

Georgia Southern University

Digital Commons@Georgia Southern

Athletics News

Athletics

9-9-2021

Thurman and Young Join Track and Field Coaching Staff

Georgia Southern University

Follow this and additional works at: <https://digitalcommons.georgiasouthern.edu/athletics-news-online>



Part of the [Higher Education Commons](#)

This article is brought to you for free and open access by the Athletics at Digital Commons@Georgia Southern. It has been accepted for inclusion in Athletics News by an authorized administrator of Digital Commons@Georgia Southern. For more information, please contact digitalcommons@georgiasouthern.edu.

Georgia Southern University Athletics



Thurman and Young Join Track and Field Coaching Staff

The Eagles open the cross country season Friday.

Marc Gignac

Track & Field/Cross Country

Posted: 9/9/2021 3:23:00 PM

STATESBORO – Georgia Southern track and field and cross country coach [Kelly Carter](#) announced today that [Quintin Thurman](#) and [Neil Young](#) have joined the program's coaching staff.

Thurman will serve as the distance coach, and Young will mentor the throwers, jumpers and multi-event student-athletes.

"We are excited to add these two to our coaching staff," said Carter. "Quintin is in enthusiastic addition to our staff who will lead the distance program in the positive direction that it was heading under our previous coaches. I've known Neil for quite some time as we've run in the same circles with USA Track and Field, the IAAF training camps and the Olympic Training Center events. I'm confident that our throwers, jumpers and multi-event athletes are getting a great mentor."

Thurman spent last season as the volunteer distance coach at his alma mater, Western Illinois, where he worked with the men's and women's middle and long distance athletes, assisted in recruiting, coordinated travel, facilitated practices, managed social media and helped host the Summit League Cross Country Championships.

Thurman assisted in coaching the school's highest cross country finisher in 12 years, helped mentor Ackeen Colley, the program's first first-team All-American, and aided in coaching the distance medley relay team, which won the first conference title in program history.

Western Illinois' team captain in 2019 and 2020, Thurman graduated with a bachelor's degree in exercise science in 2020 and will earn his master's degree in kinesiology from the school next spring.

Young has designed and implemented business and competition plans for seven professional athletes as a freelance performance coach since 2010. He trained the third-place finalist in the women's long jump at the Jamaican Nationals Outdoor Championships and the Team Haiti women's 400-meter hurdle qualifier on the road to Rio 2016 Olympics.

A 1997 graduate of Clemson with a degree in marketing, Young served as the assistance coach for sprints and jumps at Oglethorpe University in Atlanta from 2015-2018. He coached an NCAA women's triple jump qualifier in two straight seasons, an All-Region Indoor/Outdoor honoree for three consecutive seasons and the repeat women's 100 meter SAA Conference Champion. Young has taught 12 Level I Coaching Schools for USA Track and Field and has spoken at numerous coaching clinics around the country.