COACHING

Logistics, Community, and Workouts

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LOGISTICS

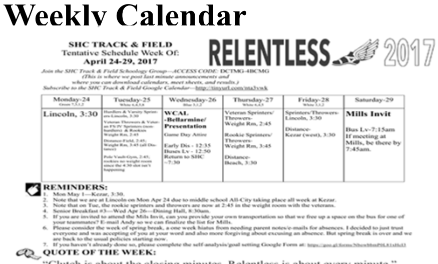
Pre-Season Parent Meeting

- Meeting for all teams that are in-season (fall, winter, spring sport meetings).
- General Session. Presentations. AD's speak.
  - Team Introductions.
    - Introduce every team member by name.
- Then break into by sport meetings
  - Go over expectations.
    - Attendance Policy
    - What needs to be bought from the online store (uniform, team shirt, sweats, etc.)
  - Parents sign-up to volunteer
  - End by running a typical weekly team meeting (go over calendar, give out awards), so parents get a snapshot of what we typically do.

Schoology

- Something SHC uses for teams, classes, clubs, other groups.
- Really a communication method.
- Password protected. Can limit membership to team and coaches only. Parents of students automatically can see what's posted.
- I use to send reminders. Post weekly calendar, meet sheets, and results.
- Kids use it to post pics of lost and found items and/or survey each other for class projects.

Weekly Calendar



SHC TRACK & FIELD
Tentative Schedule Week Of:
April 24-29, 2017

RELENTLESS 2017

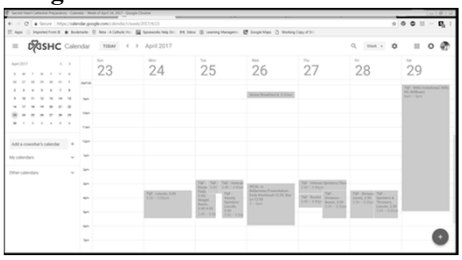
Join the SHC Track & Field Schoology Group—ACCESS CODE: DCTMG-4BCMG
(This is where we post last minute announcements and where you can download calendars, meet sheets, and results.)
Subscribe to the SHC Track & Field Google Calendar—http://tinyurl.com/nta3vsk

Monday-24	Tuesday-25	Wednesday-26	Thursday-27	Friday-28	Saturday-29
Lincoln, 3:30	Hurdlers & Varsity Sprinters-Lincoln, 3:30 Veteran Throwers & Veteran FS/JV Sprinters (non-hurdlers) & Rookies Weight Rm, 2:45 Distance-Field, 2:45; Weight Rm, 3:45 (all Distance) Pole Vault-Gym, 2:45; rookies no weight room since the 4:30 slot isn't happening	**WCAL -Bellarmine/ Presentation** Game Day Attire Early Dis - 12:35 Buses Lv - 12:50 Return to SHC ~7:30	Veteran Sprinters/ Throwers- Weight Rm, 2:45 Rookie Sprinters/ Throwers- Weight Rm, 3:45 Distance- Beach, 3:30	Sprinters/Throwers- Lincoln, 3:30 Distance- Kezar (west), 3:30	**Mills Invit** Bus Lv-7:15am If meeting at Mills, be there by 7:45am.

REMINDERS:
1. Mon May 1—Kezar, 3:30.
2. Note that we are at Lincoln on Mon Apr 24 due to middle school All-City taking place all week at Kezar.
3. Note that on Tue, the rookie sprinters and throwers are now at 2:45 in the weight room with the veterans.
4. Senior Breakfast #3—Wed Apr 26—Dining Hall, 8:30am.
5. If you are invited to attend the Mils Invit, can you provide your own transportation so that we free up a space on the bus for one of your teammates? E-mail Andy so we can finalize the list for Mills.
6. Please consider the week of spring break, a one week hiatus from needing parent notes/e-mails for absences. I decided to just trust everyone and was accepting of you at your word and also more forgiving about excusing an absence. But spring break is over and we are back to the usual policies starting now.
7. If you haven't already done so, please complete the self-analysis/goal setting Google Form at: [illegible]

QUOTE OF THE WEEK:
"Clutch is about the closing minutes. Relentless is about every minute."

