

Glen is the son of Kenneth and Shirley West. Kenneth was a longtime coach at Brownwood High School, where he won seven state championships as an assistant coach. Glen played on the 1978 Brownwood State Championship Team as an All-State linebacker and is the godson, and named after, the legendary coach Gordon Wood. Glen went on to college at Angelo State where he graduated in 1984. After growing up in a coaching family and being molded by Gordon Wood, he started his coaching career in 1984 in Belton, Texas. Besides Belton, Glen was an assistant at Round Rock Westwood and Spring Branch Memorial. Glen's first head coaching job was in 1992 at Kemp High School. In 1998, after six years at Kemp, Glen came to Brenham.

Glen spent 20 years at Brenham as Head Football Coach and Athletic Director. During his tenure the football team was 185-61. The Cubs made the playoffs eighteen of his twenty seasons in Brenham, including the last fourteen in a row. The Cubs have been district champs 11 years, competed in the Regional Final five times, winning four of them. Glen's Brenham team played for the State Title in 2002, 2009, and 2013, the only Cub Football team to do so. In 26 years of coaching, Glen and his staff have put together an overall record of 226-84.

Glen and his wife Julie have been married for twenty-seven years and have two children, Gracie and Gretchen. Julie was a long time Art teacher in the Brenham School District. Prior to becoming a teacher, Julie was an advertising executive. Gracie is a graduate of TCU and is employed by Eanes ISD. Gretchen is currently a junior at TCU.

Glen has received a number of accolades over the years. Among them:

- 11 time District Coach of the year
- 3 Time Brazos Valley Coach of the year
- 2014 Coach of Distinction Award from the Texas Coaches Leadership Summit
- 1993 – Recipient of the City of Kemp's "Man of the Year" Award
- 1993 – Henderson County Coach of the Year
- 2005/2006 – Texas High School Coaches Association "Coach Who Makes A Difference"

Glen is on the Board of Directors of Brenham Gamechangers, and is a member of Brenham Presbyterian Church. Glen is also on the Board of Directors of the Texas High School Coaches Association. Of all the awards that Glen has received, his most treasured is one he received this year at the Texas High School Coaches Leadership Summit, the Coaching Beyond the Game Award.