Brian Quick has been coaching track at Benet Academy for 14 years. He has been the boys head coach for the past 7 years. He is also a certified personal trainer and Youth Exercise Specialist from the National Academy of Sports Medicine.



The boys track team has been very successful and has won several conference championships and one sectional title in 2016 (Benet's first). They have also qualified many athletes to the state meet and have had a few make it to finals and qualify as all-state athletes. Coach Quick attributes the team's success to being at a great school, having great parental support, always having a great coaching staff and working with great kids!

Coach Quick believes there is more to coaching than making a kid a better athlete. Being a better person through dedication and perseverance are qualities that can be learned through athletics and maintained throughout life, long after an athletic career is over. Using empathy, enthusiasm and encouragement he brings out the best in his athletes on the track, in the classroom and in life!