

Dear

We are building a winning program with athletes who want to be the best and have the drive to be successful. We want my athletes to win on the field and in the classroom. The goal for the team is to maintain growth every year as a team and as individuals. We want every student to race at the National Championship while you are at Finlandia University. We believe to do that, we as a team must set new goals every season to push ourselves and others to be the best we can be. Besides winning races and becoming national champs, we want our teams to be all academic every semester. The most important thing to me is to see my athletes become leaders in the community and in the community, grow as individuals, and enjoy running so they continue to run even after they leave Finlandia.

I have a lot of experience as a coach. At each place have learned new ways to coach and different lessons to help my athletes be better as an athlete, a student, and overall person. I started my career at the high school level, coaching at three different schools. Two seasons were spent as an assistant coach and one season as a head coach. Two of my three teams had won a conference championship. On those teams, he had a four forty-five feet triple jumper, a top twenty in the state of Pennsylvania 4x100 team, a 4x800 girls' team that set the school record and three girls qualify in individual events for the Pennsylvania Interscholastic Athletic Association (PIAA) Track State race. After a year and a half at the high school level, I became an assistant coach at the University of West Florida. At the University of West Florida, I was the women's assistant coach. I oversaw recruiting and planning workouts for the team. The women's team won the Gulf South Conference twice, we were second at the regional races, and made two national appearances (2011, 2012). Eight of those athletes finished in the top ten all-time list in school history in the 5k and 6k. On the track, I oversaw coaching steeplechase, in which I had an athlete, who set the school record twice. After two years, I would leave for my hometown of Reading, Pennsylvania, where I was offered to be the Head Cross Country Coach/Assistant Track Coach at Albright College. I spent two years there trying to bring life back into the program. While I was there, my women's team won their first invitational in more than six years. I coached a runner who finished third, on the all-time list in school history in the 8k. In cross country and on track, I had fifty runners who qualify for the Middle Atlantic Conference Championship, four individual qualifiers for the Eastern College Athletic Conference (ECAC), two National Collegiate Athletic Association (NCAA) Division III national qualifiers, and two All-Americans. At Cottey College, I had two all-region runners and both runners qualified for NJCAA National Champion and three All-A.I. I conference and three NAIA national qualify. I had built a team that had five athletes to thirteen athletes. After Cottey, I took over a team at the University of the Southwest that had several issues due to COVID. In my last year as the USW coach, I saw the team go from eight to thirty and had twenty-five athletes become All-Red River Athletic Conference and three NAIA cross-country national qualifiers. I hold USA Track & Field Level 1 and Level 2 certifications. I have taken countless classes to improve my ideas and skills in coaching.

Finlandia University- Finlandia University offers several unique tuition initiatives, numerous merit-based scholarships, and one of the most affordable tuition rates in the upper Midwest for a private university. 100 percent of our full-time domestic students receive some sort of financial aid. In 2020-21 that added up to Finlandia investing more than \$3.2 million into the future of our students. In 2017, 2018, 2020, and 2021 Finlandia was named a Best Value School. The class is about eleven students, Finlandia's campus is located in the Keweenaw Peninsula, the northernmost point of land in Michigan. Natural beauty, mining and immigrant history, a thriving arts community, and year-round outdoor recreation opportunities are plentiful in this region known as the Copper Country. Finlandia students enjoy miles of public beaches, more than 25 local waterfalls, and easy access to Lake Superior, the largest body of fresh water in the world. Adventurous spirits find inspiration and enjoyment on miles of local hiking and biking trails, at two national and four state parks, and on acres of pristine, natural forest land. Finlandia students enjoy mountain biking, hiking, fishing, camping, canoeing, and boating, and with an average annual snowfall of 250-300 inches, snowboarding, skiing, and ice hockey.

Academics- Finlandia University our small classes and active learning environments allow students to enjoy an intensely personal interaction with faculty. Faculty members are recognized within the larger higher education community as leaders in active learning techniques and regularly speak at or lead active learning sessions. Finlandia University offers scholarships to help with tuition. The grade point average required by Finlandia for scholarship eligibility is 3.0. Athletes falling below a 3.0 at midterms during the first semester participate in study hall. All freshmen have mandatory tutoring that they must do. The tutoring is for two hours per class. After freshman year it goes down to one hour per class. Also, Finlandia has a program called TRIO. TRIO is a student support service to provides academic services to empower students to achieve their personal, educational, and career goals. - Finlandia offers academic programs of study leading to associate and baccalaureate degrees in the disciplines of art and design (BFA), business (BBA), liberal studies (BA, AA, AGS), and health sciences (BSN, AAS).

Cross Country Program- What we are looking for in a runner is a great attitude, willingness to work hard, and someone with a passion and the DRIVE to be successful. Our training style is based on the team we have in that particular year. Each year will most likely be different from the last. I am very flexible and believe each year to grow you need to change so you can grow as an athlete and a person. The only things that will be the same are the phases. The running schedule example is the summer before you enter Finlandia your schedule is based on what you did during high school. During the summer, the first phase is to build the base for success. Like a great mansion, you need to have a solid foundation, and so do runners who desire to win at the highest level. We have four different phases, the First phase- Summer= base, the Second- Transition between the summer meet phase, the Third phase- Meet phase, and Four-Phase- Championship. The workout will all be based on the different phases and where we are mentally and physically.

You are the future of the program and the success we need to reach the goals we set. I would like to add your qualities to our team and make us stronger. I think with athletes like yourself we can win next year and for many years to come. Are you interested in Finlandia University? Please complete the Cross-County Questionnaire on the cross-country portion of our website, the Athletic Interest Form.

In addition, here are a few other questions I would like to answer; they give me a good idea about how you will fit into our team.

Questions-

Major:

GPA:

5k:

1600m:

3200m:

800m:

Favorite Color

Favorite Food

Favorite Animal:

Favorite Sport:

Favorite Athlete:

Favorite Quote:

What are some of your strengths?

What are some of your weaknesses?

What makes you a great teammate?

In your own words what makes a team?

How do you reach success?

How will you handle the workload of being a Student/Athlete?

Thank you for your consideration. If you have any questions, please contact at my cell phone at 817-487-5042 or my email Tony.Skiles@finlandia.edu We look forward to hearing from you soon.

Tony Skiles

Head Cross Country Coach

Phone:817-487-5042

Twitter: @coachskilesxctf

@Finlandia_xc

Finlandia University

