

BUILDING A SUCCESSFUL TRACK & FIELD PROGRAM

SMALL SCHOOL EDITION: BIG DREAMS, LIMITED RESOURCES



“ROLE” CALL - WHO’S HERE?

- **HEAD COACHES?**
- **TEACHERS/ADMINS WHO WORK IN THE SCHOOL BUILDING?**
- **FIRST TIME COACHES OR HEAD COACHES?**



GETTING TO KNOW YOUR SPEAKER

- **2001 GRADUATE OF THORNTON TOWNSHIP HIGH SCHOOL (HARVEY, IL.) ~ 2,000+ STUDENTS**
- **2006 GRADUATE OF GREENVILLE UNIVERSITY (GREENVILLE, IL.) ~ -800 STUDENTS**
- **STARTED COACHING MY JUNIOR YEAR IN COLLEGE AT THE LOCAL HS.**
- **UIC (D1) (2005-06)**
- **GREENVILLE U (D3) (2006-07)**
- **JFK (CLASS 0) (2008-09)**
- **CBC (CLASS 5) (2009-2016)**
- **LUTHERAN HIGH SCHOOL (CLASS 3) (2016-CURRENT)**



DIFFERENCES IN MY EXPERIENCE

LARGER SCHOOLS/PROGRAMS

- **MORE NUMBERS = MORE FUNDS THROUGH FUNDRAISING OR BOOSTERS**
- **NICER FACILITIES = EASIER TO RECRUIT ATHLETES TO COME OUT**
- **MORE COACHES = INDIVIDUALIZED TRAINING**
- **MORE NUMBERS = POTENTIAL OF MORE TALENT**

SMALLER SCHOOLS/PROGRAMS

- **LESS NUMBERS = LESS MONEY RAISED**
- **STANDARD/BELOW STANDARD FACILITIES = CHALLENGING TO GET KIDS TO WANT TO COME OUT.**
- **FEWER COACHES = COACHES SPREAD THIN**
- **LESS NUMBERS = POTENTIAL TALENT OPTIONS**

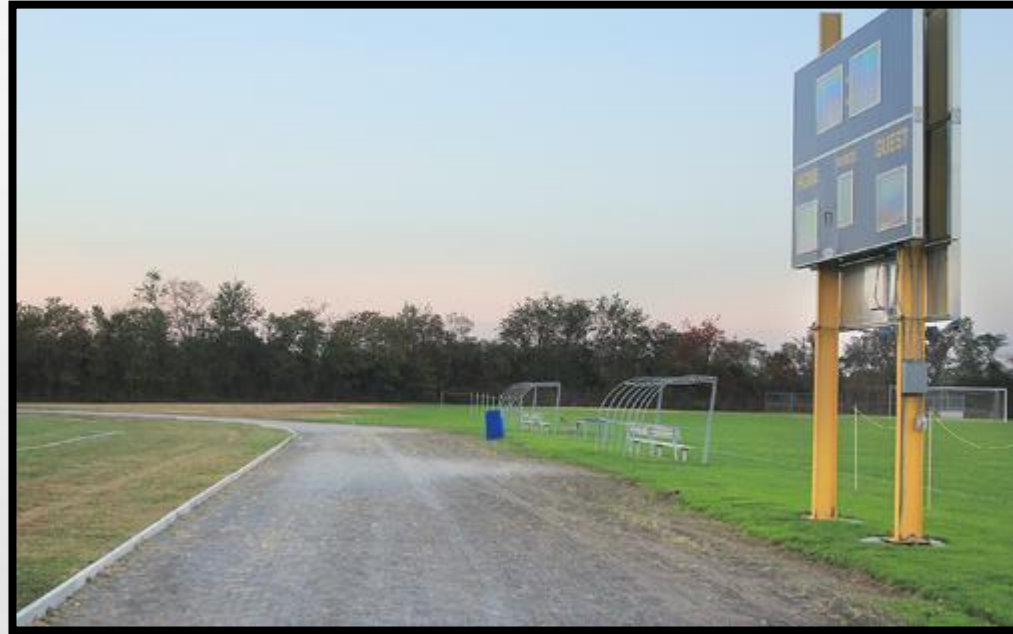
COMMON OBSTACLES AND HURDLES

- **PROGRAM NEEDS**

- **FIELD EVENT COACHES**
- **TEAM MANAGERS**
- **FUNDS**

- **FACILITY NEEDS**

- **A NEW TRACK (100K)**
- **POLE VAULT PIT (20K)**
- **HURDLES (12K)**
- **DISCUS CAGE (10K)**
- **HIGH JUMP MAT (5K)**



THINGS BEYOND OUR CONTROL

- **NOT A LOT OF TIME**
 - **OFFICIAL SEASON IS LATE FEB – MAY**
 - **SPRING BREAK**
- **CLUB SPORTS ARE BOOMING**
 - **VOLLEYBALL**
 - **7 ON 7 FOOTBALL**
- **MISSOURI WEATHER IS UNPREDICTABLE**
 - **SNOW & RAIN IN THE SAME SEASON**



