



ROSS ARMSTRONG

Coach

1973 - 2006

Football * Basketball * Track & Field

State Champion Girls Basketball-1982
State Runner-Up Girls Basketball-1989
State Champion Girls Track & Field-1995
State Champion Girls Track & Field-1996
State Runner-Up Track & Field-2000

Undefeated Basketball Team -1982
Undefeated Track Teams -1995 & 1996
Nebraska Coaches Association Track Coach of the Year
Nebraska Coaches Association Hall of Fame - 1982 Basketball Team and
Coaches

Ross Armstrong began his coaching career at Kearney High School in 1973 as JV Football and JV Boys Basketball coach. In 1975 he became the first KHS Head Girls Basketball Coach. He continued leading the Girls Basketball Program until 1999. During his basketball tenure the Lady Cats qualified for State 11 times. They were semi-finalists in 1994, State Runners-Up in 1989, and the undefeated State Champions in 1982. The 1982 team and coaches were inducted into the Nebraska Coaches Association Hall of Fame in 2006.

Coach Armstrong was the Girls Track and Field Coach from 1975 until 2006. His teams were Conference Champions 8 times and District Champions 12 times. His 2000 team was the Class A State Championship Runner-Up. He led the Lady Cats to back to back State Championships in 1995 and 1996. Coach Armstrong was the 1995 Nebraska Track Coach of the Year.

Ross and his wife Jean reside in Kearney.