

## How to develop and maintain a cross country program

### I Recruit, Recruit, Recruit

You can't coach what you do not have out.

Our sport is harder to get kids out then most

Success doesn't guarantee numbers.

#### A) What I have tried:

- 1.Pacer and mile times
- 2.Letters to parents
- 3.emails
- 4.Camps
- 5.Elementary races
6. Using your kids as recruiters
7. Teachers in the building
8. Setting your staff in different buildings
- 9.Combining middle school with high school programs
- 10 Multi sport kids
- 11 Youth clubs
- 12 Middle school meetings
13. Elementary pe staff
- 14 Other folks' ideas

B) Choose your middle school staff carefully.

C) Take your middle schoolers to a few meets with you.

D) Make their meet coincide with your meets

### II Maintaining your numbers.

- A) Culture
- B) Educate parents
- C) Booster clubs
- D) Newsletters
- E) Smart development plans
- F) Goals for every kid and division
- G) Roads rules and great supervision
- H) Diversity in workout sites and workouts
- I) T shorts for accomplishments
- J) Trips
- K) Camps
- L) Pasta dinners breakfasts
- M) Teaching lessons for life with everything in the sport
- N) Get a bus
- O) Make the team and make a standard for earning a letter

### III Importance of your assistants

- A) Educate them

- B) Appreciate them.
- C) Set high accountability.

IV Find out what works for you and what does not.

- A) Be high energy and enthusiastic
- B) Gotta be all in
- C) No convenient commitment
- D) Build relationships.
- E) Be proud of the past but treat each season like you felt the first time you qualified or won something
- F) Winning often or all the time is not common
- G) Don't let parents change you.
- H) Be gritty.
- I) Remember sometimes you do just about everything perfectly and you can still not hit your goal.
- J) Always teach life lessons everyday
- K) Comments and ideas or questions from the bleachers