

Turn **this** Ship **Around**

Creating an **Elite** Culture that Chases **Excellence**

Know Your Audience



Things no one cares about....

Assistant Coach:

Perryville ('04-'06)

Scott City ('10-'11)

- Boys 4th place 2011

Festus ('12- '18)

- Boys 3rd place 2014

Head Coach:

Perryville (07-08)

- XC ('04-07) - Boys 3rd place 2005

Festus ('19-current)

- TBD (discuss the importance of this line)

GOOD

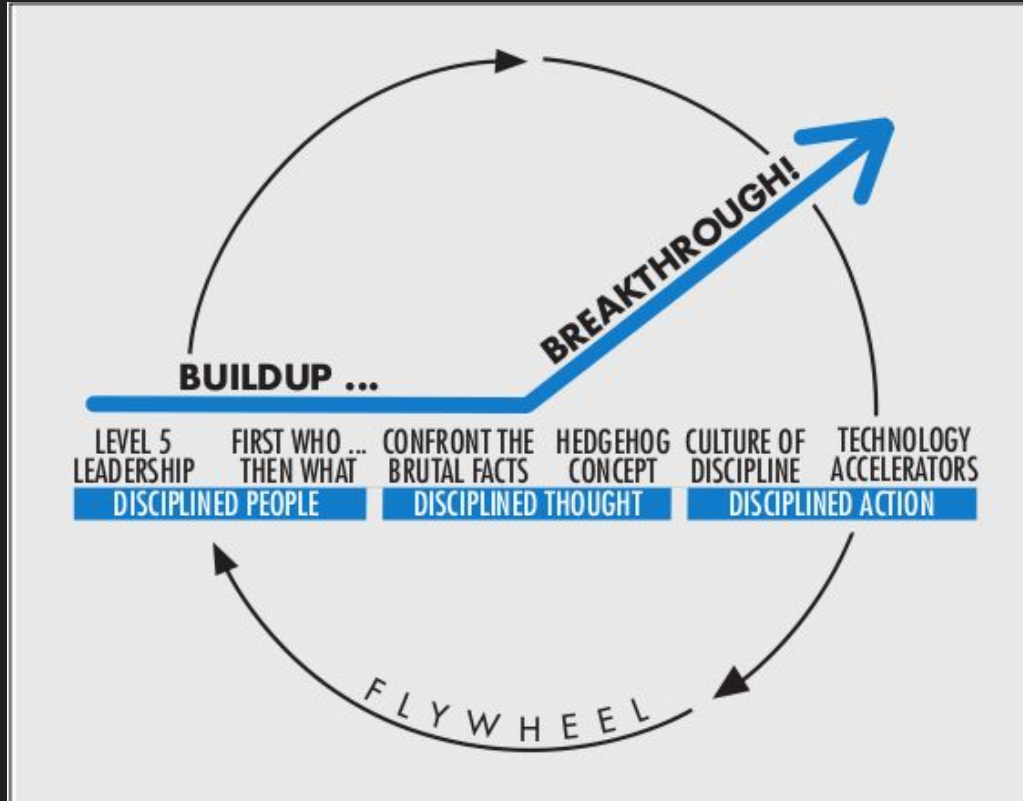


Good is the enemy of great.

Jim Collins

quotefancy

Jim Collins- Good to Great



Level 5 Leadership

Characteristics of a Level 5 Leader:

‘....mix of HUMILITY and professional WILL...’

Ambitious....but first and foremost for the company (team).

Level 5 leaders....

Set successors up for success....

Fanatically driven...

Plow horse not show horse....

First Who, Then What



Confront the Brutal Facts

The MSHSAA promotes the value of participation, sportsmanship, team play, and personal excellence to develop



