

Coaches Cindy & Scott Rawlings...

Cindy Rawlings is entering her ninth year as head coach of the Meadows Valley High School track program. Her experience as a scholarship distance runner at Boise State University under Ed Jacoby helps her understand the specific demands and training needs of her high school athletes. Coach Rawlings's philosophy of coaching track centers on the belief that student-athletes should measure their success in terms of personal improvement over the course of a season. Personal goals will turn into competitive goals as athletes improve.

Under her tenure, Meadows Valley has sent 46 athletes to the State Meet where many have placed and brought home medals. Individual Mountaineers have been crowned State Champions six times in the past seven years. In addition, Mountaineer track athletes have set many new school records during that time. Most recently, the boys' team won the 2009 Long Pin Conference Championship and Coach Rawlings was recognized as the District III North Boys' Track Coach of the Year. Looking ahead to the 2010 season, coaches believe both the boys' and girls' teams are poised for a run at conference titles. In addition to coaching the high school program, Mrs. R. also helps coach the Junior High team.

Scott Rawlings has been assisting in the track program by coaching the throws at both the high school and junior high level for the past five years. During that time he has attended several clinics including an Ironwood Throws clinic in 2008, in an effort to stay current in the latest techniques. He shares Mrs. R's belief that personal improvement should be the focus for all track athletes. Hard work combined with perfect practice will yield positive results every time.

Both coaches are BFS certified and believe that athletes should be involved in sports year round so training carries over from sport to sport. Both are looking forward to another good year for Mountaineer Track and encourage fans to come out and support this year's teams as they compete in nine high school meets and four junior high meets. Go Mountaineers!

