

Henley Cross Country Coach History

Current Coach: Bob Frierich

Years Coached: 1991 – Present

State Championships: Girls – 1993, 1994, 1995 Boys – 2009

District Championships: Girls – 1993, 1994, 1995 Boys – 1993, 1999, 2009

Current Coach Bio: Freirich's experience in coaching is extensive, beginning as an assistant football coach in 1959, followed by him founding Bonanza's cross country program 1963, of which he coached for seven years. After that he was the district athletic director for the next 20 years, and when he retired he volunteered to help coach at Henley in 1991, and has been doing so ever since.

Prior Coaches

Ron Smith

Years Coached: 1982 – 1996

State Championships: None

District Championships: Girls – 1982, 1983, 1984, 1985, 1988, 1989, 1990, 1993, 1994, 1995

Boys – 1987, 1993

Jim Jones

Years Coached: 1975 – 1981

State Championships: None

District Championships: Girls – 1980

Boys – 1977, 1979

Ken Hamacher

Years Coached: 1968 – 1974

State Championships: None

District Championships: Girls – None*

Boys – None**

* Competition at the OSAA State Championships for girls officially began in 1974;

however Henley did not have a girl's team until 1975.

** Prior to 1974, qualifying for the OSAA State Championships for boys was conducted through regional competitions, not a conference platform.

Dave Bakely

Years Coached: 1967

State Championships: None

District Championships: None