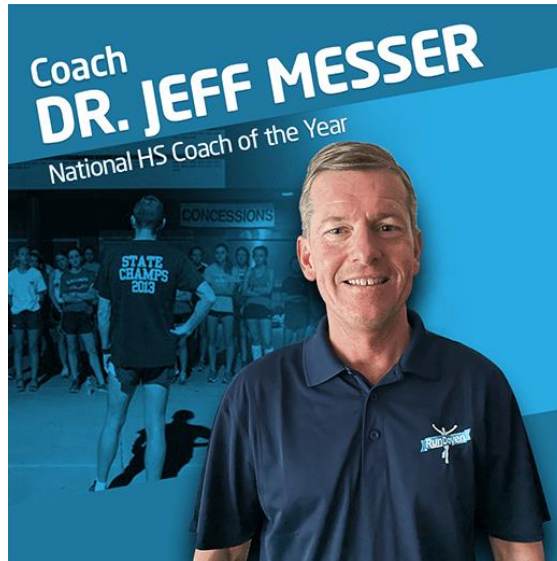


Dr. Jeff Messer



Jeff is a native of Connecticut and still holds the Wesleyan school record (8:22.09) in the 3000m. He coached at Darien High School for a number of years before moving to Arizona to earn his doctorate in exercise physiology. While in Arizona, he became a nationally recognized coach invited to speak at camps and coaches' clinics.

From 2006 – 2012, Dr. Messer served as co-head coach for cross-country and assistant coach (distance) for track-&-field at Xavier College Preparatory, Phoenix, Arizona. The Xavier College Preparatory cross-country program earned six consecutive (2007 – 2012) Arizona high school girls' state cross-country championships. During the three-year period from 2010 – 2012, the Xavier College Preparatory cross-country program concluded the cross-country seasons ranked 22nd, 8th, and 21st in the United States.

In February 2013, Dr. Messer began to serve as head coach for girls' cross-country and assistant coach (girls' distance) for track-&-field at Desert Vista High School, Phoenix, Arizona. The Desert Vista High School girls' cross-country program earned the 2013, 2014, and 2016 Arizona high school girls' state cross-country championship. In December 2014, the Desert Vista High School girls' cross-country program finished fifth (5th) at the Nike National High School Cross-Country Championship and thus concluded the 2014 high school cross-country season as the fifth (5th) ranked high school cross-

country team in the United States. More recently, the Desert Vista High School girls' cross-country program finished sixth (6th) at the 2016 Nike National High School Cross-Country Championship.

Most recently, Dr. Messer returned and transitioned to the Desert Vista boys' distance program as an assistant coach for the 2017 cross-country season. The Desert Vista High School boys' cross-country program earned its first opportunity to compete at and ultimately finished eighth (8th) at the 2017 Nike National High School Cross-Country Championship. During the 2018 and 2019 Arizona high school cross-country seasons, Dr. Messer served as an assistant coach for the Desert Vista High School girls' and boys' cross-country programs. The Desert Vista High School boys' cross-country program earned the 2018 Arizona high school boys' state cross-country championship, and the Desert Vista High School girls' cross-country program earned the 2019 Arizona high school girls' state cross-country championship.

Dr. Messer is the only high school cross-country coach who has coached not only both genders but also two distinct schools to Nike Cross National Championship participation.

Dr. Messer maintains a very strong, aforementioned interest in selectively coaching post-collegiate athletes. Previously, Dr. Messer coached three-time United States Olympic Trials Marathon participant Susan Loken. Dr. Messer coached Ms. Loken through both the 2004 and 2008 Marathon Trials. Additionally, Dr. Messer has recently served as the coach for professional runner Jessica Tonn who finished as national runner-up at the October 2019 USA Track-&Field 5-K Championships.

Dr. Messer has been recognized by the United States Track-&Field and Cross-Country Coaches Association as the 2016 National Girls' High School Cross-Country Coach-of-the-Year.

Jeff has recently returned to Connecticut and is currently teaching at Eastern Connecticut State University.