

Frank Miklavcic
Resume

Paintsville High School Cross Country and Track Coach 1974-1984

Boys Class A Track Regional Champions 1980, 1981, 1982, 1983, 1984

Instrumental in Planning of the Construction of the Track Complex in Paintsville.

Frankfort High School Cross Country and Track Coach 1984-2003

Girls 15-16 Age Group Cross Country National Champions 1988

Girls 15-16 Age Group 3rd Place Cross Country National Champions 1989

Girls Class A Cross Country State Champion 1988, 2000

Girls Class A Indoor Track State Champion 1989, 1999

Girls Class A Indoor Track State Runner Up 2001

Girls Class A Track State Champion 1989

Girls Class A Track State Runner Up 1985, 1987

Girls Class A Track Regional Champion 1989, 1996, 1997, 2000

Girls Class A Track Regional Runner Up 2001

Girls Class A Track Sectional Runner Up 1985, 1988

Girls Class A Cross Country Regional Champion 1987, 1988, 1989, 1990, 1992-2002

Girls Class A Cross Country Regional Runner up 1986

Boys Class A Cross Country Regional Champion 1988, 1989, 1995, 2001

Boys Class A Cross Country Regional Runner Up 1987, 1996

Boys Class A Track Regional Champion 1990, 2000, 2002

Boys Class A Track Regional Runner Up 1989, 1995, 1997, 2001

Boys Class A Track State Runner Up 1993

Boys Class A Indoor Track State Runner Up 1991, 1995, 1999

Coached individual event state champions:

Jackie Beach 100, 200, 400

Serena Winkfield 100, 200, 400

Houston Barber-800, 1600, 3200

Jackie Gordon-100, 200, 400

Jacob Benassi-Discus

Alex Oder -Discus

Justin Thompson 1600, 3200

Natalie Howley Triple Jump

Clay Smither 800

Chris Current 400

4x400 & 4x800 Relays

Frankfort High School Girls Basketball Coach 1989-1991

Girls Class A 11th Region Champion

Designed Paintsville High School Cross Country Course at Paintsville Lake.

Designed Frankfort High School Cross Country Course at Kentucky State Library and Archives.

Designed KTCCHA State Championship Cross Country Course at Masterson Station.

Has successfully run Capital View Classic cross country meet in Frankfort for over 25 years.
Executive Director for Kentucky Track and Cross Country Coaches Association.
Assistant Meet Director KHSAA State Cross Country & Track & Field Meets.
Wrote original rules for the Kentucky Academic Association Governor's Cup competition.

Teaching career:

1972-1984 Paintsville High School Science Department.

1984-2003 Frankfort High School Science Department.

All City Academic Teacher throughout career.

Frank Miklavcic

High school – 1968 graduate of St. Joseph High School in Cleveland, Ohio.

College – Notre Dame (B.S. math); Morehead State (B.S. Biology, M.A. education).

Teaching experience – Paintsville High School (1972-84); Frankfort High School (1984-present).

Teaching awards – 1999 Wal-Mart Teacher of the Year; 2002 – Kentucky Association of Academic Competition Hall of Fame. Named to *The State Journal* All-County Academic faculty 11 times.

Coaching experience – **Paintsville** – wrestling coach (1977-78), track and cross country coach (1976-78, 1980-84). **Frankfort** – girls basketball coach (1988-92), wrestling coach (1999-2000), track and cross country coach (1984-present), athletic director (1992-2000).

Coaching awards – 1989 Girls Track Coach of the Year; 1988, 2000 Girls Cross Country Coach of the Year; 1992 – inducted into the Kentucky Track and Cross Country Coaches Association (KTCCCA) Hall of Fame.

October 26, 2009

Ann Marie Mueller
750 Zorn Avenue, Apt 46
Louisville, Kentucky 40206

Kentucky High School Athletic Association
2280 Executive Drive
Lexington, Kentucky 40505

To Whom It May Concern:

I have known Frank Miklavcic my entire life. As the youngest of his three children, I have been influenced by him in the athletic arena as well as in life. His compassion and expertise have helped me to develop as a person and an athlete.

As I grew up I watched my dad continue to expand his coaching knowledge as it related to cross country and track and field. He was constantly reading up, attending workshops, and looking at cutting edge running technology. It was clear his involvement in high school athletics, in particularly the running sports, made him feel most at ease and happy.

I know about his qualifications not only because I am his daughter but also because I was one of his athletes. I was fully present and able to see all the ways in which he made an impact on the sport. He was a true fan of athletics. He loved to watch runners compete. He was also at the forefront in developing ways to provide more efficient timing for running events. He invested in a timing system almost ten years ago which afforded him this opportunity. There were many times when I was helping my dad with the timing at events when coaches and parents would come up to me and comment on how impressed they were with the timing procedures and prompt race results. His recent retirement from teaching has also allowed him to fully focus on the sport.

