

Robin Leafblad 1996

Robin Leafblad has been good at a number of sports during her lifetime. At Arlington High, she participated in cross country, soccer, and track. At Point Loma University, she ran Track and was also on the soccer team. After college she was involved in a the WPFL (Women's Tackle Football League), CrossFit and Olympic Weightlifting. However, none of that compares to her success as a Track and Field athlete.

As a four year letter winner and a three time CIF participant for the Lions, Robin is among the very best ever seen on the oval in Riverside County history.

Her versatility and athleticism allowed her to compete in a great number of events, all at a high level. "We could enter her in just about anything," said her old coach, John Corona, "and she was going to score for us." Primarily a hurdler and jumper, Robin led the way for the Lady Lions to win League Champions her senior year. She was a two- time team captain, 3- time team MVP and a CIF finalist in 4 events in 1996. Not only was she a finalist in those 4 events, she medaled in the top 6 in each event. For these accomplishments Robin was also named ASH's Female Athlete of the Year in her senior year. She still holds the Lion records for the 100m Hurdles and the 4 x 400 Relay and has two of the all-time top marks in Riverside County in the 100 and 300 hurdles.

Robin headed next to Point Loma Nazarene University in San Diego where she played an integral part in the Sea Lions winning 4 straight Golden State Athletic Conference Women's Track championships. She is a 5 time NAIA All-American, and in 2000, was the National runner up in the Heptathlon. She earned 10 individual conference championships and was All-GSAC in 20 events. She still holds the school's 100- meter hurdle record and is in top 10 in the 400 hurdles, the long jump, the triple jump and the heptathlon, and was awarded PLNU's Outstanding Female Athlete of the Year in 1999. In addition to track, while at Point Loma, Robin helped start the Women's Soccer Program along with several other passionate female soccer players. In the teams FIRST competitive inter-collegiate year in 1999 (her Senior Year), Robin played the inaugural season as an outside midfielder.

In her senior track & field season, at the GSAC League Championships, she put on the finest individual performance in conference history when she scored 78 of the teams' 271 points. 30% of the teams points. By herself, she outscored 5 GSAC teams. Robin scored in 8 different events, winning 6 of them and finishing second in the other two.

Upon graduation, she joined the PLNU coaching staff for the Men's & Women's track and Women's soccer programs for four years and three of those years taught in the Kinesiology Department on campus. She also served as an assistant coach at Azusa Pacific and Biola Universities for a period of time.

Throughout her adult life she has remained active with her competitive Crossfit and Weightlifting activities. Between 2015 - 2017 qualified for the Southern California Regional Competition both on a team as an individual. She then took her long time love for Olympic Weightlifting to a competitive level and has yet to look back. Competing on a local, National and World stage as a

Masters Athlete. She is a 6-time Masters World Record holder, and a 7-time Masters National Record holder, both spanning two different weight classes. She also has a Masters Pan American Record in the Clean & Jerk, & is a 3-time California State Record holder.

In the last decade she, with her partner Jodi (a Fire Captain with the City of Pasadena), have owned and operated their own training facility where “motivated individuals seek to maintain a healthy, active lifestyle.” Anyone who knows Robin, knows her passion for people and for their health and well-being. She and her partner most recently left their successful, small business ownership, to turn her 23 years of part-time teaching into a full-time teaching career with Santa Ana College in the Fire Technology Department. The Fire Technology Department has a unique Health & Wellness Program that focuses on the education and execution of tactical strength and conditioning teaching for Fire Technology Students, Academy Recruits and Incumbent Public Safety Officers all over Southern California.

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