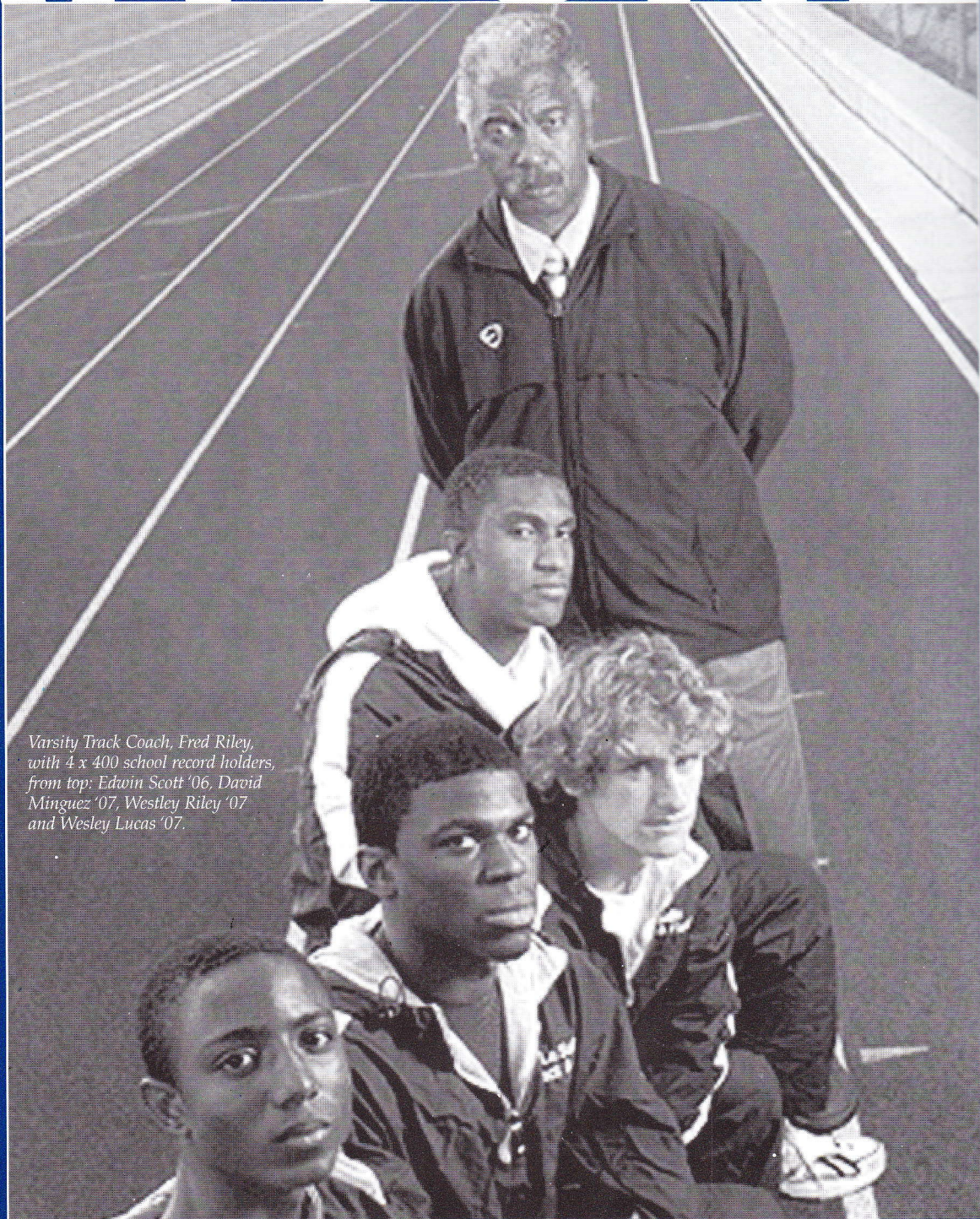


Veteran Track Coach Explains His Philosophy

ANYONE



Varsity Track Coach, Fred Riley, with 4 x 400 school record holders, from top: Edwin Scott '06, David Minguéz '07, Westley Riley '07 and Wesley Lucas '07.

