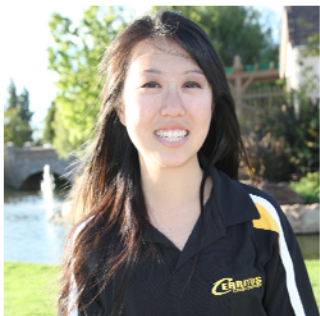




Jason Watanabe (595-103), Head Coach
 Ninth year head coach at Cerritos High School and twelfth year coaching, who has continually dominated in the ABC District Championship in addition to qualifying for the CIF Championships for the past eight years. The teams have compiled numerous league championships over the past eight years. In 2001, Coach Watanabe helped lead Marina High School to the Division 1 State Championships, placing in the top twenty overall.
 As an athlete, Coach Watanabe was apart of the first cross country league championship in school history in 1999. His PRs were set while in college, running a 4:43.1 in the 1600m and a 16:42 for 5000km in Carlsbad. He has competed in various races including the San Francisco and Long Beach Marathons, the California Dreaming, Triple Crown Series, and will complete the Coast-to-Coast Challenge this year.



Damon Gohata, Assistant Coach
 Eighth year assistant coach at Cerritos High School, who was a part of a CIF Finalist team from Pacifica High School in Garden Grove, California. Played a large role in the success of the boys team the past few seasons. A professional at designing, Coach Gohata assists with team apparel along with coaching the girls basketball team and the track and field team. He will soon be the father of handsome young boy.



Allison Koizumi, Assistant Coach
 Seventh year assistant coach at Cerritos High School, who was an alumni of the team, who won three consecutive cross country league championships. She also holds the twenty third fastest time in school history, including a record still standing at the LB Distance Carnival. Coach Koizumi also lettered in basketball and track and field. Coach Koizumi is currently a Math teacher and Class of 2015 advisor at Cerritos High School.



Jonathan (JT) Nagayama, Assistant Coach
 Second year assistant coach at Cerritos High School, who began as a volunteer for the program and progressed to an assistant position. JT competed under the first team that Coach Watanabe led at Cerritos High School where he currently resides at #32AT on the school's all-time list at 16:47. JT also competed while a student at Whittier College.



Thien-Nam To, Assistant Coach
 First year assistant coach at Cerritos High School, who has volunteered within the program over the past two years. Thien-Nam is one of the most decorated Cerritos athletes in history with his #3AT PR of 15:14, an individual CIF Finalist qualifier and set his PR for five miles at 25:54 while at UC Irvine. Thien-Nam specializes in the steeplechase with PRs of 9:48.4 (3000m) and 6:25.49 (2000m) qualifying for the National Junior Olympic Championships.

Coaches & Volunteers