



St. Celestine School

3017 N. 77th Ave
Elmwood Park, IL 60707
708-453-8234
stcelestineschool.org

YEAR 2021-2022

Jeff Fredrickson - Physical Education

Hello! My name is Jeff Fredrickson. I attended Oak Park and River Forest high school (class of 81) where I ran cross-country and track. After high school, I attended Triton Junior College 81-83 and Eastern Illinois University 83-86 receiving my bachelors in physical education and health and participating in cross-country and track. While at Triton, I ran the NJCAA marathon championship for two years placing 18th in a time of 2:38.43. I received my English as a Second Language endorsement from Chicago State University.

I am beginning my 34th year in education and have taught from day care to high school in both the Catholic and public school system. I am currently the assistant cross-country coach at Hampshire High School. I have also coached bowling and track & field (shot put and discus). My wife and I have been married for 27 years and live in Lake in the Hills with our cat Lilo.

I am very excited about being your new physical education teacher at St. Celestine!