Google Calendar



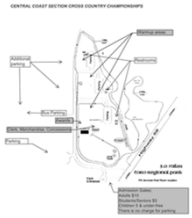
Weekly Team Meetings

- Usually on Monday.
- Especially important in track & field season because it's the only day of the week besides the meet that we may be all together at the same time.
- Go over weekly calendar.
- Hand out awards from the previous week.
- Quote of the Week – chance to be motivational/inspirational, tell a story, etc.
- Reminders – look for this e-mail, don't forget to bring your uniform for pictures, health tips.
- Chance to really emphasize something that needs to be done better or really reward/highlight something someone did in front of the whole team.

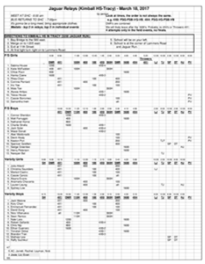
Meet Sheets – Cross Country

- Line Ups

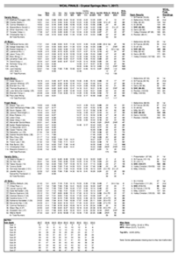
- Course Map

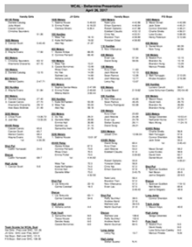


Meet Sheets – Track & Field



Meet Results





Other

- Track & Field Best Marks

XC Post-Race Critiques

SHC Cross Country Post-Race Analysis/Critique

Name: _____ Meet: _____ CCS Champs: _____
Place: _____ Time: _____ Team (JV, FS, etc): _____ Position on team: #_____

Grade your mental preparation for the race A B C D F
Were you focused during the warm-up? Yes No
Did you have a race plan? Yes No
Did you pick spots on the course to surge? Yes No

Grade your overall race performance A B C D F
Did you follow your race plan? Yes No
Did you run the first mile at the proper pace? Yes No
Did you work the middle of the race? Yes No
Did you move up in the last mile? Yes No
Did you have a good kick? Yes No

Grade your running on the hills A B C D F
Grade your ability to surge, take 10 quick steps, etc. A B C D F

List the strong points of your race:

List the weak points of your race:

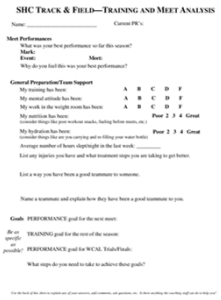
Nominate a teammate for an EARN IT award:

My training has been: Poor 2 3 4 Great
My mental attitude has been: Poor 2 3 4 Great
My nutrition, hydration has been: Poor 2 3 4 Great
# of hours slept/night: _____ # of core workouts/week: _____
Goal for the next race?

I plan to do the following at practice to improve:

Use the back of this sheet to explain any of your answers, add comments, ask questions, etc. Is there anything the coaching staff can do to help you?

T&F Mid-Season Self-Evaluation/Goal Planner


SHC Track & Field—Training and Meet Analysis

Name: _____ Current PR's:

Meet Performances:
What was your best performance so far this season?
Mark: **Event:** **Meet:**
Why do you feel this was your best performance?

General Preparation/Team Support
My training has been: A B C D F
My mental attitude has been: A B C D F
My work in the weight room has been: A B C D F
My nutrition has been: (consider things like post workout snacks, fueling before meets, etc.) Poor 2 3 4 Great
My hydration has been: (consider things like are you carrying and re-filling your water bottle) Poor 2 3 4 Great
Average number of hours slept/night in the last week: _____
List any injuries you have and what treatment steps you are taking to get better.

List a way you have been a good teammate to someone.

Name a teammate and explain how they have been a good teammate to you.

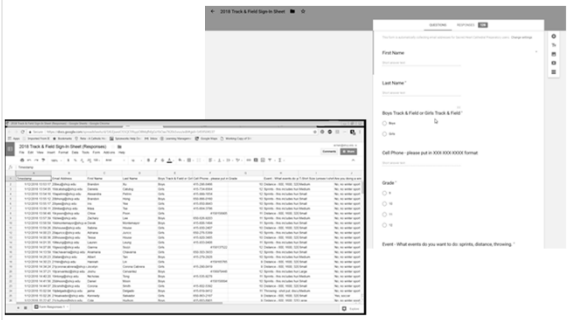
Goals: PERFORMANCE goal for the next meet:
Be as specific as possible! TRAINING goal for the rest of the season:
PERFORMANCE goal for WCAL Trials/Finals:

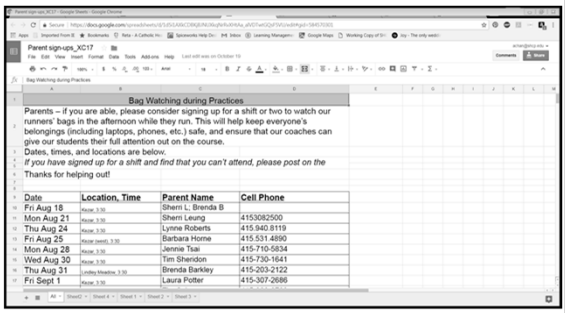
What steps do you need to take to achieve these goals?

