



"Tiny steps become big wins."

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## Co-Head Coach

# Tom Olson

### Number of Season Coached:

4th Season as a coach for CARA Track. 27+ years experience as a middle school and high school track and field coach.

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### My Inspiration for Coaching:

My experience as an athlete in high school and the impression my coaches made upon me ignited my desire to be a coach.

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### My coaching Philosophy:

I want our athletes to have fun, be active, and develop confidence by trying new things. I want CARA track to be a step in growing a love of athletics that can foster resilience that will always stay with them.

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### My Coaching Background:

It was a high school and collegiate distance runner. In college I ran at California State University Chico. I qualified for the NCAA National Championships in the 3000m steeplechase. In 2002 I received an AFLAC National Assistant Coach of the year award. In 2008 I was a California Interscholastic Federation Honor Coach for Track and Field.

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### My Joy for CARA Track

I love the way our kids just have fun, compete hard and support each other. It's so great to see kids who are brand new to track push their boundaries and gain confidence in themselves. And who doesn't love seeing our little ones go down the track as hard as they can? I'm excited to see all the smiling sweaty faces and cheering family and friends this season.