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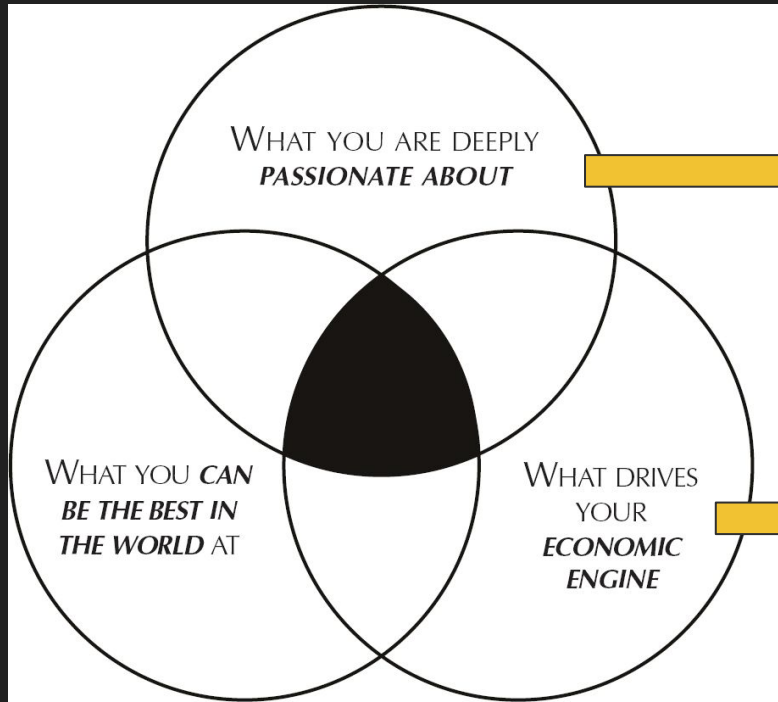
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(W) - C-4 - Team Rankings - 19 Events Scored

1) M.I.C.D.S.	88	2) Washington	55
3) Camdenon	47	4) Webster Groves	41
5) Helias Catholic	36	6) Notre Dame (C.G.)	35
7) Kearney	31	8) Warrensburg	30
9) West Plains	25	10) Bolivar	21
11) Parkway West	16	11) Gateway	16
13) Webb City	15	14) Parkway Central	13
14) McCluer	13	16) Marshfield	12.50
17) Raytown South	12	17) Center	12
17) Lutheran South	12	20) Smithville	11
20) Normandy Collaborative	11	20) Carl Junction	11
20) Monett	11	24) Parkway North	10
24) Pleasant Hill	10	24) Rosati-Kain	10
24) Carthage	10	28) Sikeston	9
28) Willard	9	28) Windsor (Imperial)	9
31) Platte County	8	31) Clayton	8
31) Central (C.G.)	8	31) Mexico	8
35) Rolla	6	35) Festus	6
37) Potosi	5	37) Westminster Christian Aca	5
39) University City	4	39) Oak Grove	4
39) Moberly	4	39) Dexter	4

Hedgehog Concept (Collins)



THREE CIRCLES OF THE HEDGEHOG CONCEPT

What are the strengths of your staff?

What type of athletes do you have?

Tbd.....

2019- 73

2014- 65

2018- 88

2013- 49.5

2017- 57

2012- 41

2016- 74

2011- 58

2015- 61

2010- 67

Average 10 year point total of the Class 4 State
Championship team: 63.35 points

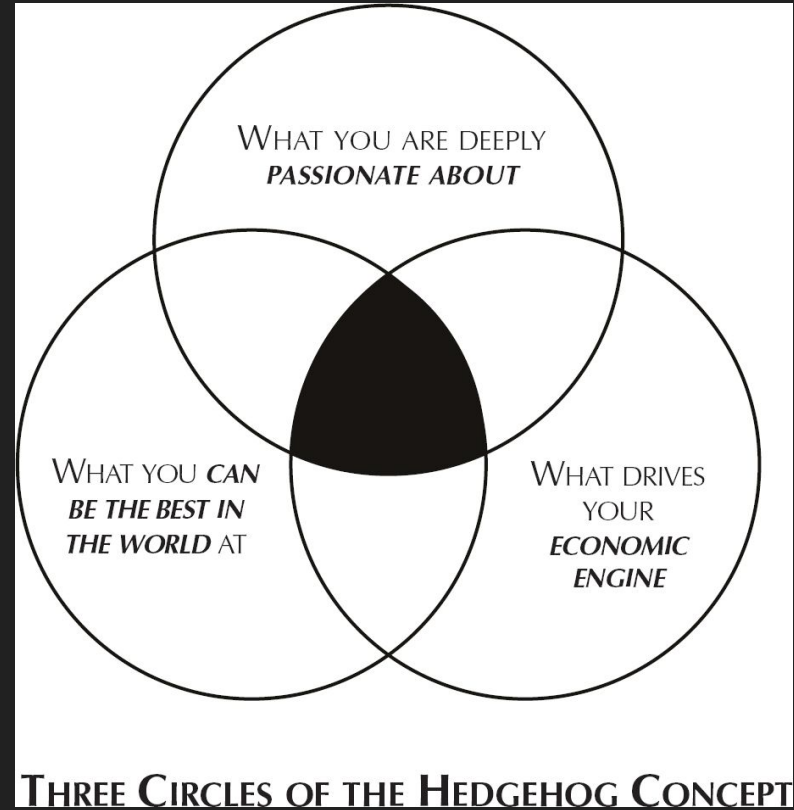
Drive for 65...

