

“They’re Always Good”

**Why Some Programs Are
Consistently Successful**

**Ben Carlson
Head CC/Distance T&F Coach
Ohio Wesleyan University**



Common Threads in Great Programs

5. Talent Pool
4. In-Joy/Fun
3. Coaching Knowledge
2. Committed/Disciplined/Motivated Athletes
1. Leadership & Team Chemistry

5. Talent Pool

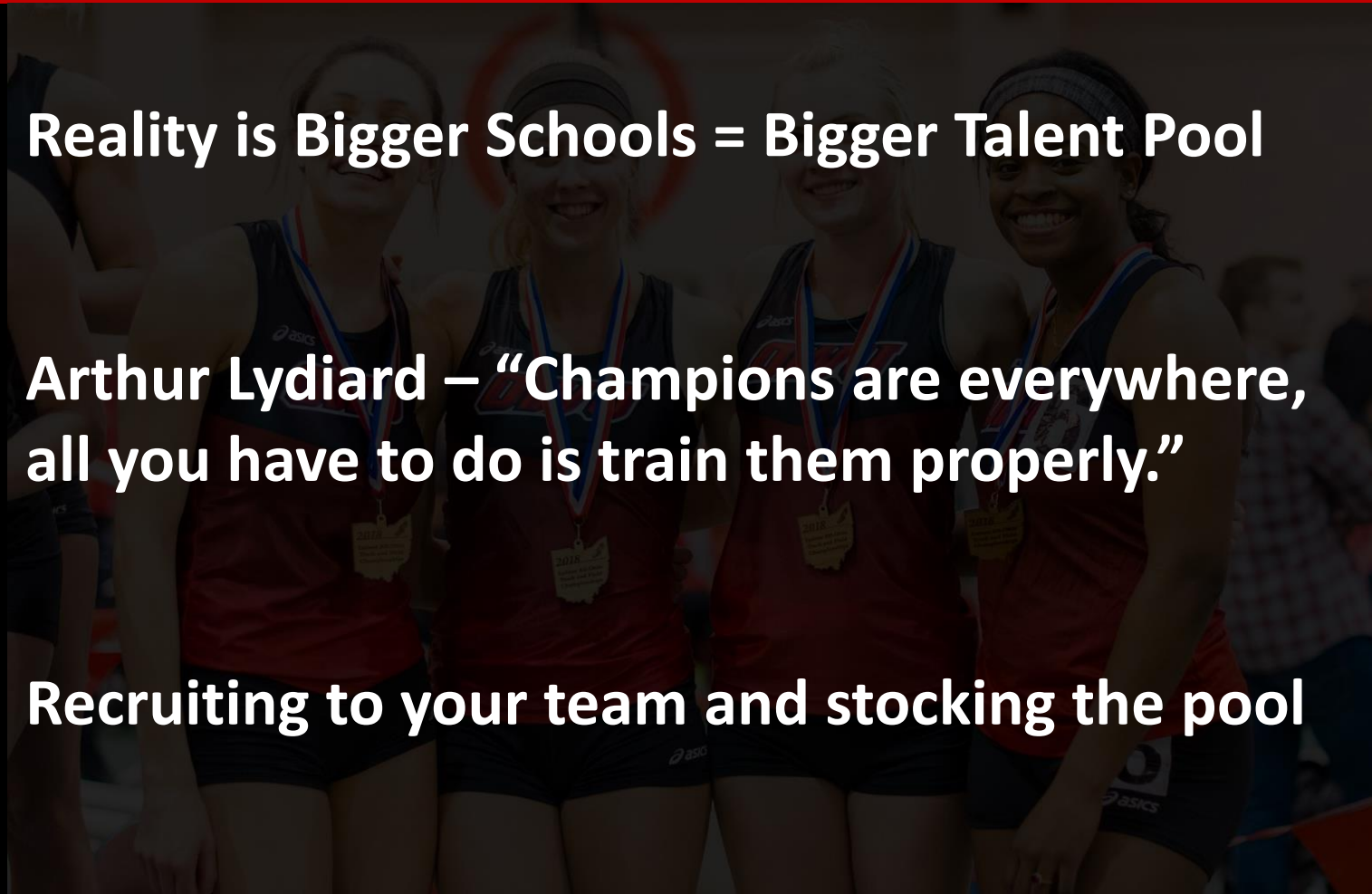


5. Talent Pool

Reality is Bigger Schools = Bigger Talent Pool

Arthur Lydiard – “Champions are everywhere, all you have to do is train them properly.”

