

Philosophy of Coaching

SUCCESS

Participate in State Championships
Increase overall involvement
Develop individual's joy of running

Tools of the Trade

Without the basic physical and mental tools necessary to participate or compete, no athlete can succeed.

Physical

- ◆ Create training schedule that builds mileage base & develops speed, to prepare athletes for championships.
- ◆ Include some form of speed work in practice every day
- ◆ Build strength through bodyweight exercises – especially core muscles in mid-section

Mental

- ◆ Infuse competitive spirit in individuals and the team
- ◆ Set athletes up for success via success in workouts

Team

Though scored on an individual basis, success in Cross Country is based on a cohesive team.

- ◆ Communicate the value of each runner's role in each workout and meet
- ◆ Recognize/acknowledge value of each runner's talents
- ◆ Provide opportunities for both Varsity and Junior Varsity to meet separately to discuss team strategies
- ◆ Warm-up and cool-down as a team
- ◆ Promote social activities among the team members

Enjoyment

Running is a lifelong sport that can serve a valuable role in a person's life, long after high school.

- ◆ Meet athletes where they are and proceed to develop their skills from that point – whether improving overall conditioning or refining a highly-skilled runner.
- ◆ Include activities in practice that break-up the daily grind of season (e.g. ultimate frisbee, silly relays)
- ◆ Interact with the athletes so that they understand my desire to promote the athlete's best interests.