Photo by: Leo Jirzomb; Pasadena Star News

CAN ACHIEVE WHEN PROPERLY MOTIVATED

What does Fred Riley want you to know about his success in the classroom and on the track? That success belongs just as much to his students who have developed their computer technology skills, as to his athletes who have done what it takes to improve their performance. Riley's role? Understanding in class that anyone can achieve when properly motivated and recognizing in track the value of hard work in preparation for competition. These basic yet profound elements provide the foundation for this Lasallian educator's philosophy.

Mr. Riley's class demonstrates how hardware and software applications are used in real-world environments. "We show students how applications like Microsoft Office are used in the workplace. The classroom models a professional environment where the students adhere to professional norms," Riley says. Mind-mapping software from the program Inspiration, allows students to visually solve problems. Concepts are expressed diagrammatically, connected to an action verb to synthesize ideas, and linked to relevant Internet sites for research.

Creative methodologies are a hallmark of Riley's teaching. Supporting Gardner's theory of multiple intelligences, he designs classes to help students with diverse abilities express themselves successfully, resulting in better retention, writing, and organizational skills. Formerly a professional musician, Riley sees a strong connection between music and computer sciences. Musical attributes, such as tempo, pitch, and scales, can be expressed in numerical sequences, much like computer language. Riley's students have access to course lecture films and other class resources through La Salle's website. Parents can access their son's or daughter's grades and upcoming assignments online as well. These are just a few examples of Riley's efforts to implement educational technology inside and outside the classroom.

Track & Field has always been a big part of Fred Riley. In high school he ran on a national record 4x220 yard relay team. Central to his coaching success is an alliance with Duane Norris, who offered to help Riley at Pius X, where Riley began his coaching career. Both came to La Salle. Riley cites coaching stability as an important factor in team success. "Four of us have coached together at La Salle for twelve years, and a fifth

for seven years. That stability provides for a solid team philosophy, consistency for the athletes, and focus toward a common goal."

Riley built a program where experienced and non-experienced athletes alike practice, improve, and compete successfully, as long as they are willing to work hard. His program for girls is the most successful on campus, earning in twelve seasons: nine Sunshine League titles, two CIF titles, sixty-seven league champions, eighty-six CIF finalists, fourteen CIF individual champions, eight Masters finalists, and two State finalists. This year the boys program won fifteen of sixteen Santa Fe League event titles, earned CIF finals berths in twelve of sixteen events, and had two CIF Champions (Westley Riley '07 in the 800 meters, and Roger Harrison '06 in the long jump), the best performance of any area school in any division. With wins in 2006 over Arcadia, Temple City, and Monrovia, the boys established themselves as a power in the San Gabriel Valley.

How good were the boys this year? According to Riley, "We finished third in CIF, but would compete for state titles in several other states. We compete in the largest, most competitive track section in the country." His son's division winning time in the 800 meters is faster than state meet winning times in sixteen states this year!

Through it all, Riley believes his greatest accomplishment is his association with so many quality student/athletes. "Some of the best athletes at La Salle participated in track, and I am glad to be associated with them," says Riley. He credits his wife Joyce, who has worked in education and athletics for many years, as one of the main reasons Riley entered the education field. "Joyce has had an unwavering positive support for all my coaching and teaching endeavors."

Summarizing his experiences over the last twelve years, Riley concludes, "I have so much fun here at La Salle, teaching and coaching. The support we receive from the administration, parents, team Moms, and Athletic Boosters is tremendous. La Salle's environment is a special one. Nowhere else can a young man or woman be exposed to so many opportunities, to all things that are life, to learn to interact positively with others. Knowing the teachers and coaches here like I do, La Salle provides the best education possible."

*"It might be hard sometimes,
but we work with the students
to find what works best."*

*— Fred Riley
La Salle Parent,
Teacher, and Coach*
