

Coaching/Training Profile

Wayne Mendezona (AKA Coach Mendo)

Wayne Mendezona, director of Quick Handle Basketball, developed a systematic skill development program teaching ball handling and moves off the dribble, founded on the unique and revolutionary concept of single-handed ball control. His program also features skills training for quick first step, quick release shooting, and post and point guard development. The program is rounded out with Wayne's innovative and popular mental toughness training program, designed to increase confidence and master pressure. Since founding Quick Handle Basketball in 1994, he has administered his Quick Handle program in camps, clinics and academies to well over 40,000 participants.

With 11 years of service as college head men's basketball coach, Wayne's background includes building a dynamic and competitive program at Portland Community College. Before Portland, during his noteworthy 2002-03 season with NAIA Division 2 Simpson University, he led Simpson to win 21 games, the most in school history; to set a conference record with the most wins for a men's basketball team in the California Pacific conference; and to finish 3rd in the nation at the NCCAA National Championships in Oklahoma City, OK.

Before Simpson, he served Northwest University, guiding his team to its first-ever playoff berth in its first year of existence in the NAIA, to three consecutive conference playoff appearances in three years, and to a spot in the NCCAA Division 1 National Championship tournament. Under his direction, Northwest compiled two 20-win seasons and a top 25 NAIA national ranking.



In addition to his college-coaching career, Wayne coached 8 years in overseas professional leagues; 5 years in Bahrain and 3 years in Kuwait. He had successful teams in each of his years and was selected as Bahrain's National coach for 2 years, successfully competing in the Asian games and receiving a bronze medal in the Gulf Arab Championships. As a player himself, Wayne excelled during his 4-year basketball career in the European Professional League and competed in major European tournaments and exhibitions against the French Olympic Team.

Professional Experience:

- ◆ FIBA Certified Licensed Coach 2014-present
- ◆ Founder/President Next Step Athletics (non-profit organization) 2011-present
- ◆ Speaker – Success Coach 2008-present
- ◆ Quick Handle Basketball - Founder/Trainer 1994-present

Coaching Experience:

- ◆ Kazma Club, Kuwait - Head Coach 2012-13
- ◆ Muharraq Club, Bahrain - Head Coach 2008-09
- ◆ Portland Community College - Head Coach 2005-08
- ◆ Simpson University - Head Coach 2000-2004
- ◆ Northwest University - Head Coach 1996-2000
- ◆ Sahel Club, Kuwait - Head Coach 1994-96
- ◆ Isa Town Club, Bahrain - Head Coach 1992-94
- ◆ Bahrain High School - Head Coach 1992-93
- ◆ Bahrain National Team - Head Coach 1991-92
- ◆ Muharraq Club, Bahrain - Head Coach 1990
- ◆ Tennessee Temple University - Asst. Coach 1987-90

European Professional League Highlights:

- ◆ UBSC, Austria - Player/Coach 1986-87
- ◆ TSV Muhltal, Germany - Player/Coach 1985-86

Basketball / College Experience:

- ◆ Germany/Austria 1983-1987
- ◆ Judson Baptist College 1981-1983
- ◆ Umpqua Community College 1979-1981
- ◆ Reed High School 1977

Education:

- ◆ Master's: United States Sports Academy 2002
- ◆ Master's: Luther Rice College 1990
- ◆ Bachelor's: Luther Rice College 1987

Books:

- ◆ Quick Handle™
- ◆ Box 'D' One on One™
- ◆ Total Point Guard™
- ◆ Game Time
- ◆ Maximizing Your Results

Videos:

- ◆ The Quick Handle Advantage
- ◆ Quick Trigger Shooting
- ◆ Killer Crossover
- ◆ Extreme Core
- ◆ Quick First Step
- ◆ Virtually Unstoppable
- ◆ Bible-Powered Performance Maximization

Wayne is promoting his instructional aids at camps and clinics, nationally and internationally.

Family:

Wayne and his wife, Terri, have four children, Jessica, Tyler, Dominique and Alexandra, and six grandchildren. They currently reside in Mill Creek, Washington.