

2019 SD Waves Track Coach Bios

Chelsea Gladden-

Coach C. Gladden started coaching with the Waves in the 2018 track season. Her second year returning, she focuses on strength training exercises and assisting with sprints. One of her all time favorite activities is cheering for all the Waves during meets. When not on the track, she can be found literally running around Vista with her five kids and her husband Eli, also a Waves coach.

Eli Gladden-

A life long Track & Field fan, Coach Eli has been with the team for 3 seasons. In 2018 he helped initiate and lead the development of a dedicated sprint and field event training plan for the Waves, and currently coaches sprints and jumps. A former CIF champion, Eli went on to compete at UCSB where he served as team captain and was The Big West Conference high jump champion. He is a very proud father of 5 kids who are all current or former Waves and husband to Coach Chelsea. In his free time he likes to... He can't remember that far back.

Bob O'Toole-

Bob has been a volunteer parent coach since his son Aidan joined the Waves four years ago. He had started competing at a young age like his son and even completed his first marathon at age 17 in the off season while competing for a San Diego high school. Although he competed for two years at the college level, he has really enjoyed and appreciated running even more since he transitioned to master's level competition many years ago. Bob's son Aidan has excelled in his age group level competition and even reached "All American" national status last year. Bob's belief is that our Waves can be even more successful if both our athletes and their parents work together to help set and achieve their goals.

Hector Menchaca-

Coach Menchaca is the head coach of the SD Waves and has been coaching youth athletes since 2003. He has competed at all levels of cross country and track; from elementary school to the college level. He competed in events from 800m to the steeplechase in college. He is a NFHS Certified Coach and currently is the Varsity Head Coach for Cross Country and Middle/Distance Track Coach at Mission Hills HS. As his daughter Claire says, "he lives vicariously through the athletes he coaches..." In his free time he likes to... Wait, what is free time?

Bios coming soon...

David Baeza

Bob Brown

Herbie Smith

Claire Menchaca