

Michael Nelson

Michael Nelson, a Class of 1999 NHS graduate, is a 9-time Varsity Letter Award Recipient and a 5-time Varsity Captain.

Some highlights of Michael's athletic achievements at Northwest include the following:

- All-State Award, Track & Field, 1998 - 4x800m relay, 7th at State Championships
- All-State Award, Cross-Country, 1998 - 19th place at 4A State Championships
- All-State Award, Track & Field, 1999 - 1600m, 8th at State Championships
- Earned "Team Leadership" Award, Varsity Basketball, 1998-1999 Season

In addition to athletics, Michael participated in several clubs while attending Northwest. He was involved in DECA, Mu Alpha Theta and National Honor Society.

After high school, Michael attended Truman State University where he was a four-time All-MIAA performer for the Bulldogs. He competed in the NCAA Division II cross country national championships as a junior and senior, and helped his team to a fourth-place finish in 2001 and a 14th-place finish in 2002 at the national meet. Nelson graduated cum laude from Truman State in 2003 with a degree in exercise science.

Michael next spent two years as a graduate assistant for the Emporia State University cross country and track and field teams where he worked with Emporia State's distance runners on the track and field team and served as the recruiting coordinator. He earned his master's degree in physical education from Emporia State in 2005.

From there, Michael was hired as the head cross country coach at Saint Louis University and subsequently founded their track and field program in the Spring of 2006.

In 2007 Nelson transitioned to a position at Marquette University where he spent 12 years as the head Cross Country Coach and assistant Track & Field Coach. During his tenure at Marquette, the Golden Eagles captured the women's 2016 and 2017 Big East Indoor and Outdoor Team Championships, as well as the men's 2016 and 2018 Big East Outdoor Team Championships. Nelson's men's cross country squad earned the Big East Academic Excellence Award in 2017 and 2018. Michael completed his master's degree in leadership studies from Marquette in 2018.

In August of 2019, Michael made the move to his current position - the director of Track & Field and Cross Country at Monmouth University in New Jersey where he has led the Hawks to three conference titles including the 2020 Men's Indoor MAAC Championship, 2021 Men's Outdoor MAAC Championship, and 2021 Women's Outdoor MAAC Championship. Nelson also led Monmouth's men's cross-country team to their highest finish ever at the 2020 MAAC Cross Country Championships.

We are proud to introduce and induct Michael Nelson into the Athletic Hall of Fame Class of 2022.