LUTHERAN HIGH SCHOOL – ST. PETERS, MO.

WHO WE ARE

- **ENROLLMENT – 390 STUDENTS (B&G)**
- **CLASS 2 STATE CHAMPIONS 2012, 13**
- **(7) TOP FOUR STATE FINISHES SINCE 2002**



WHO WE ARE NOT

- **A CLASS 3 POWERHOUSE – ROBOTICS FACTOR IN 2015**
- **A AAA CONFERENCE POWERHOUSE**
- **A PROGRAM WITH AN EXTENSIVE HISTORY OF SUCCESS VIA CONFERENCE AND STATE TITLES**



SO WHERE IS THE SUCCESS?



SUCCESS BY DEFINITION IS.....

SUC·CESS

/sək'ses/ 

noun

the accomplishment of an aim or purpose.

"the president had some **success** in restoring confidence"

synonyms: favorable outcome, successfulness, successful result, triumph; Hollywood ending

"the success of the scheme"

WHAT I HOPE TO SHARE TODAY

- 1. Strategies that we used to transform a team of 15 to a team of 50+ since 2016**
- 2. Program Organization & Training Resources**
- 3. How we are raising the funds necessary to make positive change**
- 4. How we keep our athletes engaged and having fun**
- 5. Practice Schedule and Maximizing Time**
- 6. Strategies that we use to get our kids recruited and competing at the next level.**

ASK YOURSELF...WHY DO YOU COACH?

WE CAN RULE OUT MONEY, SO WHATS LEFT?:

- **THE AVERAGE HS TRACK COACH SPENDS 2-3 HOURS AT PRACTICE PER DAY (APPROX. 163 HOURS)**
- **THE AVERAGE HS TRACK COACH SPENDS 5-8 HOURS AT MEETS PER WEEK (APPROX. 85 HOURS)**
- **THE AVERAGE STIPEND HS TRACK COACH MAKES LESS THAN \$6.00 PER HOUR.**
- **FEDERAL MINIMUM WAGE IN MISSOURI IS \$9.45.**

THE KIDS



THEREFORE THE ATHLETE IS THE ONLY RESOURCE THAT REALLY COUNTS



WHY DO ATHLETES COME OUT?

- 1. SOCIALIZATION WITH FRIENDS**
- 2. BECAUSE RUNNING IS FUN**
- 3. MOM OR DAD RAN TRACK**
- 4. TO GET FASTER FOR FOOTBALL**
- 5. TO EARN A SCHOLARSHIP
AND/OR COMPETE IN COLLEGE**



WHAT DEFINES PROGRAM'S SUCCESS?

- 1. ATHLETE'S WIN STATE**
- 2. TEAM WINS STATE**
- 3. CONFERENCE CHAMPIONSHIP**
- 4. TOP 3 FINISH IN ALL MEETS**
- 5. SCHOOL RECORDS BROKEN**
- 6. DIVISION 1 OR 2 SCHOLARSHIP ATHLETES**
- 7. ATHLETES GO TO COLLEGE TO COMPETE**
- 8. PROGRAMMATIC CHARACTER BUILDING**
- 9. POSITIVELY IMPACTING THE LIVES OF YOUR ATHLETES**



ARE YOUR STARS ALIGNING?

DOES YOUR ATHLETES, COACHES, PARENTS, ATHLETIC DIRECTOR & ADMINISTRATION SHARE THE SAME VISION OF PROGRAM SUCCESS AS YOU?



LET'S START BUILDING

**WITHOUT A SOLID
FOUNDATION YOUR
PROGRAM IS
DESTINED TO FAIL!**



UPDATE THE PLAYBOOK!

HAVING CONCRETE GUIDELINES, EXPECTATIONS & GOALS FOR PARENTS AND ATHLETES TO REFER TO IS ESSENTIAL.

