

“Throwers don’t have finish lines”

“Those who don’t jump, will never fly”

“If you run, you are a runner! It doesn’t matter how fast or how far” - John Bingham

Welcome Athletes!

The 2020 season is here! My name is Coach Miller and I will be your head coach this year! I have been part of Southridge Track and Field since 2011. I have been a part of our Southridge Track and Field program as an athlete, captain, event coach, and as head coach.

This season promises to provide many opportunities for those athletes desiring to step up and make an impact on the team. Each athlete will have their own unique way of leaving their legacy in the program. As a program, our core beliefs are *care, commit, and compete*. We believe that if we as coaches and athletes hold true to these beliefs, we will experience success on and off the track. My promise is that I will give every opportunity within my capacity for you to be successful within our program. In turn, you will give your full effort and commitment daily.

Pre-season workouts have begun. To start contact Coach Miller. Our first day of official practice is March 2nd. All paperwork, physical, and fees must be taken care of before you can practice.

If you have friends who are considering coming out for track and field, please encourage them! There is a spot for everyone! If you love the excitement of competition, not only with others but with yourself and possess the inner drive of being your best, you will thrive in this sport. Everyone is welcome!

As the head coach, I am very proud of the contributions you make on and off the field, on the track, in your classroom and in your community. Let’s challenge ourselves again for another great season!

If you have questions, please email katie_miller@beaverton.k12.or.us. Information can be accessed on our website at www.southridgetrack.org.

Kindly,

Katie Miller
P.E. and Health Teacher
Southridge High School
Track and Field Head Coach
Assistant Women’s Soccer Coach