Use the back of this sheet to explain any of your answers, add comments, ask questions, etc. Is there anything the coaching staff can do to help you?

Other

- Collect data via Google Forms
  - Parent volunteer sign-ups (can post to have additional sign-ups)
  - Cell phone numbers
  - T&F Mid-Season Self Evaluation done online for easier sharing with asst. coaches
  - Sign-ups for activities
  - T-Shirt size info collecting
  - End of season voting for awards





Practice Planning

- Off-campus practice locations.
- Weight room time slots.
- Conditioning workouts that whole team can do together.
- Safety logistics of large groups occupying space.
- Splitting into groups – based on experience, event, ability, gender, etc.

	A	B	C
1	Strawberry Hill Workout - Sat Sept 30, 2017		
2			
3			
4	BOYS - Woz		GIRLS - Rachel
5		2 laps	
6		Dyn Stretch	
7			
8	walk 2 minutes		run to Strawberry
9	run to Strawberry		
10			
11	5 X 1:00/1:30 (after last 1:30 jog back down to the bridge)		2 Strawberry Hills (use stairs to come down; after #2 come down stairs jog to 5 X 1:00/1:30 start tree; Rachel be with last girl so we know when everyone is there)
12			
13	2 Strawberry Hills (use stairs to come down; after #2 come down stairs to be at the Bridge)		5 X 1:00/1:30 (after last 1:30 jog back down to hill sprint area)
14			
15	3/4 lap lower loop clockwise (start-Bridge/finish-hill sprint hill)		3 X hill sprint
16	3 X hill sprint		3/4 lap lower loop counter clockwise (start-hill sprint area/finish-Bridge)
17			
18	back to Kezar		back to Kezar
19			

Meet Entries

- Websites for online entries – athletic.net, directathletics, episports,
- csv file for league meets (athletes have same 4 digit # for all league meets all season; write that number on their hand and show it to officials)
- Consistent use/spelling of all names.

Collecting Money

- But uniform, etc at online store.
- Pay Spirit Fee at beginning.
  - Covers misc food., weekly awards, small presents, end of year medal, awards banquet for the athlete.
  - New issue is coaches gifts.
- Collect money for overnight mid-season.
- Sometimes have to collect awards banquet money for guests.

COMMUNITY

Season Long Theme/Logo

Meet Rituals

- Everyone rides the bus – there and back
- Last person to bus carries the tent.
- In T&F: Take a pic, do a lap, team huddle, dismissed to warm-up.
- In XC: Take a pic, team huddle, pass out bibs.

Meet Rituals

- Closing team huddle, ask the kids who did well (question asked to incorporate the theme – Who was Relentless?)? They raise their hand and explain something about a teammate (no talking about oneself).
  - My comments set the tone. Pick words wisely. Seldom highlight an individual performance so as to not forget someone.
- Alma mater to end the meet.

Cell Phones

- Not allowed during meets.

Team Spirit

- Part of the team culture. It's expected. Veterans model it.
- Want people to cheer for each other by name.
- To make sure it happens
  - Shouldn't be people hanging out under the tent while XC races are happening.
  - Have threatened to not bring the tent.
  - Have not stopped for food on the way home because of poor team spirit at a meet.
  - Assistant coaches let me know who did well and who didn't.
  - Break-up groups of kids if they are sitting on the infield at a track meet and not cheering.
- Rooter Bus in XC to State Meet in 2016 & 2017

Team Awards

- Cross Country
  - Try to hand out medals at the meet. Take a picture of the medal winners/team award winners.
- Track & Field
  - Coach collects them at meet.
  - Hand them out in front of the whole team on Monday.
- Weekly Meeting
  - In addition to any medals from the previous meet, hand out
    - BPR (Biggest PR) – XC only
    - POM (Performance of the Meet) – end of season all the POM are voted on for Performance of the Season
    - CMA (ChanMan Awards) – anyone I want to recognize

Other Talks That Build Community

- Captain-led talks – sign up on Google Doc, groups of 2-3 people
  - Topics like: Nutrition/Hydration, Being a Good Teammate.
  - Kids learn it better because it's being taught by a peer.
- Had each assistant coach introduce themselves and let kids ask them questions (most questions were goofy). Did one a day over the course of a week.
- Share personal things about myself to build trust.