COACHES CAN ALSO INCLUDE INFORMATION AND RESOURCES ON DIETING, INJURY PREVENTION & NEXT LEVEL OPPORTUNITIES.

CONSIDER HOSTING PRESEASON, MIDSEASON & POSTSEASON PARENT MEETINGS TO DISCUSS AND REITERATE GOALS AND EXPECTATIONS.



LHSTF Coaching
Workbook



Track & Field
Playbook Addendum



SURVEY ATHLETES

CREATE A FREE SURVEY MONKEY ACCOUNT AND ASK YOUR ATHLETES, WHAT DO THEY WANT FROM THEIR SEASON. USE THIS DATA TO UPDATE YOUR PLAYBOOK.



KNOWING AND RANKING WHAT THEY WANT... ITS THEIR TEAM & THEIR SEASON!!!

1. MUSIC DURING PRACTICE
2. GET FASTER/IMPROVE TIME
3. SHORTER PRACTICES
4. CLIMB THE TOP 10 LIST
5. WIN STATE AS A TEAM
6. NEW/ALTERNATE UNIFORMS
7. ATTEND OUT OF TOWN MEET
8. WIN CONFERENCE AS A TEAM
9. DISTRICT MEDALS TO HAVE RIBBONS
10. WIN STATE AS AN INDIVIDUAL

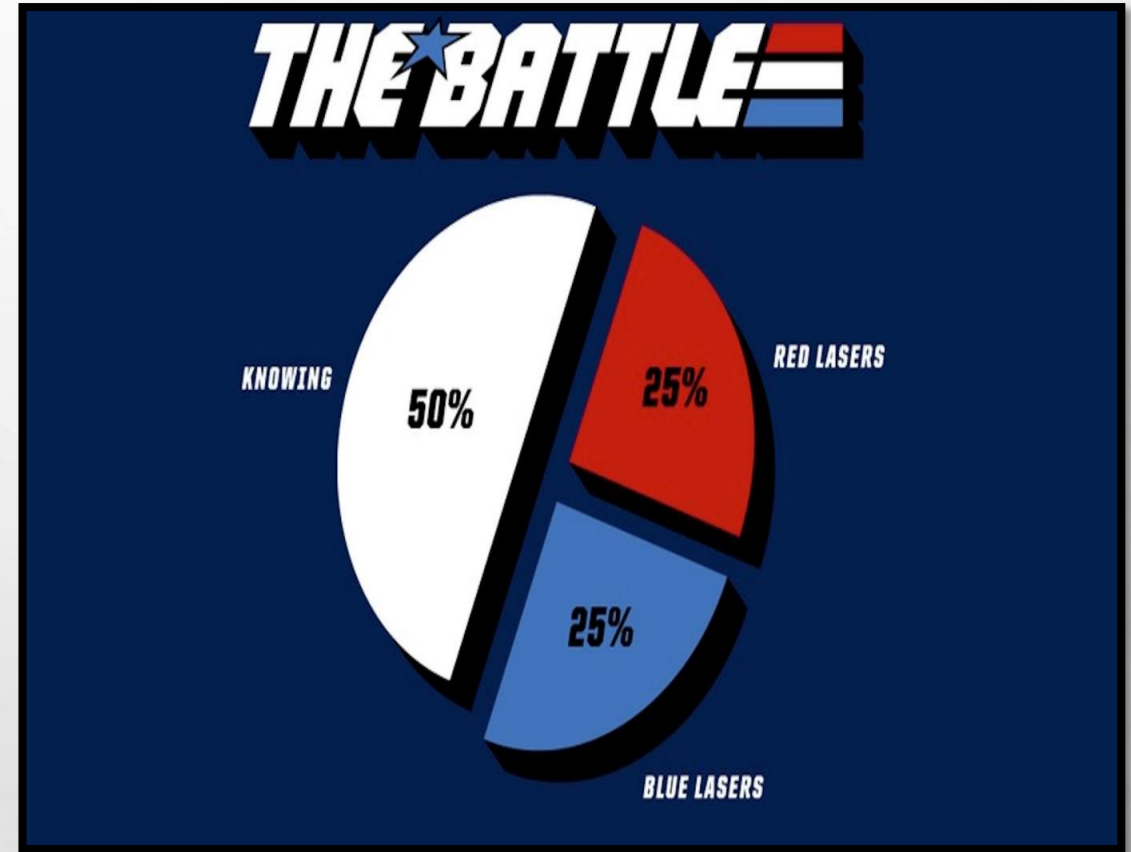


*****WIN STATE AS AN INDIVIDUAL WAS 10TH OF 20

UNMOTIVATED ATHLETE OR KIDS WHO WOULD RATHER ENJOY THE JOURNEY?

