

INSTALLING CONFIDENCE IN HIGH SCHOOL ATHLETES

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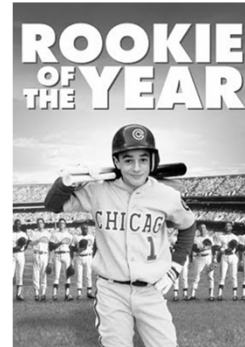
Who am I?

- ▣ Head Cross Country and Track and Field Coach at Amador Valley High School
- ▣ 4 years of mediocre performances (generously) in both xc and track and field at Cornell University
- ▣ Friends in High Places (Peanut)
- ▣ Someone who has stolen enough information from clinics and classes that I can only hope to give some of that back today.

Mentors

- ▣ Jim Poss (High School Coach)
- ▣ Jerry Smith (First College Coach)
- ▣ Robert Johnson (Second College Coach)
- ▣ Chris Puppione (We go way back)
- ▣ Peter Scarpelli (Head coach who gave me my start in coaching)

Anything is Possible!



Nor Cal Coaches Round Table

- 1-3 page nugget about something that makes your program great
- A training plan that you have either used, are using, or plan to use for the upcoming season
- 3 topics that you'd like to discuss



Buckets



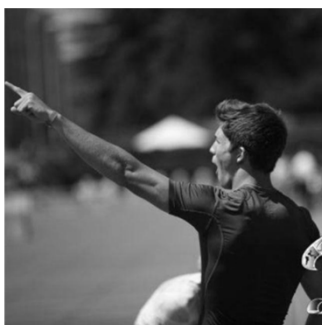
Leaky Buckets



Jena Pianin



Conner McKinnon



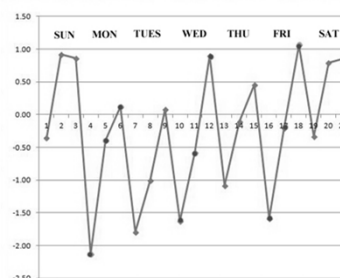
Smita Nalluri



<http://www.urbanmonksthinktank.org/>



Weather of the Mind



2018 HOKA SuperClinic – Jason Oswalt

Instilling Confidence in High School Athletes

How We Used It

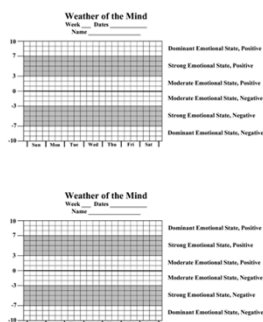
-Athletes received chart the day after a race to start to think about the next race.

-Athletes asked to chart their confidence at least 1 time per day.

-Athletes would then describe in a sentence what they were doing when they charted their confidence.

-We did not collect this.

-Weekly team conversations regarding their charts.



How did it work?

-Participation was inconsistent

-Athletes who participated regularly and those who did not reported being more confident about their races.

-Athletes ran much closer to their ability more regularly than in recent years (especially in the postseason).

-3 Individuals qualified for state (1 boy, 2 girls).



GOOD LUCK THIS SPRING

And Get Better Every Day!