

Kara Leaman (Tolono Unity High School & Champaign Central High School)

HOF SPEECH

Kara Leaman has coached track and our cross country for nearly 30 years. During that time, her Girls Cross-Country teams have won five IHSA State Championships. They have won a total of eight state trophies. She has coached athletes to 12 individual State medals in Cross Country and 13 in Track & Field. She began coaching as an assistant at Champaign Central. She began as girls head cross-country coach at Tolono Unity in 2015. Her teams have won seven Regionals\ and five Sectional Championships.



“She does an incredible job of creating a positive team atmosphere that fosters leadership by all runners.” “Coach Leaman is a great coach but an even better person. Not only does she win, she improves the sport presenting at clinics, sharing ideas and helping create better human beings.”