“Anna has worked as a personal coach for our high school aged daughter for a little over 6 months. From the moment we had our first virtual conversation, we knew that Anna would be a great match for our family.  She made our soft-spoken daughter feel comfortable and confident.  Anna’s knowledge of nutrition, mental preparedness, and overall love of the sport was invaluable to our family. Beyond that, Anna came to each virtual meeting with a new, very relevant topic to discuss. She always tailored her sessions to meet the needs and interests of our daughter. Our cross country coaching staff is primarily male at our high school. It was so nice to have a female perspective. Anna also made sure that there was good communication between herself and our coach. That positive relationship was important to her. While our daughter had one of her toughest seasons yet (working through injury and mental fatigue), I very much believe that Anna’s words gave her the optimism she needed to persevere and helped her improve throughout the course of the season despite her nagging injuries.  Anna worked hard to make sure that our daughter could continue to have a positive relationship with the sport.”

**~ K. Harvey – Mother**

"When I first started working with Anna, I felt stuck. Anna helped me realize that in order to get faster, you need to reframe the way you think; the way you think about yourself, running, food, your teammates, past races, future races, your goals, strength training, and much more. My time with Anna has made me a faster runner, happier person, and better teammate."

**~A. Maienbrooke – High School Runner**

"Working with [Coach Anna], I have become a stronger athlete both mentally and physically. I have learned information to help me understand what it takes to be a good runner both on and off the track, which I’m certain will benefit me throughout the rest of my high school career and beyond! "

**~L. Harvey – High School Runner**

"We are so grateful that we found Coach Anna for my high school runner. [We] have appreciated the customized training plans based on our daughter's competitive goals and current fitness. She creates effective, challenging, and appropriate workouts that my daughter enjoys. However, the most valuable aspect of her coaching role for us has been the focus on the 'mental game' of cross country. Her guidance on racing strategy, race-day jitters, and most importantly, exploring the 'why' has been so valuable and effective in my daughter's confidence, personal growth, and enjoyment in this incredible sport."

**~S. Lien – Mother**