

# ANDREW TORRES

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## PROFESSIONAL SUMMARY

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High-impact Track & Field and Cross Country coach with proven success building championship-caliber programs and developing student-athletes. Demonstrated track record of 167% team growth, multiple CCS qualifications, and securing college scholarship offers for athletes. Combines data-driven training methodology with strong leadership and mentorship to maximize athletic performance and academic achievement. Doctoral candidate in Organizational Leadership, bringing evidence-based approaches to athletic program development, team management, and competitive strategy.

## EDUCATION

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### Doctor of Education (EdD) in Organizational Leadership — ABD

Aspen University, Denver, CO

Dissertation: "Unmasking Inequities: AI and the Digital Divide in Secondary Schools"

### Master of Arts in Philosophy

San Jose State University, San Jose, CA

### Bachelor of Arts in Philosophy

Humboldt State University, Arcata, CA

## CERTIFICATIONS & CREDENTIALS

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- ISSA Certified Personal Trainer (CPT)
- ISSA Strength & Conditioning Specialist
- ISSA Exercise Recovery Specialist
- AED/CPR Certified
- Heat Illness Prevention Certification
- Concussion in Sports Awareness Certification
- Sudden Cardiac Arrest Prevention Certification

## CORE COACHING COMPETENCIES

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Program Development & Team Building | Athletic Performance Analysis | Data-Driven Training | Distance Running Specialization (5K, 10K, Steeplechase, Cross Country)

Injury Prevention & Recovery Protocols | Strength & Conditioning | Periodization | College Recruitment & Scholarship Navigation | NCAA Compliance | NCSA Platform

Meet Management & Logistics | League Coordination | Student-Athlete Mentorship | Academic Accountability | Fundraising & Budget Management

## COACHING EXPERIENCE

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### Distance Coach — Track & Field

Mt. Pleasant High School, San Jose, CA | December 2025 – Present

- Planned and executed data-informed distance training programs aligned with seasonal competition goals and athlete development timelines.
- Monitored performance metrics and recovery indicators to optimize training outcomes and reduce injury risk.
- Supported student-athletes through mentorship, communication, and structured feedback to promote consistency, resilience, and long-term development.

### Head Cross Country & Track and Field Coach

Latino College Preparatory Academy, San Jose, CA | December 2023 – October 2025

- Orchestrated exceptional program growth, expanding team membership from 15 to 40 athletes (167% increase) through strategic recruitment initiatives, improved retention strategies, and development of inclusive team culture.
- Designed and implemented comprehensive periodized training programs utilizing data analytics and performance tracking, resulting in multiple athletes achieving personal records, earning All-League honors, and securing college scholarship offers from Division I, II, and III programs.
- Led all aspects of league meet coordination, including scheduling, course setup, official assignments, and team logistics, while maintaining compliance with CIF regulations and safety protocols.

- Established strategic partnerships with local businesses and the alumni network for fundraising initiatives, raising \$15,000+ to support equipment purchases, travel expenses, and training camp opportunities.
- Mentored student-athletes on the college recruitment process, assisting with athletic profile creation on the NCSA platform, communication with college coaches, and scholarship application procedures.

### **Head Cross Country Coach**

*Downtown College Preparatory, San Jose, CA | August 2022 – December 2023*

- Built a successful cross-country program from the ground up, developing a comprehensive training framework integrating base building, speed development, and race-specific preparation.
- Coached women's team to a top-10 finish at league championships, with 3 athletes earning individual All-League honors, demonstrating effective coaching methodology and athlete development strategies.
- Made school history by qualifying multiple runners for the Central Coast Section (CCS) Championships for the first time, validating training program effectiveness and establishing new performance standards.

## **ATHLETIC BACKGROUND**

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### **Cross Country & Track and Field Athlete | Team Captain**

*East Los Angeles Community College | 2012 – 2014*

- Competed in distance events including 5K, 10K, and 3000m Steeplechase at the collegiate level.
- Served as Team Captain (2013–2014), leading team culture development and mentoring younger athletes.
- Qualified for the California Community College State Championships in Cross Country (2013).
- Earned All-Conference and All-State Academic honors, exemplifying balance between athletic and academic excellence.

### **Cross Country Walk-On Athlete**

*Humboldt State University (NCAA Division II) | 2014*

- Successfully walked on to the NCAA Division II cross country program, demonstrating competitive drive and determination.
- Developed a comprehensive understanding of injury prevention and rehabilitation following a career-ending meniscus injury — expertise now integrated into coaching philosophy and athlete care protocols.

## **TECHNICAL SKILLS & TOOLS**

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- Performance Analysis: Timing systems, video analysis tools, training log platforms
- College Recruitment Platforms: NCSA, Athletic.net, BeRecruited
- Microsoft Office Suite & Google Workspace: Training plan development, meet management, data analysis
- Communication & Collaboration: Team management apps, parent communication platforms
- Budget Management & Fundraising: Financial planning, donor management, grant applications

## **ADDITIONAL PROFESSIONAL EXPERIENCE**

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### **Academic Mentor**

*Fusion Academy, Palo Alto, CA | November 2025 – Present*

- Deliver one-to-one, mastery-based instruction, designing curriculum, pacing, and assessments tailored to individual student needs, including students with ADHD, anxiety, and learning differences.
- Use data-driven assessment and LMS tools to track progress, adjust instruction, and improve skill mastery.
- Support student growth in executive functioning, time management, and self-directed learning.

### **High School English Teacher**

*Latino College Preparatory Academy, San Jose, CA | November 2022 – October 2025*

- Designed culturally relevant curriculum for 120+ students, achieving 25% increase in engagement and 18% improvement in standardized reading scores.
- Mentored students on college applications and career readiness, contributing to a 95% college acceptance rate.
- Coordinated the school's selection as 1 of 2 U.S. schools for The Economist's international Topical Talks festival.

### **Academic Advisor — Student-Athletes**

*East Los Angeles College & Humboldt State University | August 2016 – December 2018*

- Provided comprehensive academic advising to student-athletes, ensuring timely degree completion while maintaining NCAA eligibility requirements.
- Developed individualized academic plans balancing rigorous coursework with athletic commitments, achieving 100% on-time graduation rate among advisees.