NOW THAT YOU KNOW WHAT THEY WANT

- **WIN THE HALLWAY - MAKE SIGN-UPS AND INFORMATION EASY TO OBTAIN**
- **MAKE YOUR SPORT THE MOST POPULAR SPORT IN SCHOOL**
- **MAKE TRACK AND FIELD A TEAM SPORT – DITCH THE TENT**
- **SET GOALS – S.M.A.R.T. GOALS**
- **UPDATE YOUR TEAMS SOCIAL MEDIA CONTENT – PRAISE & HIGHLIGHT**
- **REALISTIC TARGETS – NOT RECORDS**
- **BE INNOVATIVE WITH PRACTICE PLANS**
- **RECORD PRACTICES – WE ARE NOT PERSONAL TRAINERS. WE CAN'T PROVIDE 1:1 INSTRUCTION**
- **DITCH THE TENT**



WIN THE HALLWAYS

TRACK AND FIELD IS ONE OF THE FEW SPORTS IN WHICH YOU AS A COACH MAY HAVE TO RECRUIT YOUR HALLWAYS AND CONVINCING KIDS TO COME OUT.

PROCEED WITH CAUTION. WHEN YOU HAVE TO BEG SOMEONE TO DO SOMETHING... THEIR HEART MAY NOT BE INTO IT. LACK OF COMMITMENT INCREASES LIABILITIES. NOT EVERY KID ON THE ROSTER WILL BE AN ASSET.

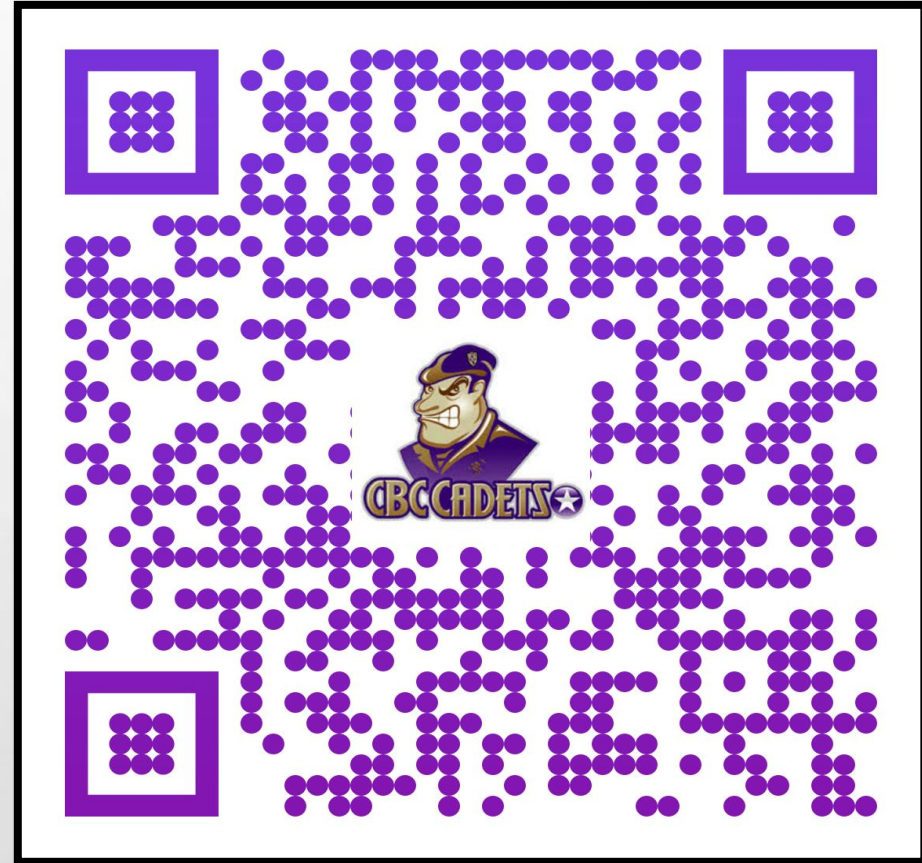
**RECRUITING FOOTBALL PLAYERS TO RUN TRACK SHOULD NOT COMPROMISE THE INTEGRITY OF YOUR TRAINING AND/OR PROGRAM.
*DON'T MAKE THEM MILERS & THE 40YD DASH IS NOT AN EVENT!**

