

Fred Bracher – Boys Head Track Coach

I was a four year varsity letter winner at Boonville for Coach Keith McKinney from 1983 to 1986. I was a 3 time All-Big 8 Conference selection. My junior and senior year, our team won the 1985 and 1986 Evansville Track Sectional by defeating heavily favored Harrison and Bosse both years. We became the first non-Evansville team in 52 years to repeat as Sectional Champions. I had the honor of running the anchor leg of the 4x4 relay both years which helped secure the championships. I advanced to the Bloomington North Regional in the 400 meter Dash in 1985 and 1986. I set the Bennett Field record at BHS with a 400 time of 49.6.

In the spring of 1990, I did my student teaching at Evansville Harrison High School. Coach Charlie Siesky remembered me very well as the lanky 400 runner from Boonville. I was assigned to work with the sprinters, relays and jumpers. It was a wonderful experience to learn from such a legendary coach. The Warriors finished the 1990 season as Undefeated, City, SIAC, Sectional and Regional Champs. I have a wonderful relationship with Coach Siesky and enjoy working with him when he comes to Castle to work meets.

In the fall of 1990, I was hired at Castle and spent my first year volunteering with volleyball and track. In the spring of 1992, Tom Dahlquist asked me to be his assistant coach for the girls track team. We put together a great group headlined by 4-time State Champion Alisa Raymond and 4-Time State Finalist Lori Kemp. In 1994 our girls finished Undefeated, SIAC, Sectional, and Regional Champs. We finished 4th at the State track meet. This is the highest finish ever by a Castle track team (boys or girls). Lynn Zwilling took over head coaching duties in 1997 from Tom and I stayed as the assistant coach. Lynn and I coached some outstanding teams and athletes together for 7 years before I resigned my position following the 2003 season to spend time with my family.

Most recently, I came back as an assistant girls coach for the 2012 and 2013 seasons. In 2014 I was the Boys assistant coach and in 2015 I became the Head Boys Track Coach at Castle. Track has always been in my heart and a sport that I truly love. Even through the years that I was not officially on staff, I worked every home meet and volunteered to work with athletes in the high jump and long jump. During my 14 years coaching track at Castle, each season ended at the state track meet with at least one Castle athlete competing. On the Castle Girls Track Record Board (which I designed), I coached 13/15 school record holders.