

2017 HOKA SuperClinic

PattiSue Plumer- How to Coach Large High School Teams Without Proper Resources or Support (a redundant statement no doubt ☺)

- 1) A little Background
- 2) Preseason Preparation
 - a) Philosophy: first step in preparation
 - i) Cut/no-cut (do you really know who is going to good in 9th grade? Just saying, no one would have picked my to be the Olympian)
 - ii) Team rules (the more you have the more time you have to spend enforcing them).
 - iii) Attendance (see above or aka how to make your team smaller)
 - iv) Attitude (yours not theirs...we know teens have it!!)John Wooden approach: Fairness is giving all people the treatment they *earn* and deserve. It doesn't mean treating everyone alike. That's unfair, because everyone doesn't earn the same treatment.
 - b) When, where, with whom (look around, look around, how lucky we are to be alive right now.....oops sorry had to get in Hamilton reference somewhere....but really, look around at your environment, take stock)
 - c) Shoes (on-line is really not a good option)
 - d) Team Captains (maybe this shouldn't be a popularity contest)
 - e) Team Parents (we should be so lucky)
 - f) Communication Communication Communication
 - g) Fundraising (yuck)
 - h) And finally training approach/plan (loosy-goosy doesn't mean unprepared)
- 3) Start of Season
 - a) Divide into warm-up and groups (time to mix and match)
 - b) Race day captains (No matter how amazing you are, you can't be in two places at once)
 - c) Early season time trials/scrimmage (makes below much easier)
 - d) Training Groups
- 4) Team activities (you all know about this, but just in case...)
 - a) Pasta Feeds
 - b) T-shirts
 - c) Friday Fun day
 - d) Trivia games
 - e) Ice cream runs, etc
 - f) Other ideas...love to hear them.
- 5) Training 2.0
 - a) Specificity of function (this is the most important thing I will talk about...if you have been sleeping, wake up now!!)
 - b) Mileage (lots of ideas, but no matter what, better build gradually and think about future)
 - c) Quality vs. quantity (one is better than the other, but you better have one of them!!)
 - d) How much should we race (specificity of function is real and how much more real can we get than this...)
- 6) Odds and Ends
 - a) Dealing with administration (yuck, again...)
 - b) Training logs, pluses and minuses (great to have but are you going to read them??)
 - c) Range of interest/abilities
 - d) Differences twn boys/girl (hate to say it but, yes, there is a difference)
 - e) Recruiting (just a few words on this subject...please help them)
- 7) How to get your top kids to be top kids (might not have time for this but just in case....)
- 8) Q and A