



Terence a native of Jasper, TX graduated from Jasper High School in 1991. He became only the third athlete in school history to letter in four sports (Football, Basketball, Track, Baseball). Terence received district honors in all sports. His greatest achievement came in 1991 when he ran on the National Record 4 x 100 meter relay with a time of 39.9 thus becoming the first high school team to break the 40.0 barrier and noted in the Sports Guinness Book of World Record.

Terence received degrees in Business Communications and Data Processing while at McNeese State University where he was also a four year letterman in football, 1st Team Southland Conference as a receiver (1994 and 1995), 1st Team All-American (1995) and Offensive Team MVP (1995). He also showed his all around athletic ability playing baseball (92') and running track (92' – 94') while attending McNeese State University.

Continuing his football career, he played a total of nine years as a professional football player:

**2 ½ years - NFL (Tampa Bay Bucs, Kansas City Chiefs, and Miami Dolphins)**

**2 years - NFL Europe (London Monarchs, Scottish Claymores)**

**6 years - AFL (Houston Thunderbears, Indiana Firebirds, and Arizona Rattlers).**

Terence achieved longevity and great athletic feats playing under some of the greatest coaches in football history during his career.

Terence began coaching football at Manvel Jr. High in Manvel, TX as an assistant coach during the AFL offseason in 1999. He was hired as head varsity coach at Pine Drive Christian School in Dickinson, Texas in 2001. During his four year coaching tenure he developed an interest to inspire and motivate young athletes thru the game of football.

After retiring from football in 2004, Terence began coaching local high school athletes in speed, quickness, agility and overall functional sports training. Athletes training with Terence have seen outstanding results in their physical ability and understanding of their respected sport. Players receiving recognition at the district, state and national level have acknowledged him in news articles and recruiting sites as a top referral for sports performance training. Athletes training under Terence are continuing their athletic career advancing to the collegiate and professional level.

Terence was hired as a fitness specialist for the NASA Johnson Space Center Fitness & Wellness program in 2005. During his first year, he was promoted to Fitness & Recreation Manager where he currently oversees a multitude of fitness and health programs as well as managing over 60 full-time staff and contract employees. His commitment to organizational goals has made Starport Fitness one of the top wellness and fitness programs for the U.S. Government.

Other accomplishments include Offensive Coordinator Centex Barracudas (Arena Football League); Strength and Conditioning Coach Katy roughriders (Arena Football League) and an internship as a Strength & Conditioning coach for the Oakland Raiders Training Camp.

Terence's knowledge of sports and fitness management provides a blend of passion, philosophy, physiology, and understanding of the human body. His desire to learn more about sports specific exercises has inspired him to pursue continuing education attending workshops and fitness conferences yearly.