Come to Southwestern College to continue your academic and athletic pursuits working with experienced coaches for a chance to transfer to a university on a full or partial athletic scholarship. Feel free to contact us about our program or your concerns about studying at a community college. You will receive an admission package as soon as we hear from you.

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Mission Statement

The “core” of the Southwestern College Cross Country program is to provide individual student athletes with quality academic support and effective training necessary to transfer to colleges and universities with an opportunity for athletic scholarships.

Team Achievements

- Top 10 Ranking among California Community Colleges 1999 – 2007
- Mt. SAC. Cross Country Invitational Sweepstake Champions 2004 - 2006
- Biola University & U.C.S.D Invitational 2005 Champions
- Winner of other numerous Cross Country championships throughout Southern California.
- Produced numerous, outstanding, sophomores athletes since the year 2000, who have also continued to four year, NCAA, Division I & II universities on full to partial, athletic scholarships.

Motion Analysis Technology

Here at Southwestern College, our Cross Country athletes are analyzed with the computerized technology of Motion Analysis to assess their levels of running efficiency. Faulty running forms are immediately corrected to improve performance and minimize injuries.

Outstanding Graduates

Below are some local San Diegan students who have transferred to prestigious institutions on athletic scholarships.

- **Yafet Abraha** – Hoover High School Graduate
  Athletic scholarship - Morehouse College

- **Ashley Bolden** – Sierra High School Graduate
  Athletic scholarship - University of Arkansas

- **Yvonne Li** – Mission Bay High School Graduate
  Athletic scholarship - University of South Alabama

- **Alejandro Mariscal**
  Athletic scholarship - Mississippi Valley State University

- **Maria Melvin** – Castle Park High School Grad.
  Athletic scholarship - Albany State University.

- **Sarah Meza** – Hilltop High School Graduate
  Athletic scholarship - University of New Orleans

- **Bertha Ojeda** – Chula Vista High Graduate
  Athletic scholarship - Foothill Valley State University

- **Theresa Padilla** – Brawley High School Graduate
  Athletic scholarship - University of Arkansas

- **Celine Reyes** - Grossmont High School Graduate
  Athletic scholarship - University of Cal., Riverside

- **Laura Sanders** – Valhalla High School Grad.
  Athletic scholarship - Alliance University

- **Rocio Santiago** – Hoover High School Graduate
  Athletic scholarship - University of Arkansas

  Athletic scholarship - University of Cal., Riverside.

- **Babe Wagnor** – Helix High School Grad.
  Athletic scholarship - Adam State College.

Sarah Apgar (Scripps Ranch Graduate) is preparing for a pre-season Automatic video capture of her running technique for analysis on The Peak Motus Motion analysis technology and the Neat System computer software.

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