

Nicole Gilhuley

Professional Biography

Coach Gilhuley has spent 17 years coaching cross country and track & field, developing athletes from beginners to state champions, All-Americans, and national champions. As Head Coach of Ridge High School's boys cross country, winter track, and spring track programs, she has led her teams to 47 team championships while coaching athletes to 45 school records, 119 NJ Meet of Champions medals, 15 All-American honors, 6 New Jersey State Champion relay teams, and 5 National Champion relay teams.

Coach Gilhuley emphasizes individualized training, strength and conditioning, race strategy, mental preparation, injury prevention, and building a positive team culture. She also serves as meet director for Ridge-hosted competitions and mentors athletes through the college recruiting process.

Credentials

- USATF Level 1 Certified Coach
- USATF Cross Country Specialist
- NJ Cross Country Coach of the Year (2020)
- Skyland Spring Coach of the Year (2024, 2026)
- Skyland Spring Team of the Year (2023, 2026)