place 5th in New Providence at the 2025 BAISS Track & Field Championships
- **Liam-Javon Brice** (High School Athlete) – Improved fitness, running mechanics, breathing, power, speed, balance and endurance  
\*Recorded 400m dash time from **1:04.34** after 3 months (December 2024 – March 2025)  
**Achievements:** Recorded a time of **1:04.34** at the 2025 BAISS Track & Field Championships

#### **2023 Basketball Training**

**Nassau, Bahamas**

- **Daniel Wilson Jr.** (High School Athlete) – Recovering from injury and will be training for Basketball

#### **2021-2022 Track & Field Training**

**Nassau, Bahamas**

- **Rache Pantry** (High School Athlete) – Improved fitness, running mechanics, breathing, power, speed, balance and endurance (9 months)
- **Raegan Pantry** (Elementary School Athlete) – Improved fitness, running mechanics, breathing, power, speed, balance and endurance (9 months)

#### **2022 Fitness Training**

**Nassau, Bahamas**

- **Kenyatta Nairn** (Senior Athlete)

#### **2021 Fitness Training**

**Nassau, Bahamas**

- **Aquila Pratt** (Senior Athlete) – Lost 10lbs during our training after 12-24 sessions
- **Jamaal Pratt** (Senior Athlete) – Lost 20lbs-30lbs during our training after 24 sessions
- **Myer Bowe** (Senior Athlete) – Lost 5lbs during our training after 4 sessions
- **Granville Gibson** (Senior Athlete) – Lost 22lbs during our training after 24 sessions

## **2021 Basketball Training**

**Nassau, Bahamas**

- **Yukari Ellis** (High School Athlete) – Improved fitness, agility, vertical jump, balance and ball Handling after 12 sessions

## **2020-2021 Track & Field Training**

**Virtual Training – Bell, Florida**

- **Nicole Shepherd** (Bell High School) – 2022 FHAA 1A Track & Field High Jump State Champion, 2021 FHSAA 1A Track & Field High Jump Regional Champion and State Finals Silver Medalist  
\*Improved high jump height from **4'9"** to **5'2"** (5-inch improvement) after 16 sessions

## **2019 & 2020 Strength & Conditioning and Track & Field**

**Nassau, Bahamas**

- **Steffon Rolle – Baseball** (High School Athlete)
- **Troyt Lynes – Basketball and Track & Field** (Senior Athlete)
- **Ambrose Smith – Track & Field** (High School Athlete)

## **2018 Strength & Conditioning**

**Daytona Beach, Florida**

- **D'Marcus Adams – Track & Field** (Mainland High School) – 2018 FHSAA 3A Track & Field Long Jump, 100m Hurdles & 4x400m Relay Bronze Medalist and 400m Dash Silver Medalist  
\*Improved long jump approach, speed, foot strike, positioning coming off the board and landing  
**Current Football Scholarship Athlete at Florida Atlantic University**
- **Edward Tre Steward – Football** (Oviedo High School) – VTO Sports Combine Top 5 Defensive Back and Most Valuable Player  
\*Improved 40-yard dash time from **4.90 to 4.84** (0.06 secs improvement) after 12 sessions  
\*Improved 3 cone drill time from **7.38 to 7.20** (0.18 secs improvement) after 12 sessions  
\*Improved broad jump distance from **107 to 113** (6-inch improvement) after 12 sessions  
\*Improved vertical jump distance from **25.5 to 28.7** (3.2-inch improvement) after 12 sessions
- **Precious Roberts – Basketball** (WNBA Draft Combine Participant)  
\*Improved vertical jump, power, foot strike, speed, breathing, agility and conditioning (9 sessions)  
**Former Semi-Professional Player for Big V Australian Women's Basketball League**  
**Former Professional Player for Ukrainian SuperLeague and Jacksonville Lady Panthers**
- **Kyani Moore – Basketball** (Collegiate Scholarship Athlete)  
\*Improved vertical jump, power, foot strike, speed, breathing and conditioning after 12 sessions  
**Current Basketball Scholarship Athlete at Chowan University (NCAA)**
- **Lee'Sha Henry – Basketball** (Collegiate Scholarship Athlete)  
\*Improved vertical jump, power, foot strike, speed, breathing and conditioning after 12 sessions  
**Current Basketball Scholarship Athlete at Edward Waters College (NCAA)**
- **Azurae Taylor – Basketball** (Collegiate Scholarship Athlete)  
\*Improved vertical jump, power, foot strike, speed, breathing and conditioning after 12 sessions  
**Current Basketball Scholarship Athlete at Manhattanville College (NCAA)**

## **2017 & 2018 Summer USATF Season**

**Orlando, Florida**

- **Leslie Garcia** (Lyman High School) – 2017 USATF Junior Olympic 400m Dash Bronze Medalist  
\*Improved 400m dash time from **1:03.50 to 1:00.73** (2.77 secs improvement) after 24 sessions  
\*Improved 200m dash time from **27.71 to 27.23** (.48 secs improvement) after 24 sessions
- **Rachel St. Angelo** (Lake Howell High School) – 2017 USATF Junior Olympic Triple Jump Bronze

Medalist and Regional Championship Qualifier

\*Improved triple jump distance from **32'7.25** to **32'9** (1.75-inch improvement) after 24 sessions

\*Improved long jump distance from **14'5.25** to **14'8** (2.75-inch improvement) after 24 sessions

