



USA Pan American Cross Country team

# Dr. Dave Shrock's Profile

Dr. Dave Shrock came to Modesto Junior College in 1996 as the Cross Country and Track & Field coach prior to accepting a full time assignment as professor of Health and Physical Education in 2003. Under Shrock's guidance, the Pirate Cross Country and Track & Field programs amassed two Nor-Cal championships and three runner-up titles. Shrock was named California

Central Valley Coach of the Year

ten times while his programs generated sixty-four All-Americans.

Shrock began his coaching career in 1976 at the College of San Mateo before coaching cross country and assisting with track & field at Stanford and San José State Universities. Shrock serves in a number of USA Track & Field leadership roles including serving as Chair of the Association's Committee, which is USATF's largest committee, in addition to being past-president of the Pacific Association and Coaching Committee Chair. Shrock has previously served on the USATF Coaches Education and Men's Development Committees. Shrock also served for twelve years as the assistant Meet Director for the Modesto Relays bringing world class track & field to the central valley.



acceleration work at St. Lucia national clinic

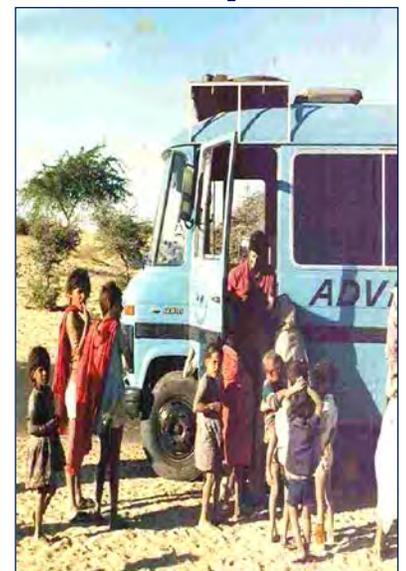
Shrock is a USATF Level 3 coach in addition to being a Master Official. As a coaching educator, Shrock has educated over one thousand coaches throughout the country and continues to direct track and field schools and clinics. Shrock was honored by USA Track and Field by being selected to coach the men's distance runners at the World Indoor Championships held in Istanbul Turkey in March of 2012. In March of 2016 Shrock was again selected by his colleagues to coach the USA men at the PanAm Cross Country Champs. in Caracas, Venezuela.



World Champs TeamUSA Coaching Staff

Not new to overseas travel, Shrock served as an expedition leader for overland and adventure travel companies for fourteen years prior to coming Modesto Junior College. Based out of his home in London, Shrock led expeditions, African wildlife safaris, Himalayan mountain treks, and drove three Asian Overland trips from London to Kathmandu, Nepal while living in Kathmandu for seven seasons and Nairobi, Kenya for two. An active writer and tour developer, Shrock was awarded a Fellowship of the Britain's Royal Geographic Society in 1995 for his contributions in re-opening tourism routes into Tibet from Nepal.

Not letting go of the travel bug Dr. Shrock also continues to present internationally on subjects relating to sport management and coaching for the United States Sports Academy on a regular basis in the Middle East and South-East Asia.



teaching Indian geography to local children in Rajasthan, India

Shrock earned a Bachelor's degree in History and Master's in Kinesiology from San Jose' State before returning to Europe to work in the Adventure travel industry, and more recently stepped back from active coaching to earn a Doctor of Education degree in Sport Leadership from the United States Sports Academy.

Dr. Shrock currently lives in Modesto and is married to fellow track coach Lisa, and revels in watching his daughter Payton, named after the famous Stanford and Olympic T&F Coach Payton Jordan grow.



teaching sport management in Thailand