

# COACH CHUCK WOOLRIDGE

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1991, 1994-2006



What Coach Bob Ladouceur is to De LaSalle football is what Coach Chuck Woolridge is to high school cross country and track and field. A College Park student athlete from 1985-1989, his Falcon roots ran deep and after volunteering as an assistant coach in the fall of 1991 he assumed the head coaching position in 1996 and built upon the foundation developed by his predecessor, Steve Nesheim.

Chuck's coaching philosophy is the promotion of the sport as a lifestyle that athletes of all ability levels may use to foster success in every aspect of their lives. He encourages athletes to earn gratification through hard work.

At College Park, such hard work by his athletes turned sweat into championships: 3 Boys North Coast Section Team Champions, 5 Girls North Coast Section Team Champions, 2 CIF State Girls' Cross Country Team Champions (2003 2004). The 2003 Girls squad ended the season being ranked 5th in the Nation.

Woolridge also coached CP's Hall of Famer Lindsay Allen to 3 consecutive state meet podium finishes in the 1600m from 2002-2004 and a 2000m steeplechase national record in 2003. Allen was named Contra Costa Times "Athlete of the Year" in 2003 and 2004.

In 2006 Coach Woolridge left his alma mater (How'd we let that happen ?) and took the harrier express to Campolindo High School. Once there his coaching philosophy, training methods and mentoring created another powerhouse. One where the boys cross country teams won 7 league championships and 5 section championships and the girls have won 8 league championships 6 section championships and 2 CIF State Championships in 2010 and 2011.

Woolridge has been named "Coach of the Year" 7 times for cross country by the Bay Area News Group, California's Cross Country Coach of the Year by Calif. Coaches Association and in 2004 was named Contra Costa Times "Track & Field Coach of the Year". Coach Chuck Woolridge transcends greatness with a proven record of coaching not only his athletes but "a lifestyle that can change their lives".

Congratulations Coach Woolridge and please take your place in the College Park's Athletic Hall of Fame, we are honored.