Other Communication Ideas

- Make everyone sit down. Try to be able to have eye contact with everyone (no one behind me).
- Interactive. Lots of "raise your hand" type questions
  - Use 1-10 scale and have them raise their hand when I say their number. Get an idea of what they think/how they feel and also they participate. I know some coaches have kids close their eyes when doing this so they answer truthfully without trying to just "fit in".
  - Ask someone to repeat the message or details.
- Small group meetings (especially with girls), I sit down with them in a circle. Conveys we're all equal.

Team Building

- Pre-Season all together
  - Weight room
  - Long run to end pre-season (goal of a certain total number of team miles for the day)
  - Super long circuits
  - Relay workouts/Match races

Team Building

- Overnight Trip
- Assign Buddies
- Put on teams for non-track/XC competition/games (e.g. March Mammal Madness, Name Bingo, Pumpkin Carving)
- Team Dinners, Snacks brought by parents for after practice
- Team Activity Day – 3-Ball, Tug-of-War, Musical Chairs, Olympics
- Throwers 4X1's

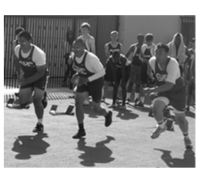
SHC XC Team Bingo 2017

Charlie Strella	Lawrence Wu	Ayden [illegible]	Clarissa Silvers	Gianna Sozzi
Massimo Sciaroni	Josette Vignos	Iris Yee	Ty Alexander	Alexandra Nip
Cassandra Borromeo	Nicholas Tong	Mia Roberts	Brandon Xu	Katie McFadden
Briac Poilane	Alexandra Petrini	Elizabeth Han	John Soler	Aden Nagree
Sedge Greenlee	Matthew Farruggio	Alexander Garcia-Meza	Devin McNamara-Pietler	Ciaran Trevino

myfreebingocards.com

Senior Activities

- Senior Day
- Senior Breakfasts
- Senior Events



Team Building

- CCS Week
  - Service Project
  - Team Dinner
    - Games
    - Bring & Share Activity (bring a hat, bring a stuffed animal; tell story about it)
    - Annual CCS Video
- Things I've done before but not currently doing
  - Post-meet sandwiches after last dual meet.
  - Sausalito Run
  - Leadership Retreat

WORKOUTS

Workouts

- 8 minute run – our time trial
  - Run as far as you can in 8 minutes.
  - Done on the track.
- 6X800 – staple workout
  - Once in XC and once in T&F
- Race Simulations workouts (XC)
  - Repeats on the course
    - 3 sets of 6-1-1-4.
    - Mile - Mile - 4X400 on course
  - Simulate aspects of a course (done by talking it through to the team: Now we're at the 1 mile mark, steady up the hill then push on the down just we would at Crystal.)

Workouts

- Relays
- Minute to Win it – with one partner; alternate running for 1 minute; have to stop at end of 1 minute; partner tries to be right where you will finish.
- 300/100 – 300 on, tag partner, they run a 300, you jog reverse direction 100 to meet them
  - Deck of Cards General Strength

Deck of Cards GS Workout

	NUMBER	FACE CARD = 10 of
Heart	Burpees	Front plank w/foot lift
Diamond	Push-Ups	Reverse plank w/leg lift
Spade	Split Leg Jumps	1/1 Glut bridges (10 ea. side)
Club	Squats	Side planks w/touchdown (10 ea. side)

is total reps

7 - take the 7 reps or give to next team but must do next card

Ace = 11 but you pick exercise

Joker = use to skip

Frosh Boys (20), Senior Girls (6) = 26

Soph Boys (10), Junior Girls (10) = 20

Junior Boys (11), Frosh Girls (7) = 18

Senior Boys (6), Soph Girls (10) = 16

Concepts

- Require a running watch
- Workout by time, not number of reps
  - Everyone finishes at same time
  - E.g. 20 minutes on the hill; 5 minutes of 200 on/100 jog

CONCLUSION