

I'm the Middle School Distance Coach --- Now What?

What are your goals?

Do they fit in with the High School goals?

- a. Have you talked with the H.S. coach(s)?
If the H.S. Cross Country Coach and the H.S. Distance coaches are different have you talked to them both?

In Track, does the H.S. coach want you to score maximum points or develop more runners?

Does the H.S. CC coach want you to attend the same meets or can you go where you want?

Fitting your goals in with theirs.

- a. Do you need to make changes or can you persuade the H.S. coach to make changes?
- b. Be careful not to make too many changes at once.
- c. COMMUNICATE COMMUNICATE COMMUNICATE

Letting kids play other sports during your season.

Encouraging kids to play multiple sports.

Recruiting ATHLETES!!!

Thoughts from High School Coaches:

Teach them everything that the H.S. coach wants them to know.

Good links:

Reading List:

Mileage:

Training shoes:

Spikes:

