

# Chuck Woolridge

## Cross Country – Track & Field Coach

### Coaching Background

After competing in high school and junior college in cross country and track, Chuck Woolridge volunteered as an assistant coach for his former team at College Park in the fall of 1991. His initial foray into coaching was brief, lasting one season, before departing for two years of study at Berkeley, where he received a Bachelor of Arts in English Literature.

Upon his return home in 1994 however, Woolridge again volunteered under the guidance of Steve Ne-sheim, College Park's fifteen year veteran head coach. He assumed the head coaching position in 1996 and built upon the foundation developed by his predecessor, which included basic principles of periodization and a highly team centered environment.

In 1996 Falcon cross country was comprised of 30 athletes, of which only ten were girls. Though College Park had been successful at the local level, Woolridge's goal was to dramatically increase participation, and eventually establish a program competitive at the section and state level for both genders.

In 1997 the varsity boy's team became the first State Championship qualifiers, finishing second at the North Coast Section meet. In 1999 the varsity girls, with a surprising sweep of the first three individual places, won the NCS meet to give College Park a first ever section championship. The Falcons followed with section titles for the girls in 2002, 2003, 2004 and 2005, and three consecutive section titles for the boys from 2001 through 2003.

Led by 2003 & 2004 *Contra Costa Times* "Athlete of the Year," Lindsay Allen, the girls' squad finished the 2003 season #5 in the Harrier National Rankings. The Falcon girls went on to win a second consecutive CIF Division II State Championship in 2004.

In 2005 College Park's roster included 120 "fully invested" athletes attending six formal practice sessions per week through the course of the season. Athlete expectations included mandatory practice attendance, supplemental strength training sessions, daily logs for health and nutrition, and commitment to a year-round performance development plan. While the varsity boys earned their fifth league title in six years, the girls' team advanced to the State Championships for the seventh consecutive season.

### Coaching Philosophy

Goals of Woolridge's program include the promotion of the sport as a lifestyle that athletes of all ability levels may use to achieve success in every aspect of their life. His training system develops athletes through periodization. He encourages athletes to set challenging yet, realistic goals and works with them to determine an individual training plan to best achieve them.

Specifically, he follows principles of consistency and progression of intensity and volume for each athlete. Through the course of a year, participants train through two major cycles, which in turn, are broken down into four week segments. Emphasis is placed on "varied pace" training in all phases of the plan.

Additional explanations of training philosophies and specific season workout schedules can be viewed on the College Park Cross Country and Track web site at: [www.falcontrack.net](http://www.falcontrack.net)

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### Education

• 1985-1989:  
College Park High School, Pleasant Hill

• 1989-1991:  
Diablo Valley College, Pleasant Hill

• 1991-1993  
University of California, Berkeley  
B.A. English

• 1994-1996  
Chapman University  
English-Language Arts, Single Subject Credential

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## Athletic Experience

- 1985-1989:  
College Park High School Cross Country and Track & Field, distance events.
- 1989-1991:  
Diablo Valley College Cross Country and Track & Field, distance events.

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## Coaching Experience

- 1991, 1994-2006:  
College Park High School Cross Country and Track & Field coach (Head Coach 1996-2004). Events coached: Distance, Shot Put, Discus, High Jump, Pole Vault, Triple Jump, Long Jump, Sprints, Hurdles.  
  
2001, 2002, 2003 North Coast Section Boy's Cross Country Team Champions. 1999, 2002, 2003, 2004, 2005 North Coast Section Girl's Cross Country Team Champions. –2003 Cross Country Varsity Girls CIF State Champions, #1 in California, #5 in U.S. 2004 Cross Country Varsity Girls CIF State Champions.
- 1997-1998:  
Coach, Forward Motion Sports of Danville CA –Weekly track sessions for FMS Racing Team members.

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## Clinic, Workshop and Camp Experience

- 2003:  
USATF Level 2 Clinic, Colorado Springs.  
–Endurance Events.
- 2001-2005:  
Humboldt State University Distance and Steeplechase Workshop staff. Camp Directors Jim Hunt and Kevin Searls.
- 2000-2004:  
California Coaches Alliance Clinic, Canyon Middle School –Clinic Director Peter Brewer.
- 2001:  
USATF Level 1 Clinic, Modesto.
- 2000:  
Runner's Workshop. –Camp Director Andy Chan.
- 1999:  
Sierra High Running Camp staff. –Camp Director Jim Hunt.
- 1997-1998:  
Humboldt State University Distance and Steeplechase Workshop. –Camp Director Dave Wells.
- 1997:  
USATF Level 1 Clinic, Alhambra HS. –School Director Tim Bruder

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## Teaching Experience

- 1996-1997:  
College Park High School, Mt. Diablo Unified School District.  
English, Social Science, Ceramics, Physical Education
- 1998-2006:  
Valley View Middle School, Mt. Diablo Unified School District.  
GATE English/Language Arts, Yearbook, Computers
- 1999-2003:  
VVMS Site Technology Coordinator

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## Awards

- 2002-2003  
Nominated *California League of Middle Schools* "Teacher of the Year"
- 2002-2003 & 2004-2005:  
*Contra Costa Times* "Cross Country Coach of the Year"
- 2003-2004:  
*Contra Costa Times* "Track & Field Coach of the Year"