

PRESS RELEASE

**ESSEX COUNTY FREEHOLDERS HONOR EAST ORANGE CAMPUS HIGH SCHOOL'S 2017-2018 *NJ.COM* INDOOR TRACK COACH OF THE YEAR
LANCE T. WIGFALL**



Pictured are (from left to right), Freeholder Carlos M. Pomares of District 5, Freeholder Robert Mercado of District 1, Freeholder At-Large Patricia Sebold, Coach Lance T. Wigfall, Freeholder Leonard M. Luciano of District 4, Freeholder Vice President Wayne L. Richardson of District 2. (PHOTO BY GLEN FRIESON)

(Newark, NJ) – On July 11, 2018, the Essex County Board of Chosen Freeholders honored East Orange Campus High School's Boys Indoor Track Coach Lance T. Wigfall for being named the 2017-2018 Boys Indoor Track Coach of the Year by *NJ.com*.

Freeholder At-Large Patricia Sebold of Livingston, along with other members of the Board of Freeholders, presented a Commendation to Coach Wigfall for his exemplary performance as a coach this past season, as well as his coaching and leadership of young men over the last few years.

Coach Wigfall was born in Jersey City, New Jersey, on March 4, 1985, to his parents Marlene Milford and Rubin Wigfall. He is the older brother of Jessica and Tiara Wigfall, and Michael Davis. He is also the proud father of his daughter Kendall Wigfall.

As a prominent High School athlete and graduate of East Orange Campus High School (EOCHS) in 2003, Coach Wigfall won three state titles and multiple championships in Essex County and the Iron Hill Conference. He also broke and held a New Jersey Indoor State 400-meter record for eight years.

Coach Wigfall continued his education and athletic career at Montclair State University under the coaching of the late Gerald "Beenie" Benson. He later transferred to Lincoln University of Pennsylvania

to complete his Bachelors of Science degree in Health and Physical Education. Under the leadership of NCAA Hall of Fame Coach Cyrus D. Jones, he was able to become a 16-time All-American in College.

Coach Wigfall began the next chapter of his life by coaching at Lincoln High School in Jersey City for one year, then at Weequahic High School for the next four years. Eventually in 2013, the roads of destiny would lead him back to his alma mater as the head cross-country coach and assistant track coach of East Orange Campus High School. During the 2015-2016 indoor track and field season, he was promoted to the head track and field coach and promptly led the Jaguars to becoming one of the best programs in the country.

As a coach, he has garnered the following accolades:

- Undefeated season during the 2018 winter season ranking as NJ#1
- 3x Group 4 Indoor Track and Field State Champs (2015, 2017, 2018)
- New Jersey Coach of the Year in 2016, 2018
- 7x National Champions (3x during the winter track and field season, 4x during the spring track and field season)
- 6x Coach of the year for the Essex County Coaches Association
- 6x Group 4 Section 2 State Champs (2x during the winter season, 4x during the spring season)
- 6x Essex County Champs (2x during the winter season, 4x during the spring season)
- 5x Super Essex Conference Champs (2x during the winter season, 3x during the spring season)
- Fastest American team at the Penn Relays two years in a row 2017, 2018

Off the field, Coach Wigfall is just as committed to helping young men and women fulfill their dreams and become successful contributors to the community. As Coach Wigfall stated before the Board of Freeholders, “I did not know in what capacity, but I knew I was coming back. I have a vested personal interest in East Orange.”

In addition to his coaching duties, he also works as the In-School Suspension Coordinator at EOCHS. He implores his students to strive for academic success by encouraging them to “See it Through,” a motto from a favorite poem by Edgar A. Guest.

Freeholder Leonard M. Luciano, Freeholder Robert Mercado, Freeholder Carlos M. Pomares and Freeholder Vice President Wayne L. Richardson were also on hand during the presentation.

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