

Chuck Woolridge

Coaching History

Chuck Woolridge began his coaching career as a cross country assistant at College Park High School in the fall of 1991. He assumed the cross country and track & field team head coaching positions in 1996.

In 1997 his boys' cross country squad became College Park's 1st CIF state championship team qualifier by finishing 2nd at the North Coast Section meet. In 1999 his girls' cross country team, with a sweep of the 1st 3 individual places, won the NCS meet to give College Park its 1st section championship in any sport. This was followed by section titles for the girls in 2002, 2003, 2004 and 2005, and 3 consecutive section titles for the boys from 2001 through 2003.

Woolridge's girls' cross country squad finished the 2003 season #5 in the *Harrier* national rankings, setting the all-time NCS team time at the state championships and claiming the Division II state title. His girls' squad went on to win a 2nd consecutive state championship in 2004.

In 2003 and 2004 Woolridge guided the College Park varsity girls' track & field team to the NCS Tri-Valley regional championship. He also coached College Park Hall of Fame athlete **Lindsay Allen** to 3 consecutive track & field state meet podium finishes in the 1600m from 2002 to 2004 and a 2000m steeplechase national record in 2003. Allen was named *Contra Costa Times* "Athlete of the Year" in both 2003 and 2004. Allen went on to compete for Stanford University where she contributed to an NCAA cross country team championship, set the school record in the 3000m steeplechase and advanced to the NCAA track & field national championship finals before turning pro in 2008 and competing at the USA Olympic trials.

Since Woolridge's move to Campolindo High School in 2006, his girls' cross country teams have won 11 league cross country titles, 9 section titles, and the state championship in 2010, 2013 and 2017. In 2010 his squad again set the all-time NCS team time at the state meet. Woolridge coached **Carrie Verdon** to back-to-back individual state championship cross country titles in 2010 and 2011. Verdon was named *Bay Area News Group* "Athlete of the Year" and *Sports Stars Magazine* "NorCal Athlete of the Fall" in 2011. Verdon also advanced to the Footlocker cross country national championships in 2010. Woolridge guided **Brighie Leach** and **Toni Finnane** to runner-up cross country state championship performances in 2013 and 2014, respectively. Finnane advanced to the national championships in 2014.

Woolridge coached the Campolindo girls' track & field team to the NCS Tri-Valley regional championship in 2011.

The Campolindo boys' cross country squad has earned 10 league titles and 7 section titles under Woolridge's leadership. His boys' cross country team finished 2nd at the state championships in 2008, setting the NCS all-time team time for the meet. In 2016 his squad returned to the state podium with a 3rd place finish.

In 2011 Woolridge coached **Thomas Joyce** to cross country league and section individual titles. Joyce was named *Bay Area News Group* "Runner of the Year" for 2011 and went on to compete for the University of California at Berkeley, where he set the school record in the 1500m, advanced to the NCAA national championship finals, and broke the 4 minute barrier in the mile. Woolridge also coached 2012 and 2013 individual cross country state champion **Aidan Goltra**, who was named *Bay Area News Group* "Runner of the Year" for 2012 and 2013.

Over the course of his career, Woolridge has been a keynote speaker at several regional and national-level cross country and track & field clinics, and has collaborated with high school, collegiate and professional athletes and coaches at various running camps and workshops. Woolridge also continues to serve as a member of the North Coast Section sport advisory committee for cross country and track & field and as the NCS championship meet director in both sports.

Woolridge has been the recipient of the NCS Honor Coach Award for both cross country and track & field. In addition, Woolridge has been honored by the section for his service as a member of the NCS championship management committee. Woolridge received the California Coaches Association "Coach of the Year" award in 2006 and the National Federation of State High School Associations "California Coach of the Year" award in 2017.

Woolridge was inducted into the College Park High School Hall of Fame in 2015.

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 all aspects of their lives. His training system develops athletes through periodization. He encourages athletes to earn gratification through hard work.

Woolridge's current training plans for all events can be viewed on the Campolindo cross country and track & field team website at: www.campotrack.com

Education

- 1994-1996
Chapman University
English-Language Arts, Single Subject Credential
- 1991-1993
University of California, Berkeley
BA English

Coaching Experience

- 2006-2018:
Campolindo High School Cross Country and Track & Field Head Coach.
Events coached: Distance, High Jump, Triple Jump, Long Jump, Sprints, Hurdles.
Cross country league team titles: 21
Cross country section team titles: 16
Cross country state team titles: 3
- 1996-2006:
College Park High School Cross Country and Track & Field Head Coach.
Events coached: Distance, Shot Put, Discus, High Jump, Pole Vault, Triple Jump, Long Jump, Sprints, Hurdles.
Cross country league team titles: 10
Cross country section team titles: 8
Cross country state team titles: 2

Clinic, Workshop and Camp Experience

- 2004, 2011, 2018:
Mt. SAC / LA84 Foundation Clinic, Mt. SAC. Presenter.
–Clinic Director Tim O'Rourke
- 2018:
Northern California Cross Country Coach Summit. Presenter.
–Clinic Director Chris Williams
- 2001-2018:
Humboldt State University Distance and Steeplechase Workshop. Camp Staff & Presenter.
–Camp Directors Jim Hunt and Kevin Searls
- 2008-2016:
West Coast Distance Clinic, San Ramon High School. Presenter.
–Clinic Director Tim Hunter.
- 2009-2015:
Nor-Cal Distance Collaborative Round Table. Participant.
–Clinic Director Albert Caruana
- 2013:
West Coast Endurance Summit / USATF Level 3 School, Chabot College. Presenter.
–School Director Dave Shrock
- 2011:
Bay Area Running Camp. Presenter.
–Camp Director Dena Evans
- 2000-2008:
California Coaches Alliance Clinic, Canyon Middle School. Presenter & Participant.
–Clinic Director Peter Brewer
- 2003:
USATF Level 2 School, Colorado Springs. Endurance Events Certification.
- 2001:
USATF Level 1 School, Modesto.
–School Director Dave Shrock
- 2000:
Runner's Workshop. Echo Lake.
–Camp Director Andy Chan.
- 1999:
Sierra High Running, Sugar Bowl. Camp staff.
–Camp Director Jim Hunt
- 1997-1998:
Humboldt State University Distance and Steeplechase Workshop.
–Camp Director Dave Wells.
- 1997:
USATF Level 1 School, Alhambra HS. Participant.
–School Director Tim Bruder

Teaching Experience

- 2006-2018:
Campolindo High School. Acalanes Unified High School District. English 1, English III, Journalism, Yearbook
- 1998-2006:
Valley View Middle School, Mt. Diablo Unified School District. GATE English/Language Arts, Yearbook, Computers. VVMS Site Technology Coordinator

Awards

- 2016-2017
National Federation of State High School Associations "California Track & Field Coach of the Year"
- 2005-2006
California Coaches Association "Cross Country Coach of the Year"
- 2003, 2005, 2008, 2010, 2011, 2013, 2014:
Contra Costa Times / Bay Area News Group "Cross Country Coach of the Year"
- 2004:
Contra Costa Times "Track & Field Coach of the Year"