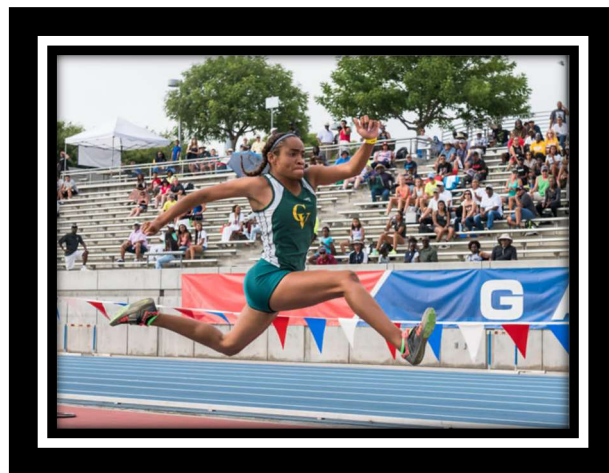
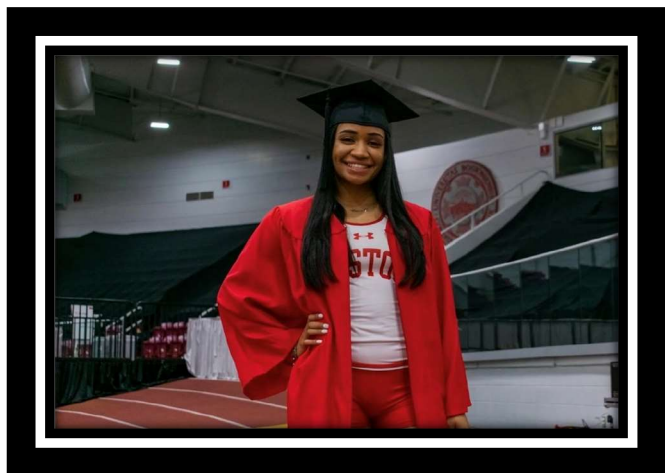


KENNEDY JONES



PROFILE

In her final meet competing for Castro Valley High in 2015, Kennedy Jones was leading the State Meet triple jump competition until two competitors passed her on their fifth of six jumps. Jones knew just what to do: talk to her coach, who happened to be her dad, Dooney.

“It was a scary, surreal moment,” recalled Jones, who had just one jump left. “My dad was saying, ‘Take some time. Do what you came here to do.’ My dad was really good at staying calm, not letting my anxiousness get in the way of performing.”

Finally, it was Jones’ turn. A hurdler known for her speed, Jones sped down the runway, then – as they used to say in the triple jump – “hopped.” Next came the “skip” and she could sense something special was happening. When she finished the “jump” she had gone 2½ feet farther than she’d ever gone before.

“You can feel where your body is,” she said. “I absolutely knew it. I started cheering and the number wasn’t even on the board yet. Absolutely my No. 1 moment in sports. All the hard work, and it came together in my last track meet in high school.”

Highly recruited after the State Meet success, Jones made trips to Hawaii, BYU, Oklahoma, Boston University and New Mexico. She chose Boston, where as a senior in 2019, she was the Patriot League indoor and outdoor champion in triple jump, as well as a participant in the Terriers’ first-place finish in a hurdles relay at the prestigious Penn Relays.

Jones returned to Castro Valley after college graduation and completed a three-year Masters program in Forensics Psychology and Counseling at Holy Names College in Oakland. She now works at Eden Counseling near Castro Valley High. The clinic works with students and families in the Castro Valley Unified School District, allowing her to reconnect with old friends and those to whom she’d like to say, “Thank you.”

“This is a great community,” she beamed. “Everybody’s uplifting, helping kids pursue our dreams. It’s nice to have that. It’s nice to know people are watching, that they care.”