LHSTF HAS 76 TARGETED ATHLETES FOR THIS SPRING WHICH WOULD BE 20% OF OUR STUDENT BODY. 2016 (18) 2017 (25) 2018 (43)



**100% of LHS Track Athletes are Multi-Sport
80% of LHS Track Athletes are Dual Sport
60% of LHS Track Athletes are 3 sport athletes**

MAKE SIGNUPS AND INFORMATION EASY



RAISE FUNDS FOR YOUR PROGRAM

The screenshot shows the BLAST Athletics website dashboard for Lutheran High School. At the top left is the BLAST ATHLETICS logo. To its right is a 'Dash' button and a navigation menu with icons for Schedule, Notifications, New, Finances, and Search. The main content area features a large photo of a track and field event with a crowd in the background. An inset photo shows three athletes with medals. Below the main photo, the text reads 'Lutheran High School', 'Track & Field Program (2020 - 2021)', and 'Saint Peters, MO'. There are 'Share' and 'Join' buttons. A navigation bar at the bottom includes links for Home, Schedule, Roster, Videos/Photos, Articles, Fundraiser, Contact/Info, and More. Below this bar are two buttons: 'Set Up Fundraiser: [Click Here](#)' and 'Invite Sponsors'. On the right side, there is a 'Team Setup Checklist' section with a link for 'Resources: Videos/Handouts'.



TRACK & FIELD IS NOT DEAD @ LHS

MUSIC AT PRACTICE IS A DAILY EVENT. THE 2020 KID TEND TO WORK HARDER AND ARE MUCH MORE FOCUSED WHEN MUSIC IS PLAYING.

CREATING A FUN ENVIRONMENT AND BUILDING RELATIONSHIPS IS PRIORITY FOR OUR ENTIRE COACHING STAFF.



MAKE TRACK & FIELD A TEAM SPORT

TEAM RETREATS ARE ESSENTIAL

- **PRESEASON TEAM RETREAT – OVERNIGHT TEAM CAMP**
- **IN SEASON RETREAT (SPRING BREAK) – “LOCK-IN” AT SCHOOL BEFORE THE MEET**
- **POST SEASON TEAM RETREAT – BEFORE TEAM AWARDS CEREMONY. LET THE ATHLETES BE A PART OF THE VOTING PROCESS.**



MAKE TRACK & FIELD A TEAM SPORT

TEAM BUILDING SHOULD BE A WEEKLY IF NOT DAILY EVENT.

- **TEAM BUILDING AT THE END OF PRACTICE 2-3X PER WEEK**
- **IT CAN BE FITNESS BASED OR FUN BASED – *NOT THE SAME AS ACTIVE REST.***



MAKE TRACK & FIELD A TEAM SPORT

TEAM BUILDING VIA ACTIVE REST DAYS

- **CAPTURE THE FLAG**
- **MR. FREEZE**
- **CHALLENGE THE SOCCER TEAM FOR BRAGGING RIGHTS.**
- **ULTIMATE FRISBEE OR KICKBALL**
- **DODGEBALL**
- **ANYTHING... EXCEPT PLAYING BASKETBALL**



MAKE TRACK & FIELD A TEAM SPORT

SET BOUNDARIES

OR

DITCH THE TENT!



SET GOALS & REVISIT THEM FREQUENTLY

**DON'T NEGLECT GOAL SETTING.
GOAL SETTING IS THE MASTER
KEY OF MEASURING SUCCESS.**



What does SMART stand for?

S

Specific



What is the goal?
I want to cut the 6 hours I spend processing data in Excel every day to 3 hours by implementing an improved work routine.

M

Measurable



How will I measure my progress?
I'll track the time I spend processing Excel data every day, and watch as the time decreases.

A

Attainable



Do I have the skills and the resources for it?
I have access to Excel eBooks that will help me learn how to be more efficient when using Excel formulas.

R

Relevant



Why is this goal important?
I spend 6 hours processing data in Excel, and that's too much of my time. Cutting that time in half would ensure I have more time for other work activities.

T

Time-bound



When will I achieve the goal I've set?
I want to cut the time I spend on Excel calculations in half by the 15th of next month.

WHY WE DO WHAT WE DO?

