

# Cross Westview Country

Welcome Cross Country Parents ~

It is my personal belief that a coach is first and foremost a teacher. It is **my goal to teach the young men and women in my program that you are what you choose to be.** Making good choices is the mark of a successful person. I believe that choosing to become an athlete results in many positive character developments. Running is unique in that it is the basis of almost all sports. **The physical and mental health benefits of running are life changing.** America is faced with many serious health concerns because of the inactivity of its population. I believe my primary task as a coach is to foster a love of exercise for its own sake. I want my runners to develop a lifelong desire to maximize their fitness. The latest recommendation of the American College of Sports Medicine for optimal health is seven (7) hours of aerobic conditioning a week. As a coach I am simply trying to instill a love for optimal health.

This is the beginning of my 14th year of coaching, having spent six years at United States International (Alliant) University and 7 years here at Westview. In the spring, I am also the distance coach for track. I am a retired podiatrist at Sharp Rees-Stealy Medical Group. I am a graduate of Hoover High School and San Diego State University. I recently completed my 49<sup>th</sup> year as a competitive distance runner, getting my start at age 14 at Hoover. Although I've slowed down considerably in competition, my philosophy is that there is no better life long activity than running and I hope to influence our athletes to discover that truth.

Assisting me again this year is Kristin Woodard. Kristin, better know as "Coach K" or "Coach Kristin," was born and raised in San Diego. She attended Mt. Carmel High School where she was a sprinter and hurdler for the Sundevils. Coach K attended college at Sonoma State University in Northern California where she majored in Liberal Studies and continued her track career. She then went on to get her teaching credential from CSU San Marcos and has been teaching in the Poway Unified School and most recently in the Rancho Santa Fe School Districts. Coach K is greatly looking forward to her fifth season coaching Cross Country at Westview. David Mierke is a 2005 graduate of Westview. He is in his 2<sup>nd</sup> year of coaching cross country. With over 70 runners, their help is definitely appreciated.

We hope that you find this packet of information helpful. Please assist us by filling out the forms in the front pocket and returning them as soon as possible so that we can compile a team roster of both athletes and their parents to share with you. In order to be successful, we will need every family's help and I want to thank you in advance for your contribution. You can find additional information at [www.westviewwolverines.com](http://www.westviewwolverines.com) then click on "Athletics." There you will find the forms needed for your runner's physical as well as those required for the "Ticket to Play." If you then click on "Cross Country," you will find our team website. Should you need to reach me, my email is [letmerun@aol.com](mailto:letmerun@aol.com) and my home telephone is (858)578-7382 (before 9 p.m. please).

We look forward to a successful season and getting to know you and your runner.

Coach John Colson