Ashley Hegemier

Ashley Hegemier is inspired to train young athletes to reach their highest athletic potential while preventing injury. As a former Division I athlete, Ashley understands the amount of time, effort and specialized training it takes to gain that competitive edge over the competition.

Ashley has two years of coaching experience at the high school level including track and field and girl’s basketball. She also manages a summer track and field clinic specializing in speed, agility, hurdling, long jump and overall sprinting fundamentals. Ashley is currently working towards her speed & agility certification.

Ashley is a former Track and Field athlete at the University of Cincinnati. She is a three-year letter winner, specializing in sprinting, hurdles, relays and long jump. She competed at the Conference USA Championships and the Junior National Championships. She formally held the University of Cincinnati’s school record for the 100m hurdles and 60m hurdles. She is a 4-time State Champion for the State of Ohio in 300m hurdles (junior and senior year and State record holder), 100m hurdles, and long jump. She also competed in the 1600m-relay team at the State Championship. Not only did she get several Division 1 Collegiate offers in Track and Field, but also in basketball.

Ashley grew up in a small farming town in Northwest Ohio. She currently resides with her husband and two sons (Max and Gus) in Montgomery, TX. She enjoys watching and playing sports with her children and traveling.

**Track & Field**

4-year letter winner

Team Captain 2002

State Qualifier 1999, 2000, 2001, 2002

4 State Championships

2001 300m Hurdles

2002 300m Hurdles (broke State record 43.0)

2002 100m Hurdles

2002 Long Jump

**UNIVERSITY OF CINCINNATI ,** Sept 2002 - May 2005

College of Education, Science / Social ScienceNCAA Student Athlete: Track & Field – Full tuition scholarship

2003 – “Best Freshman Award”  
2003-2004 National Qualifier 100m Hurdles

2005 “Best outdoor female athlete award”

Qualified for the prestigious Penn Relays

Events included 100m hurdles, 400m hurdles, Long jump, 4x400 relay, 4x100 relay