



John Rembao

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John Rembao is currently the owner of D1 Athletics Sport Performance. His company specializes in sports performance power development. He is presently coaching two post-collegiate female high jumpers, Erin Aldrich and Kristen Meister. Rembao served as Cal's assistant track and field coach and director of operations from September 2007 to June 2011. He has coached and managed for 29+ years and has also been on staff at Stanford University, Southern Methodist University (SMU), The University

of Texas at Austin, University of Arizona, and Cal Poly-SLO. In addition, he served as the USA Track and Field Women's High Jump Development Chair for 10 years.

His diverse skills have enabled him to coach athletes to high levels in the jumps, combined events and distances. He has tutored four Olympians, five World Championship competitors, 15 NCAA individual champions, a collegiate record holder and 91 All-Americans. In addition to his individual successes, he has helped his athletes garner 24 conference and 11 NCAA championships. Rembao is well known for his expertise in the high jump, where he has coached the likes of Einar Hjartason (7-3); Mustapha Raifak (7-5.5), a five-time French national champion; Erin Aldrich (6-5.5); Sue McNeal-Rembao (6-5); Tanya Hughes (6-4); Gaelle Niare (6-4); and Nevena Lendel (6-3.25).

While at Stanford from 2005-07, Rembao's primary responsibilities included coaching the high jump and operations management. He served as the director of the Stanford Track & Field and Cross Country invitationals and the Payton Jordan Cardinal Invitational. Rembao was also the technical director for the Pac-10 Track & Field and Cross Country Championships and NCAA West Region Cross Country Championships.

In his four years at SMU, Rembao oversaw jumpers, combined events and distance runners. He coached the women's cross country team to its highest national ranking in school history (11th) and was voted the NCAA South Central Region Cross Country Coach of the Year in 2004. In track and cross country, he coached 22 individual NCAA qualifiers in the heptathlon, long and triple jump, steeplechase, 5000 meters and high jump. Seven of these athletes were All-Americans, and one, Nevena Lendel, was an NCAA indoor high jump champion.

While at the University of Texas, Rembao coached Erin Aldrich, a seven-time All-American high jumper, to an indoor collegiate record (6-5.5) and four NCAA individual titles. Under his tutelage, Aldrich made two World Championship and Olympic teams. His accomplishments at Texas earned him a spot on the coaching staff for Team USA at the 2001 IAAF World Championships in Edmonton. Rembao coached 10 All-Americans with the Longhorns, including six-time Big 12 middle distance champion Liz Diaz, and helped UT to four straight NCAA women's track & field titles (1998 indoor and outdoor, 1999 indoor and outdoor). Rembao also helped Texas' cross country program to a top 25 finish and two straight appearances at the NCAA championships after a 10-year absence from the meet.

In his 11 years at Cal Poly, Rembao coached 76 All-Americans and 13 NCAA individual champions, leading the Mustangs to seven NCAA team title and 16 conference team crowns. He

also worked in athletic development at Cal Poly, eventually becoming the Assistant Athletic Director of Business Operations.

Rembao and his wife, Sue, a 1992 Olympian and three-time All-American high jumper, have one son, Jared Asher.

SUMMARY OF COACHING HONORS

- Assisted in 11 NCAA Team Championships (2 Stanford University, 4 University of Texas, 5 Cal Poly-SLO)
- Coached 3 Olympians - Victor Plata-Lang 2004, Erin Aldrich 2000 (UT), Sue Rembao 1992
- Coached 18 NCAA Individual Championships
- Coached 8 NCAA Individual Runner-Up finishes
- Coached 93 All-Americans
- Coached 2 GTE Academic All-Americans
- Assisted in 23 Conference Team Championships
- Coached 1 NCAA Collegiate Record Holder
- USA Track & Field Women's High Jump Development Chair 1996-2006
- Olympic Training Center Clinician 1995-1999 and 2001-2004
- Consultant to Cal Poly San Luis Obispo Athletic Department, Student Referendum in 2004
- Team USA World Championship Junior Staff – Moncton 2010
- Team USA World Championship Staff - Edmonton 2001
- Native American Sports Council Coaches Development Program 1994-1999
- Team USA World Championship Indoor Staff - Paris 1997
- United States Olympic Festival Head Coach, West-Summer 1994
- Coordinated and passed student referendum for athletic funding in 1991
- United States Olympic Festival Staff, West-Jumps & Throws, Summer 1993
- Cal Poly University President's Commission on Athletic Funding 1986
- Researched, organized, and coordinated successful passage of a student referendum for the construction of \$11 million Cal Poly recreational facility in 1986

EDUCATION

- 1986: B.S. Business Administration, Cal Poly, SLO (Marketing)
1986: Cal Poly Outstanding Senior "Contributions to the University", Business School
1994: USA Track and Field Level 1 Certification
2011: USA Weight Lifting Certified Sports Performance Coach