



Thea Hammock

Positions Held:

Assistant Coach

Treasurer

Equipment Coordinator

Comets of Charles County Track & Field (2008 – Present)

Background:

Coach Hammock comes to the Comets Track Club with a varied wealth of experience. She has actively played a part in youth sports, as a parent, a board member and as a coach. Coach Hammock has been a part of the Comets Track Club staff since 2008. She worked with the Comets Track Club to prepare many athletes to successfully compete in the local track meets, AAU National Championships and the USATF Championships. This includes training, instructing, and encouraging Comets in Middle-Short distance performances.

Coach Hammock believes in the fundamentals of sports and activities. As a mother of 3 sons, she has been a coach with youth services programs within Charles County for over 13 years. This includes the sports of basketball, baseball, softball and track and field. She has also served on the Board of one of Charles County's prominent Football programs.