Distance- 24

Jumps- 16

Throws- 15

Sprints, Hurdles, Relays- 10



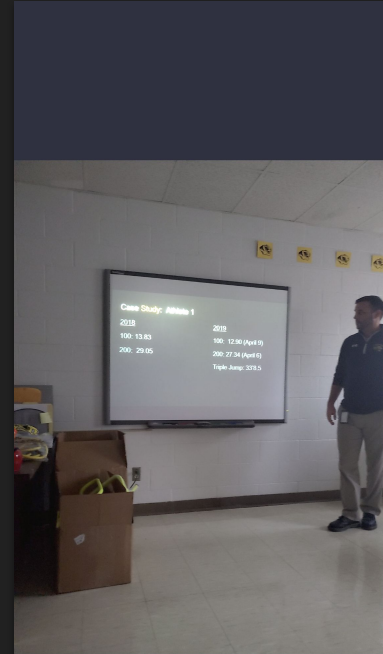
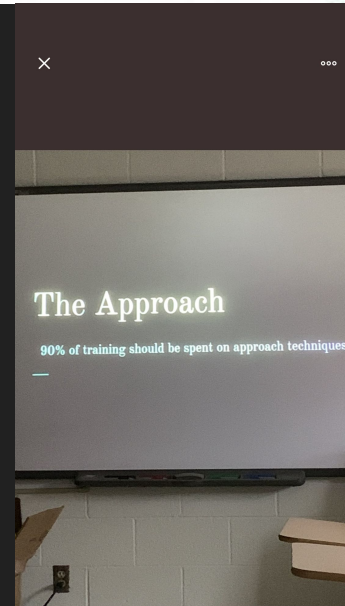
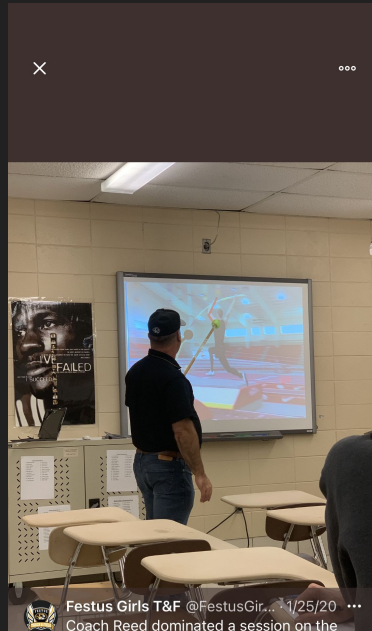
Plan to Win

[Link](#) (doc created in 2016)

- Educate staff
- Create a climate kids want to be a part of
- Schedule fresh venues to compete
- Start new traditions
- Create own team identity
- Promote team aspect of the sport
- Meeting place
- Celebrate successes
- Preseason work
- Coaches- new blood
- Fundraise
- Real Life Wednesdays
- Champions Club
- Community Service
- Give Coaches Speaking Time
- Develop Leaders/Leadership Council
- Have High School athletes invest in MS
- Attend the MS Banquet (take an assistant)
- Promote the program



Educate Staff




Create a **Climate** Kids **WANT** to be a Part of

12:44 5G E 12:44 5G E 12:43 5G E

FESTUSGIRLSTF Posts

festusgirlstf



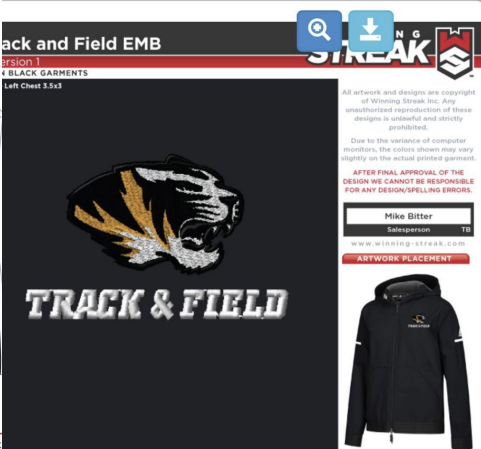
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festusgirlstf New artwork. Love, like, or dislike?
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Track and Field EMB

Region 1

BLACK GARMENTS

Left Chest 3.5x3

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Salesperson TB
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ARTWORK PLACEMENT

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festusgirlstf Jacket look. Like or dislike? Feedback again please.

