JACKIE (WILSON) MOOG

In attempting to identify the highlight in a lifetime of great sports achievements, Jackie Moog would have difficulty deciding which championship -- player or coach -- to single out.

Moog, whose maiden name was Wilson, moved to Castro Valley while a fifth-grader in the Redwood Christian program. She’s never left … Castro Valley or Redwood Christian.

A varsity letterman in both basketball and softball as a freshman, the 5-foot-7 Moog’s greatest accomplishments as an athlete were indoors. Her basketball teams at Redwood Christian claimed four straight Christian Schools Athletic League championships, earning her two trips to the Oakland Coliseum Arena.

 Arguably Moog’s career highlight came on the final night of the 1983 regular season, when she and Pacific High’s Karen Jaskot were dueling for the Southern Alameda County scoring title. Like an election where you post your results and wait for the other precincts to report, Moog outscored Jaskot from miles away on the final night, securing the top spot on the charts.

 Moog earned 10 varsity letters at Redwood Christian -- four each in basketball and softball, and two in volleyball. She remains the school’s all-time leader in basketball in points in a season (605), field goals in a season (272) and points per game in a season (21.6).

 The Eagles went 77-30 overall and 46-4 in league play in her four seasons.

 The enormity of her prep success probably didn’t sink in until the third of her three children, Claire, earned Redwood Christian Female Athlete of the Year last season. During the ceremony, Moog glanced at the plaque of the all-time winners, boys and girls, on the school wall. There was her name, as well as that of her son, Cordon.

 After graduating in 1987 from Biola University, where she played one season on the basketball team, Moog said she wanted to get a job helping families with abused children. But after an internship in the field, she chose the teacher route at Redwood Christian.

 “I love elementary P.E.; I absolutely love my job,” she insisted. “I can’t believe they pay me to play with kids.

 “When I look back on my career, I could not have picked better for myself. I used my major (sociology). I work with families with kids. Sports really channeled me into this. My coaches really funneled me into this. I love what I do.”

 This year, Moog coaches just one team at Redwood Christian -- volleyball.