Over the years my dad has influenced runners, coaches, parents and volunteers throughout the state of Kentucky. His lifelong commitment to high school athletics, his true love for all sports, and his continued self-directed lifelong learning in the areas of track and field and cross country are proof he belongs in the KHSAA Hall of Fame.

Thank you for your time and consideration.

Sincerely,

Ann Marie Mueller


Starkey, Stephanie

From: jackie ferriell [jacqueline_dlf@hotmail.com]
Sent: Wednesday, October 28, 2009 11:20 AM
To: Starkey, Stephanie
Subject: mr miklavcic

To Whom It May Concern

Mr. Frank Miklavcic would be a great addition to the KHSAA Hall of Fame. For all he has done as a coach and for all he continues to do in the state for cross country and track. Mr. Miklavcic spends many hours a day working on his equipment, to make sure every meet gets off without any problems. Every meet that I have attended and worked personally with Mr. Miklavcic has been a wonderful experience. He has a love for the sport and each one of the runners, it shows thru his hard work. I appreciate all his hard work and time that he dedicates to this sport and would love to see him be rewarded for all he does.

Thanks

Jackie Lankford-Ferriell 

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Subject: Nomination of Frank Miklavcic for the KHSAA Hall of Fame

By: Ryan Quire

Frank Miklavcic has had a profound impact on many athletes and students lives. Most of my childhood and adolescent years were spent running on Coach Miklavcic's cross-country and track teams. I believe those years in my life helped mold me into the person I am today. The support from Coach Miklavcic, my team, and my parents motivated me to do my best not only in running, but everything I did.

I joined the cross country team when I was 9 years old. I was in the fourth grade, searching for something fun to do after school. I really enjoyed being outside, exercising, and surrounded by the support of a team. I remember one particular cross country meet when I was in the fifth grade. I had been trying to break an eight minute mile, and finally did it! It was very motivating to have Coach Miklavcic congratulate me. After that I started to put as much effort as possible into my running practices, staying healthy, and doing well in school. I believe hard work really pays off in the long run. I continually improved my race times throughout each cross-country and track season. During my freshman year of high school, Frankfort High had a very talented girls' cross-country team. We all ran some of our best race times at the 2000 state meet. I was so excited for breaking my personal record on a 5K by about 60 seconds. Due to everyone's hard work we won the Class A state meet. It was such an awesome experience. I don't believe I've seen Coach Miklavcic any happier than when he found out we won that day.

I still love to run, and run often. I owe part of my devotion to running to Coach Miklavcic, Coach Ritchart, and the friends I made on my team. They helped make running a wonderful experience. I definitely believe Coach Miklavcic should be a member of the KHSAA Hall of Fame for what he has done for me and so many runners, and what he continues to give to the sport.

The KHSAA Hall of Fame should include Frank Miklavcic because he has put so much time, energy and love into the sports of cross country and track. I knew Frank before I ever ran for him at Frankfort High School, he was either running the meets I was running in middle school or was there with his team cheering them on. I have a lot of respect for what Frank has done for his students and the ones that love to run. It is about time someone tried to get him into the Hall of Fame!

I Hope this helps!
Love
Leesa Unger

I'm a middle aged pediatrician now, a jogger at best. But once upon a time I was a medium sized fish in the small pond of Frankfort High School athletics.

I ran varsity track from 7th grade through 12th, and I ran varsity cross country from 8th grade through 12th. I ran track- middle distance- in College for Davidson College.

My first story of Coach Miklavcic concerns my first cross county race. I was playing soccer at the time, and as we had to share the athletic field with the football field, we had to practice at 5:30 or so instead of right after school. I heard that Coach Miklavcic would let athletes from the soccer team run on the team, counting their soccer activities as practice. I went to the meet right after school, raced the varsity race and came in third overall, first for the team. Coach Miklavcic smiled at me and asked if I could come to the next meet. When I said I had a soccer match that conflicted, he smiled again and said I was welcome to race anytime I didn't have a soccer match. I thanked him, sped off to soccer practice, ran ten laps for showing up late to practice, and realized that day that I was going to be affected by the sport of running and by Coach Miklavcic.

I never achieved great success as some of his other runners did, but as simplistic as it sounds, I did indeed learn life lessons from Coach Miklavcic that carried me through a tough academic college, medical school, and a difficult career in pediatrics. As I have been raising my own children, I have thought about how Coach Miklavcic guided me, sometimes with force, sometimes with a gentle nudge, sometimes with just a hint or a nod.

