

Coaching Staff

Dr. Duro Agbede

B.S. (Hons), M.S., Ed.S, Ph.D.,
Areas of interest included
Biomechanical Analysis of sports
movement and systematic
observations of coaching behavior
research. He has worked with elite
athletes on running efficiency and
produce Olympic athletes for
Nigeria and Kenya national teams.
Moreover, he is a winner of
numerous coaching awards.

Sarah Meza

B.S. in Physical Education from the
University of New Orleans. She has
taught in several foreign countries
including Greece, Korea, and Israel.

Alex Mariscal

B.S. – Mississippi Valley State
University and Graduate student
at Azusa Pacific University.
Alex has coached cross country
and track at the university level
before joining Southwestern
College coaching staff, and he
is also a fitness specialist.

Robert Dean

B.S. – University of Arkansas, Pine Bluff.
He has extensive coaching back
ground at several high schools in the
San Diego County.

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.

Southwestern College

900 Otay Lakes Rd.
Chula Vista, CA 91910
(619) 421 – 6700 X 5620

Dr. Duro Agbede

(619) 204 – 04 98

Sara Meza

(619) 227 – 0239

Robert Dean

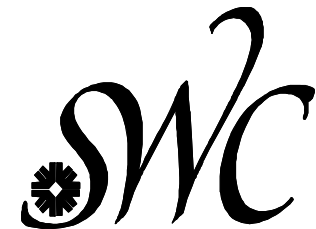
(619) 470 – 9800

E-mail

dagbede@swccd.edu



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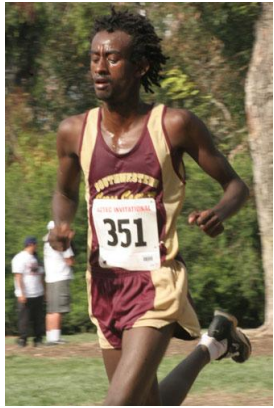
**Southwestern
College**

(619) 421 – 6700 X 5620
www.swccd.edu

CROSS COUNTRY

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

- Pacific Coast Conference Champion 2000, 2002 – 2006
- 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.



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.

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.



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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 - Forth 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

Rose Serna – Mission Bay High School Grad.
Athletic scholarship - University of Cal., Riverside.

Babey Wagnew – Helix High School Grad.
Athletic scholarship - Adam State College.

Sarah Apgar – Scripps Ranch High Sch. Grad.
Athletic scholarship - Long Beach State University.