FESTUSGIRLSTF Posts

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44 likes

festusgirlstf All the support from fundraising allows for opportunities to provide for our kids. Excited to pass these out today!

Create a **Climate** Kids **WANT** to be a Part of



New Traditions



Celebrate Success



Preseason Work

Offseason work is critical to success....why?

- Build camaraderie
- Creates investment
- Hidden Gems
- Builds confidence
- Weed out

We do 80 minutes- M, T, Th



Preseason Work



	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
	Best	11/18	11/18	12/9	12/9	1/16	1/16	1/30	1/30	2/10	2/10	Best	2/20	2/20	MPH	
	Ove	Average	Fastest	Average	Fastest	Average	Fastest	avg	best	avg	best	Ove				
	4.25							4.29	4.25	4.34	4.29	4.25			15.79058824	
	3.79	4.03	3.97	3.92	3.86			3.82	3.79			3.79			17.70712401	
	4.42							4.52	4.42	4.56	4.52	4.42			15.18325792	
	4.45			4.49	4.49			4.45	4.45			4.45			15.08089888	
	4.03			4.07	4.03							4.03			16.65260546	
	4.47	4.50	4.47									4.47			15.01342282	
	3.85	4.01	3.98	3.9	3.85							3.85			17.43116883	
	4.18	4.37	4.25	4.2	4.18							4.18			16.05502392	
	4.13			4.19	4.17					4.16	4.13	4.13			16.24939467	
	3.97	4.13	4.1	4.03	4.01			3.99	3.97			3.97			16.90428212	
	4.57							4.6	4.57			4.57			14.68490153	
	4.44	4.54	4.44	4.51	4.5							4.44			15.11486486	
	4.01	4.26	4.23	4.08	4.06			4.05	4.01			4.01			16.73566085	
	4.53			4.58	4.57					4.53	4.53	4.53			14.81456954	
	4.3	4.43	4.38	4.3	4.3							4.3			15.60697674	

Early Success

2018- No notable attendance in Offseason Program

2019- Single day attendance record- 23, 12 athletes > 80%

2020:

- 42 different athletes attended
- 30 single day attendance record
- 17 athletes attended 80% or more, 9 @ 90%, 2 @ 100%

Other factors....

Established handbook

Lettering Standards

Process for handing out uniforms

Order for issuing uniforms:

State Qualifiers
Sectional Qualifiers
All Conference Athletes
100% Offseason Attendance (Winter Varsity Letterman)
Returning Seniors
90% Offseason Attendance
Returning Juniors
75% Offseason Attendance (Winter Athletes)
Returning Sophomores
Freshmen

Performance Standards:

100m	14.4
200m	29.9
400m	68.2
800m	2:40
1600m	6:25
3200m	13:15
100mH	19.5
300mH	56.0
HJ	4' 6"
LJ	14' 0"
TJ	28' 6"
PV	8' 0"
SP	29' 6"
Discus	85' 0"
Jav	85' 0"

Other factors...

DAILY SCHEDULE

Week of: **March 2**

Set the starting date in cell C2. Rows 3 and 4 will automatically update with the correct date

	3/2 MONDAY	3/3 TUESDAY	3/4 WEDNESDAY	3/5 THURSDAY	3/6 FRIDAY	3/7 SATURDAY
3:00 PM	Meeting in Theatre	Daily Pow-wow	Daily Pow-wow	Fundraiser Meeting	Daily Pow-wow	
3:15 PM	Meeting in Theatre	WarmUp	WarmUp	WarmUp	WarmUp	
3:30 PM	WarmUp	20 Second Drills		30 flies	5x100m	
3:45 PM	40 yd w/10 flies	20 Second Drills		30 flies	5x100m	
4:00 PM	40 yd w/10 flies	20 Second Drills		30 flies	5x100m	
4:15 PM	40 yd w/10 flies	20 Secod Drills			5x100m	
4:30 PM		Hurdle MOB			Hurdle MOB	
4:45 PM						

Theme/Moto



*Attitudes
are
Contagious*

Human element



Questions and Dialogue