- **Barry Crawford** (Lake Howell High School) – 2017 USATF Junior Olympic Long Jump Silver Medalist and Regional Championship Qualifier  
\*Improved long jump distance from **18'7** to **19'4** (9-inch improvement) after 24 sessions  
\*Improved 200m dash time from **27.71** to **27.23** (.48 secs improvement) after 24 sessions
- **Kamoree Curtis** (Jackrabbit Track & Field) – 2017 & 2018 USATF Junior Olympic National Qualifier, 2018 USATF Junior Olympic Regional 4x800m Relay Silver Medalist and 2017 USATF Junior Olympic Regional 1500m Bronze Medalist  
\*Improved 800m split time from **2:44** to **2:41** (3 secs improvement) after 24 sessions  
\*Improved 800m time from **2:56.38** to **2:52.17** (3.81 secs improvement) after 24 sessions
- **Devin Guilbeau** (Lyman High School) – 2017 USATF Junior Olympic 200m and 400m Regional Qualifier (**First Time Track & Field Athlete**)  
\*Improved 200m dash time from **28.32** to **27.94** (.38 secs improvement) after 24 sessions  
\*Improved 400m dash time from **1:04.44** to **1:02.40** (2.04 secs improvement) after 24 sessions
- **Karis Guilbeau** (Rock Lake Middle School) – 2017 USATF Junior Olympic 100m and 200m Regional Qualifier  
\*Improved 100m dash time from **14.27** to **13.26** (1.01 secs improvement) after 24 sessions  
\*Improved 200m dash time from **28.27** to **28.00** (.27 secs improvement) after 24 sessions

### **Coach J.'s Athletic Accomplishments**

#### **High School – Miami Killian Senior High School**

**Miami, Florida**

- 2002 USA #1 High School National Ranking in The Long Jump Through Regular Season
- 2002 MileSplit USA First Team Elite – Long Jump
- 2002 USA Top 20 High School National Ranking in The Triple Jump
- 2002 FHSAA 4A District 16 Long Jump & Triple Jump Champion
- 2002 FHSAA 4A Region 4 Triple Jump Champion
- 2002 FHSAA 4A State Finals Triple Jump Champion
- 2003 FHSAA 4A District 16 Long Jump, Triple Jump & High Jump Champion
- 2003 FHSAA 4A Region 4 Triple Jump Champion & Long Jump Silver Medalist
- 2003 FHSAA 4A State Finals Long Jump & Triple Jump Bronze Medalist
- 2003 USA High School Triple Jump First Team All-American (5<sup>th</sup> in The Nation)
- 2003 Miami Killian Senior High School's Most Distinguished Student Service Award for Community Service, Academics and Athletics
- 2002 – 2003 Miami Herald/All-Dade First & Second Team
- 2002 – 2003 Miami Herald/All-Dade Athletic Award (State Champion)
- 2002 – 2003 USA Who's Who In Sports Inductee for Athletic Excellence
- 2002 – 2003 USA Who's Who Among American High School Students for Academic Excellence

#### **College – University of South Florida**

**Tampa, Florida**

- 2004 NCAA Division 1 Outdoor National Championships Qualifier in The Long Jump as a Freshman (**Top 25 Athletes in The Nation**)
- 2005 Conference USA Triple Jump Champion
- 2006 NCAA Leadership Conference Participant  
(**Only Student-Athlete Chosen from The University of South Florida and 1 of 352 Selected Nationally**)
- 2004 – 2007 USA Long Jump & Triple Jump Record Holder

- 2004 – 2007 NCAA Division 1 Outdoor Regional Championships Long Jump & Triple Jump Qualifier
- 2004 – 2005 Conference USA Commissioner's Honor Roll Award Member
- 2006 – 2007 Big East Conference Academic All-Star Team Member

#### **Post Collegiate – Thomas A. Robinson Stadium**

**Nassau, Bahamas**

- 2016 T-Bird Flyers Invitational Long Jump Champion
- 2016 Club Monica Invitational Long Jump Champion
- 2016 Star Trackers Invitational Long Jump Champion

#### **Professional Organizations**

- Alpha Phi Alpha Fraternity, Inc.
- Phi Sigma Pi National Honors Fraternity
- Lambda Pi Eta Communications Honors Society
- Phi Sigma Pi National Honors Fraternity
- Sigma Alpha Pi National Society of Leadership & Success
- Chi Sigma Alpha Honors Society – Barry University
- USA Track & Field
- USA Basketball
- International Sports Sciences Association (ISSA)

#### **Links**

<https://www.coachup.com/coaches/jaydianm-7>  
<https://gousfbulls.com/sports/track-and-field/roster/jaydian-miller/1663>  
<http://www.dyestat.com/jaydianmiller>  
<http://www.usforacle.com/2004/04/08/usf-jumper-coming-into-his-own/>  
<http://www.usforacle.com/2004/04/13/freshman-jumper-leaping-forward/>  
<http://www.usforacle.com/2004/04/22/host-bulls-close-c-usa-tournament-in-fifth/>  
<http://www.usforacle.com/2004/06/02/delpinos-races-to-record-setting-regional/>  
<http://www.usforacle.com/2004/06/07/bulls-see-all-american-status/>  
<https://www.tampabay.com/archive/2004/05/29/track/>  
<http://usfweb2.usf.edu/aas/COMMISSIONER.HTML>  
<https://www.tampabay.com/archive/2002/03/27/missing-in-action/>  
<https://fl.milesplit.com/meets/769/results/2443/raw#.Xsrfe8B7nIU>  
<https://www.orlandosentinel.com/news/os-xpm-2002-05-26-0205260260-story.html>  
<http://www.bahamashalf.com/2014Relay.htm>