



Bedford Recreation Department

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Al Dougherty

Al Dougherty is a graduate of Brandeis University 1960. Al is a Certified Secondary Teacher in Science & Social Studies. Al competed in interscholastic Varsity Level Track, Football & Baseball. He has been a High School Coach for 50 years. He has been married to wife Janice for 50 years, is the father of 6 and grandfather of 21. Al is the instructor of Fastdash Program.