



## *Coaching Biography*

Peter Falcon will enter his first year as the head track and field coach at Spring Lake Park High School for the upcoming 2022 season.

Before coming to Spring Lake Park, Falcon coached for two years at Iowa Western Community College as an assistant cross-country/track and field coach, where he was in charge of coaching the distance runners. In his time at Iowa Western, highlights included coaching Sylvester Barus to a runner-up finish at the NJCAA National XC and Half Marathon Championships, which resulted in men's team finishes of 10th and 5th place. Falcon also coached Shanieke Watson to All-American finishes at the 2015 NJCAA National XC Championships (8th place) and Half Marathon Championships (5th place), which resulted in women's team finishes of 19th and 6th place, respectively. Other coaching accomplishments included various school records on both the track and cross-country course. Falcon also comes with experience in coaching youth track and field, where he assisted in coaching the distance runners for the Bellevue Breeze Track Club, a USATF junior olympic track and field team, from 2017-2019.

Falcon started his running career at the age of 10, running for the Bellevue Breeze and Cornhusker Flyers track and cross-country clubs in the Omaha, Nebraska area. He was a multiple time national medalist at the Junior Olympic levels from 1500m-5000m and 4x800m relay. He continued his success as a multiple all-state performer in both track and cross-country at Bellevue West High School in Bellevue, Nebraska.

He's a 2012 graduate of the University of Nebraska-Lincoln. During his undergraduate career, Falcon was a 4 time Big 12 and Big 10 XC and track and field conference qualifier and ended up 11th on the Nebraska 10k all-time list by the end of his running tenure for the Cornhuskers. He still runs competitively for a sub-elite USATF club called "Lincoln Running Company-Nebraska". Falcon currently holds personal bests of 2:19:51 for the full marathon and 1:07:10 for the half marathon. He was 51 seconds short of qualifying for the 2020 USA Olympic Marathon Trials and has sights set on qualifying for the trials in 2024.

Currently, Falcon works full-time at as a licensed clinical mental health therapist at Ballard Clinic in Wayzata and Edina. He works with children, adolescent, young adults, and families. He specializes in working with athletes struggling with both sports performance and clinical based issues, while also working on becoming a Certified Mental Performance Consultant (CMPC) through the Association of Applied Sport Psychology.

Falcon believes in building meaningful and long lasting relationships with his athletes, utilizing evidenced based/optimal training methods, and applying a sports performance based mental approach that allows his athletes to succeed to the best of their abilities, both on and off the track. His passion lies in coaching and building a meaningful, competitive, open, and holistic team culture to the Spring Lake Park track and field program. He currently lives in Maple Grove with his wife, Jenny, a physical therapist in the Twin Cities area; his golden retriever, Millie, and cats, Archer and Stella. Outside of coaching, Falcon enjoys keeping close tabs on Husker football in the fall, going on hikes, traveling, spending time with his wife and pets, and having frequent movie marathons.