John O'Malley (Carl Sandburg High School)

John is in his 24th year coaching at Carl Sandburg. His teams have earned four State trophies in 2015 and 2021 his cross-country team won the state meet. In 2014. the team was second and in 2016. they were third in track and field. John has coached 19 state medalists in cross country including two state champions. In track and field, he has coached 21 All-State medalist including seven state champions. Four times his relay team has won the 3200 m relay. Seventeen times his relay has been under 7:50. John has also coached three Foot Locker National Champions, the only one in Illinois to do that. Dylan Jacobs won in 2017 and Lucas Verzbicas in 2009 and 2010. John has had two teams qualify for the Nike Nationals. John's commitment to learning extends beyond his team." He has been more than generous with the knowledge and methods he's refined across his career. He presents at a variety of clinics, writes articles, gives interviews and answers, countless emails asking for his advice."