A small thought to leave you with. During my senior year in college, my fellow runners and I were recounting our experiences running together for four years. We all agreed that our college coach was gifted at scheduling and planning our workouts and trying to hone our form and technique. But I closed my thoughts with this, " Coach _____ helped plan my runs and training, but running in college has been about working by myself. But my high school coach, Coach Miklavcic: I tried to do everything he asked of me. I didn't think about it or whether it would hurt. I would have run myself into the ground for him. I do wonder what kind of runner I would have been if I had had another four years with him." That willingness to push beyond one's comfort level is a unique situation that an athlete must choose to enter in a relationship with his coach. Coach Miklavcic earned my trust and respect, and his ability to bring the best out of his kids on the course, track, and class room truly did set him apart.

With much respect,

Benjamin Wiley, MD Fellow, American Academy of Pediatric

October 25, 2009

Stephanie Starkey
113 Chapman Drive
Frankfort, KY 40601

Kentucky High School Athletic Association
2280 Executive Drive
Lexington, KY 40505

To Whom It May Concern:

Mr. Frank Miklavcic is a man that I consider to be a role model. I would love to emulate not only his passion for coaching, but also his passion for teaching, and life in general. For these and numerous other reasons, Mr. Miklavcic deserves to be considered as a nominee for the KHSAA Hall of Fame.

I grew up around Mr. Miklavcic as he was the father of my best friend growing up. When I was at his house over the years, I noticed a room in his house that was totally devoted to his work as a cross country and track coach. It was not until I began running for him in high school that I realized why he needed this room. He was totally devoted to the sports, not only for the sake of making his team the best it could be, but also for the sake of improving the sports in the state. I know he continues to make huge strides for the sports all over the meet as he serves as a meet official and speaks at clinics all over the state.

When I was a runner for him, I wanted more than anything to impress him, hear his words of encouragement, and gain his respect. By no means was I an amazing runner, but that didn't matter to him. He was still dedicated to working with me and pushing me to be the best I could be. When I ran cross country in college, I was still thinking about the words he spoke to me as a coach in high school and still wanted to impress him as I ran. His drive for his teams to be the best was evident by the number of runners he had as a coach and the number of State Championships he had as a coach. Students wanted to be a part of his team, even though they knew it meant they would be working their tails off. He expected, and gained, excellence from his athletes.

Now that I have taken over the realms as the middle school coach in his former district, he is someone I couldn't do it without. He has guided me and directed me as I began coaching a sport that I was unfamiliar coaching. He sets aside any time that I need for his advice and his expertise. He is a man I have the utmost respect for, so much so that I still cannot bring myself to call him by his first name. He wants these sports to continue to thrive in the state of Kentucky.

I hope you consider these, among numerous other reasons, as to why Mr. Frank Miklavcic should be considered for nomination to the Kentucky High School Athletic Association's Hall of Fame.

Sincerely,

Stephanie Collins Starkey

To whom it may concern,

Please consider inducting Frank Miklavcic into the Kentucky High School Athletic Association Hall of Fame. There are many reasons Frank deserves to be in the KHSAA Hall of Fame, some of which are: mentoring new coaches; the work Frank does behind the scenes; and his promotion of cross country to younger runners.

When I began coaching cross country in 2001, Frank was there to answer all of my questions from putting on an invitational to how to deal with team issues. No question was too small for him to answer. To this day, Frank is still there to answer the many questions I have and help guide me.

The Franklin County Cross Country Invitational would not be possible without Frank's guidance and assistance. Every year, Frank helps with our invitational. Not only does he provide advice and answers to my many questions, he marks the course, boxes in the starting line, is our Hytek operator, provides labels for the bib numbers, and other important tasks too numerous to mention. This year, Frank (along with other KHSAA and KTCCA members) spent countless hours working on the new course at the Horse Park and put together a remarkable state meet course.

I believe Frank had a hand in the enormous increase in middle school and elementary school age runners in Kentucky by providing more opportunities for these age groups. I know Frank has played and continues to play a big role in the Meet of Champions which is the state championship for elementary and middle school runners. In Frankfort, the number of eighth grade and under runners has significantly increased in recent years. I think the increase in interest can be contributed to the free all-comers meet Frank hosts from September through the first of October where everyone that competes goes home with a ribbon.

These are just a few examples of why Frank is worthy of induction into the KHSAA Hall of Fame. Frank has done so much for cross country as well as track that these sports would not be the same today without his influence.

Thank you for your time and consideration,
Coach Kelly Lewis
Franklin County Cross Country