



Kahlil Henderson

**Head Girls Cross Country Coach
Head Girls Track & Field Coach**

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My name is Kahlil Henderson. I am entering my 3rd year of coaching Track & Field and my 2nd year of coaching Cross Country at Nova High School. I specialize in short to mid distance sprints. In my first year of coaching Track and Field we qualified 23 athletes for the FHSAA State Series competitions, 15 of the 23 were sprinters. In my first year as a Cross Country coach we qualified for the FHSAA Regionals on both the boys' and girls' side which hadn't been done at Nova High School in the previous 5 years. While coaching at Nova I have assisted in helping 11 student-athletes receive scholarships to the school of their choice.

As a student, I attended South Broward High School where I graduated in 2013. I was a dual sport athlete and during my 4 years at South Broward I became a 2x BCAA County Champion, 3x District Champion, 2x Regional Champion, a FHSAA State runner up in 2012 and a FHSAA State Champion in 2013 for the 200m in Track and Field. On the football side I was a 4-star WR/DB and during my freshman and sophomore season we went 11-2. In my junior and senior years, I averaged 2 interceptions a game and over 600 YAC (yards after catch).

I decided to further pursue my career in Track and Field at Auburn University, where I became a 3x All American in the 200m and recorded the 3rd fastest 200m time in school history for the Tigers of Auburn University. I also managed to run for 2 Junior Olympic teams and managed to qualify for the USA trials twice.