

Carl Long

**Danville High School High School
Assistant Track and Field Coach
Assistant Football Coach
Assistant Boys Swimming Coach**

Athletic background

- ❖ **-1990 graduate of Danville High School participated and lettered in soccer and track and field.**
- ❖ **-In 1990, placed second at IHSA meet in 110 High Hurdles, 300 Intermediate Hurdles, and Long Jump. Helped team to a 2nd Place finish.**
- ❖ **-1995 Graduate of Arkansas State University with a degree in exercise science and was an NCAA Qualifier in the Decathlon at Arkansas State University.**
- ❖ **-Nationally ranked 47th in Decathlon**
- ❖ **-1997 Graduate of Western Kentucky with a masters degree in physical education.**
- ❖ **-1995-1997 Assistant Track Coach at Western Kentucky**