- ***HAVE FUN!***
- **BUILD RELATIONSHIPS – FAMILY LIKE ATMOSPHERE**
- ***HAVE FUN!***
- **RUN VERY FAST – PROMOTE SPEED, PRODUCE RESULTS**
- ***HAVE FUN!***
- **IMPROVE – STRIVE FOR PERSONAL BESTS/RECORDS**
- ***HAVE FUN!***
- **MEET ATHLETE'S PERSONAL GOALS – WIN MEETS, BREAK RECORDS, EARN SCHOLARSHIPS, COMPETE AT THE NEXT LEVEL**
- ***HAVE FUN!***



SOCIAL MEDIA IS THE NEW REALITY

SOCIAL MEDIA IS A NECESSARY RESOURCE TO PRAISE ATHLETES.

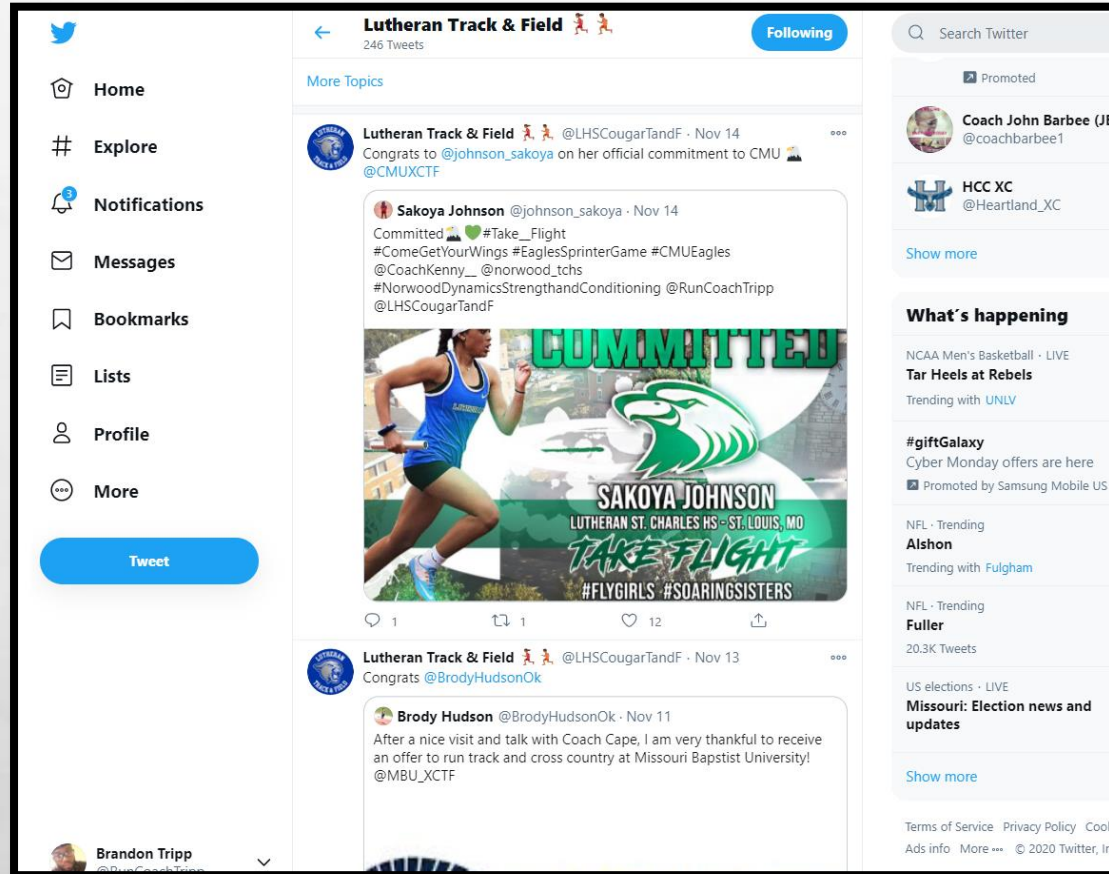
YEAR AFTER YEAR, MORE ATHLETES PREFER SOCIAL MEDIA RECOGNITION THAN MEDALS AND AWARDS.

GET OUT OF THE DARK AGES - "IF IT DIDN'T TWEET, IT DIDN'T HAPPEN."

MOST SCHOOLS HAVE ACCESS TO HUDL. USE HUDL OR YOUTUBE TO POST VIDEOS OF DRILLS, PRACTICES AND MEETS .



