

Coach Israel Pose

Torrance High School
Torrance, CA



Did you run track/XC in college? I ran at El Camino College, in Southern California, in 1991 and 1992 both XC and track. I led our team to the State Team title as a soph. I was also runner up in State Championships at 10,000 meters as a soph. I transferred to Fresno State in spring of 1994, where I competed in XC and in both indoor and outdoor track.

What is your favorite coaching moment (or moments)? When I think of this question, I tend to think about Kent Morikawa, who went on to UCLA, winning CIF and qualifying to Foot Locker Nationals in 2006. Or I think about when our boy's team in 2006 went to the State Finals for the first time in school history. Or also when our girls went for the first time to the State Finals in 2001... but I don't think those are my FAVORITE coaching moments. My favorite coaching moments is when I see kids who never thought they could do something, do it. I love to prove to kids that they can achieve a goal, or achieve a time, or not walk up a hill, or finish a tough workout strong.

I have gotten pretty good in predicting what certain kids can run time wise, especially in track. I love telling them a time and watch them look at me as if I was crazy. Then when they go out there and do it, I love to watch their faces of joy and watch their self esteem sky rocket.

Without a doubt, those are my most precious coaching moments!

What is your favorite race to either watch or run? I absolutely LOVE watching meets of any kind. Olympics, world champs, state champs, etc... but for me, my most satisfaction comes from watching our teams compete at our league championships every year. For the past 16 years I have always instilled on our program that league finals is THE most important meet of the year. We focus on that. That's the meet where we want to be at our best. We ask for the most support and especially for our seniors, which for many of them, it might their last race of their HS career. So the day before, we have senior day. The seniors get a chance to address the team and inspire them to do their best and they discuss what it has meant for them to be on our team. They ask the team to run hard for the seniors and to please be out there on the course and cheer them on hard. It's amazing to see these kids open up to the team in such a way. It's a very moving experience for me, especially knowing some of these kids are very quiet freshman, to being able to stand in front of another 100 teens and spill their feelings as seniors four years later! I feel my proudest then when on race day I see each kid go all out for each other. It's truly amazing!

Coach Pose was named Brooks "Most Inspiring Coach of the Year" in 2012. He was selected from more than 1,300 nominations for high school track and/or cross country coaches who inspire their athletes every day. Brooks Sports, Inc. created the Brooks Inspiring Coaches program in February 2011 to identify and honor coaches across the nation who put in extra time and resources to build and keep their programs strong, make a lasting difference in the lives of their athletes, and inspire everyone in the community to run and be active.