

Chris Korfist (Hinsdale C. ,Downers North, York, Montini, H-F High Schools)

Chris is a renowned sprint coach, who has been part of 8 IHSA State Track and Field trophies, including three State Championships. He has coached 2 individual and 4 relay State Champions, and athletes have earned a total of 61 State Meet medals. This past season he helped coach Homewood-Flossmoor Boys team to the Illinois State AAA Track & Field Championship. He is one of the most sought-after clinic speakers in the nation. He has served as a consultant for speed training for Chicago Cubs, Jacksonville Jaguars, Houston Texans, Detroit Lions, Boston Celtics, England Rugby Union, multiple Universities.



He has appeared on more podcasts than any coach in Illinois and has written dozens of articles. While at York, “Chris’ cutting edge, knowledge and dedication was an inspiration to the entire staff.” “Chris has an extreme passion for the sport of Track and Field. He willingly gives advice and assistance to his coaching peers.” “He is athlete-centered and kids love him because they know he cares.” “Chris is cutting edge. He communicates with coaches all over the world and has spoken at the ITCCCA Clinic on several occasions.”

Here is a link to Coach Korfist's acceptance speech:

<https://vimeo.com/901958391/a6bb9f4282>