

Chuck Woolridge

Cross Country – Track & Field Coach

Coaching Background

After competing in high school and junior college in cross country and track, Chuck Woolridge began volunteering as an assistant coach for his former team at College Park High School in the fall of 1991. He assumed the head coaching position in 1996 and built upon the foundation developed by his predecessor, Steve Nesheim, which included basic principles of periodization and a highly team centered environment.

In 1996 Falcon cross country was comprised of 30 athletes. Though College Park had been successful at the local level, Woolridge's goal was to increase participation and establish a program competitive at the section and state level.

In 1997 the varsity boy's team became the school's 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, setting the all-time NCS team time at the State Championships. The Falcon girls went on to win a second consecutive CIF Division II State Championship in 2004.

Since Woolridge's move to Campolindo High School in 2006, the Cougars girls have won the 2006, 2007, 2008, 2009 and 2010 DFAL cross country titles, the 2006, 2007 and 2010 NCS titles, and the CIF state championship in 2010. The 2010 state meet performance is now the NCS all-time team time for Woodward Park.

The Campolindo Boys' squad has won the 2008, 2009 and 2010 DFAL titles, and the 2007 and 2008 NCS titles. They finished 2nd at the CIF Championships in 2008, setting the NCS all-time team time for the meet.

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 foster success in every aspect of their life. His training system develops athletes through periodization. He encourages athletes to earn gratification through hard work.

Additional explanations of training philosophies and specific season workout schedules can be viewed on the Campolindo Cross Country and Track web site at: www.campotrack.com

Education

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

• 1991-1993
University of California, Berkeley
BA English

• 1989-1991:
Diablo Valley College, Pleasant Hill

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

Coaching Experience

- 2006-2011:

Campolindo High School Cross Country and Track & Field Head Coach. Events coached: Distance, High Jump, Triple Jump, Long Jump, Sprints, Hurdles.

2006, 2007, 2010 North Coast Section Girls' Cross Country Team Champions. 2007, 2008 North Coast Section Boys' Cross Country Team Champions.

- 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 Boys' Cross Country Team Champions. 1999, 2002, 2003, 2004, 2005 North Coast Section Girls' Cross Country Team Champions. 2003, 2004 Cross Country Girls CIF State Champions.

Clinic, Workshop and Camp Experience

- 2001-2010:

Humboldt State University Distance and Steeplechase Workshop. Camp Staff & Presenter.

–Camp Directors Jim Hunt and Kevin Searls.

- 2008-2010:

West Coast Distance Clinic, San Ramon High School.

–Clinic Director Tim Hunter.

- 2009-2010:

Nor-Cal Distance Collaborative Round Table, Sports Basement. Discussion Leader.

–Clinic Director Albert Caruana

- 2000-2008:

California Coaches Alliance Clinic, Canyon Middle School. Presenter.

–Clinic Director Peter Brewer.

- 2003:

USATF Level 2 School, Colorado Springs. –Endurance Events.

- 2001:

USATF Level 1 School, Modesto.

- 2000:

Runner's Workshop. Echo Lake.

–Camp Director Andy Chan.

- 1999:

Sierra High Running Camp staff. Sugar Bowl.

–Camp Director Jim Hunt.

- 1997-1998:

Humboldt State University Distance and Steeplechase Workshop. –Camp Director Dave Wells.

- 1997:

USATF Level 1 School, Alhambra HS. –School Director Tim Bruder

Teaching Experience

- 1998-2006:

Valley View Middle School, Mt. Diablo Unified School District. GATE English/Language Arts, Yearbook, Computers. VVMS Site Technology Coordinator

- 2006-2011:

Campolindo High School. Acalanes Unified High School District. English 1, English III, Journalism. WASC Group Leader.

Awards

- 2002-2003, 2004-2005, 2007-2008, 2010-2011:

Contra Costa Times "Cross Country Coach of the Year"

- 2005-2006

California Coaches Association "Cross Country Coach of the Year"

- 2003-2004:

Contra Costa Times "Track & Field Coach of the Year"

- 2002-2003

Nominated *California League of Middle Schools* "Teacher of the Year"