

Coach Derico Tilley is a graduate of the University of South Alabama and a 2019 inductee into their Track and Field Hall of Fame. In addition, he is a motivated and accomplished former high school track and field coach, college track and field coach, and athletic administrator with over 27 years of coaching, athletic and academic experience. He has committed his life to the success of all student-athletes and has had the unique opportunity to nurture and develop talent on every level of the sport from the youth to elite athletes. In conjunction Coach Tilley has worked closely with several other sporting programs on speed development. Coach Tilley has moved to the city of Trussville and has signed on to develop young Trussville athletes.

About Coach Tilley

- Certified USATF Level II Sprint coach
- Certified Strength and Conditioning Specialist II
- Former professional Track and Field athlete

AFFILIATIONS

- NCAA
- USA Track and Field Association, member 1993 - present
- U.S. Track & Field and Cross-Country Coaches Association, member 2010 – present
- International Sports Sciences Association, member 2012 - present
- American Coaching Academy, member 2006- present