SOCIAL MEDIA IS THE NEW REALITY




SOCIAL MEDIA IS THE NEW REALITY



REALISTIC TARGETS FOR YOUNG ATHLETES

- **ATHLETES NEED MORE IMMEDIATE GRATIFICATION**
- **LEAVE BEHIND A LEGACY. SCHOOL RECORDS CAN SOMETIMES SEEM OUT OF REACH FOR MANY ATHLETES**
- **GIVE THEM SOMETHING TO SHOOT FOR**



**LHS T&F TOP 10 ALL-TIME
1600 METER RUN (GIRLS)**

1.	Amber Warren	4:59.10	2003
2.	Courtney Rogers	5:00.93	2014
3.	Sophie Angell	5:21.89	2011
4.	Emily Haberstroh	5:29.84	2009
5.	Sarah McNiff	5:29.90	2008
6.	Kathleen Norman	5:36.25	2010
7.	Meredith Leigh	5:46.80	2018
8.	Julia Freund	5:51.73	2016
9.	Kate Adams	6:00.61	2015
10.	Alison VonDeylen	6:11.13	2015

BE INNOVATIVE WITH PRACTICE, BUT...

KEEP IT AS SIMPLE AS POSSIBLE

- **ATHLETES NEED TO KNOW... WHY?**
 - **PROVIDE PERIODIC WORKOUTS THAT CAN BE SELF/CAPTAIN LED.**
 - **VIDEO RECORD GROUP WORKOUTS TO AVOID SPENDING TOO MUCH TIME ON ONE ATHLETE.**
 - **BE CAREFUL NOT TO OVER-COACH DUE TO THINGS SEEN ON SOCIAL MEDIA (DRILLS/TECHNOLOGY) ETC.**
 - **TRY TO AVOID "TRACK JARGON". THE KIDS JUST LEFT SCHOOL THEY REALLY AREN'T LOOKING FOR ANOTHER PHYSICS LESSON.**
 - **THERE IS MORE THAN ONE WAY TO ACCOMPLISH YOUR GOAL. GIVE YOUR SENIORS/CAPTAINS INPUT.**



OUR TYPICAL WEEKLY SCHEDULE

- **PRACTICE**

- **SUNDAY**
- **MONDAY**
- **TUESDAY**
- **WEDNESDAY**
- **THURSDAY**
- **FRIDAY**
- **SATURDAY**

- **MEET SCHEDULE**

- **SUNDAY**
- **MONDAY**
- **TUESDAY**
- **WEDNESDAY**
- **THURSDAY**
- **FRIDAY**
- **SATURDAY**

CHEER LOUD, CHEER PROUD, CHEER OFTEN!



RUNNING AT THE NEXT LEVEL

DO YOUR RESEARCH

- **AT LEAST 4 QUESTIONNAIRES PER WEEK. FORWARD SCREENSHOTS**
- **COMMUNICATE AND BUILD BRIDGES WITH COLLEGE COACHES**
- **VISIT COLLEGES WITH ATHLETES – ATTEND NCAA HS MEETS**
- **BECOME FAMILIAR WITH TFRRS**
 - **SHARE THE WEBSITE AND INFORMATION WITH YOUR ATHLETES**

The screenshot displays the TFRRS (Track & Field Results Reporting System) website. The header includes the TFRRS logo, the U.S. Track & Field Cross Country Coaches Association logo, and the date October 18, 2009. The navigation menu includes Home, Athlete, Team, Conference, Meet Results, Performance List, and Results Search. The main content area is divided into three sections: Latest Meet Results, Latest Event Rankings, and Official POP Lists. The Latest Meet Results section shows a table with columns for Date, Meet Name, Venue, and Qualifiers. The Latest Event Rankings section shows a table with columns for Event, Div. I - Women, Div. I - Men, Div. II - Women, Div. II - Men, and Points. The Official POP Lists section shows a search form with fields for First Name, Last Name, Division, Event, and Team, along with a Search button. The footer includes the U.S. Track & Field Cross Country Coaches Association logo and the Direct Athletics logo.

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SMALL SCHOOL EDITION: BIG DREAMS, LIMITED RESOURCES

If you would like more information feel free to
email: LHSSCOACHTRIPP@GMAIL.COM
OR message via Twitter [@RUNCOACHTRIPP](https://twitter.com/RUNCOACHTRIPP)

