

Coach Cogs' Track Teams were Conference Champs in 2006, 2007 and 2012. He was also named the Anthony Lawless Coach of the Year in those years. In 2012, the team won the Sectional Championship and placed 6th in state. The team brought home their first boys state track and field trophy by finishing second in state in 2013. That team included high hurdle state champion Andrew Helmin. He has also taken numerous individuals to State for Track including the 2018 State Champion 4x400 relay team. Coach Cogs also teaches Health and Physical Education at Providence.