Recruiting to your team and stocking the pool



4. In-Joy/Fun

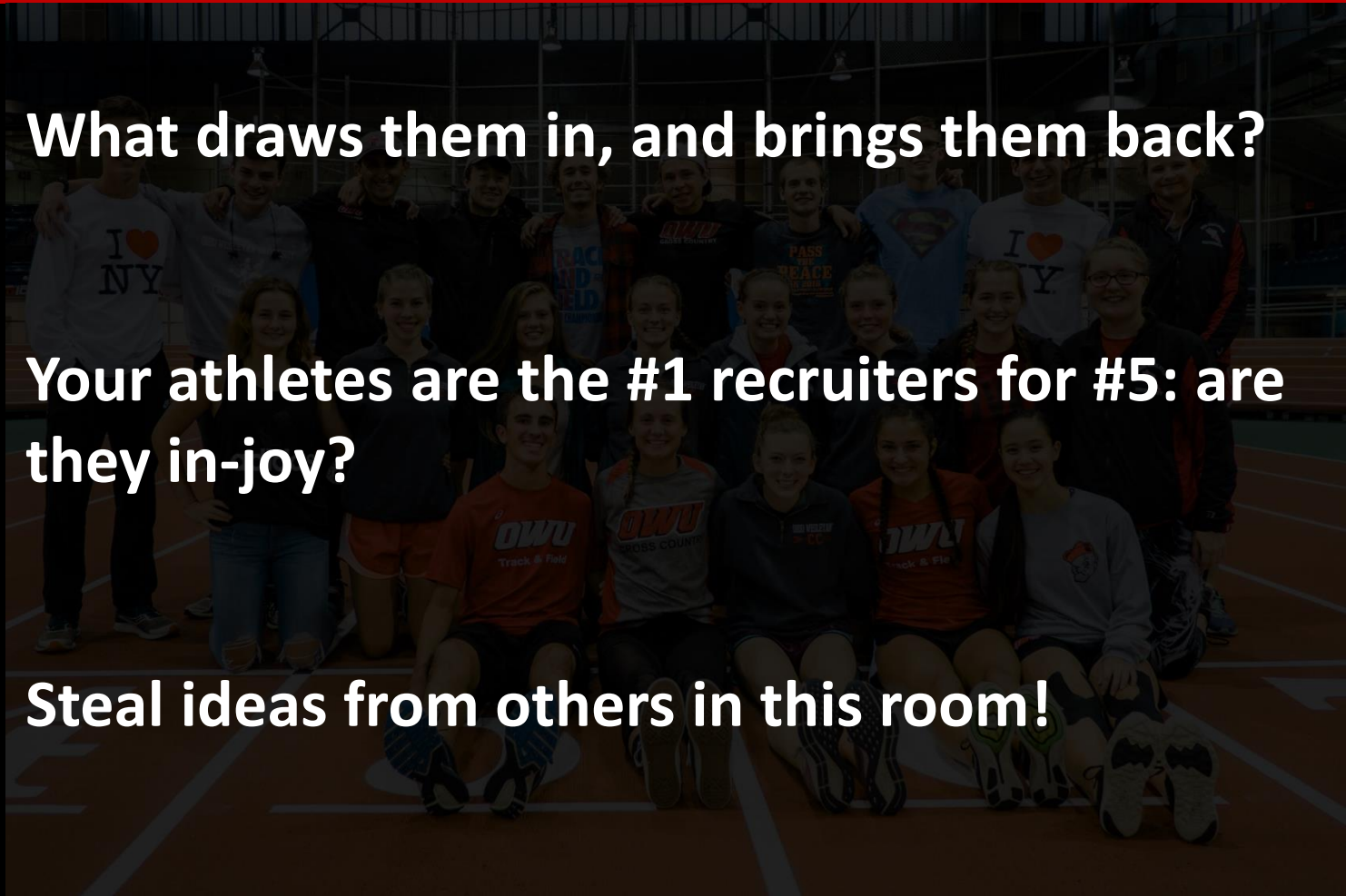


4. In-Joy/Fun

What draws them in, and brings them back?

Your athletes are the #1 recruiters for #5: are they in-joy?

Steal ideas from others in this room!



3. Coaching Knowledge



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Key to moving beyond fun activities club

Learn, learn, learn!

Develop your sequential & progressive plan

John Wooden – developing trust: Do you care about me?

2. Comm./Disc./Motiv. Athletes



2. Comm./Disc./Motiv. Athletes

#5, #4, #3 are nothing without this – and toughest to establish!

Find what makes each person tick – relationships!

Motivation is fleeting, discipline lasts

Goal setting and reminders of the Why

1. Leadership & Team Chemistry

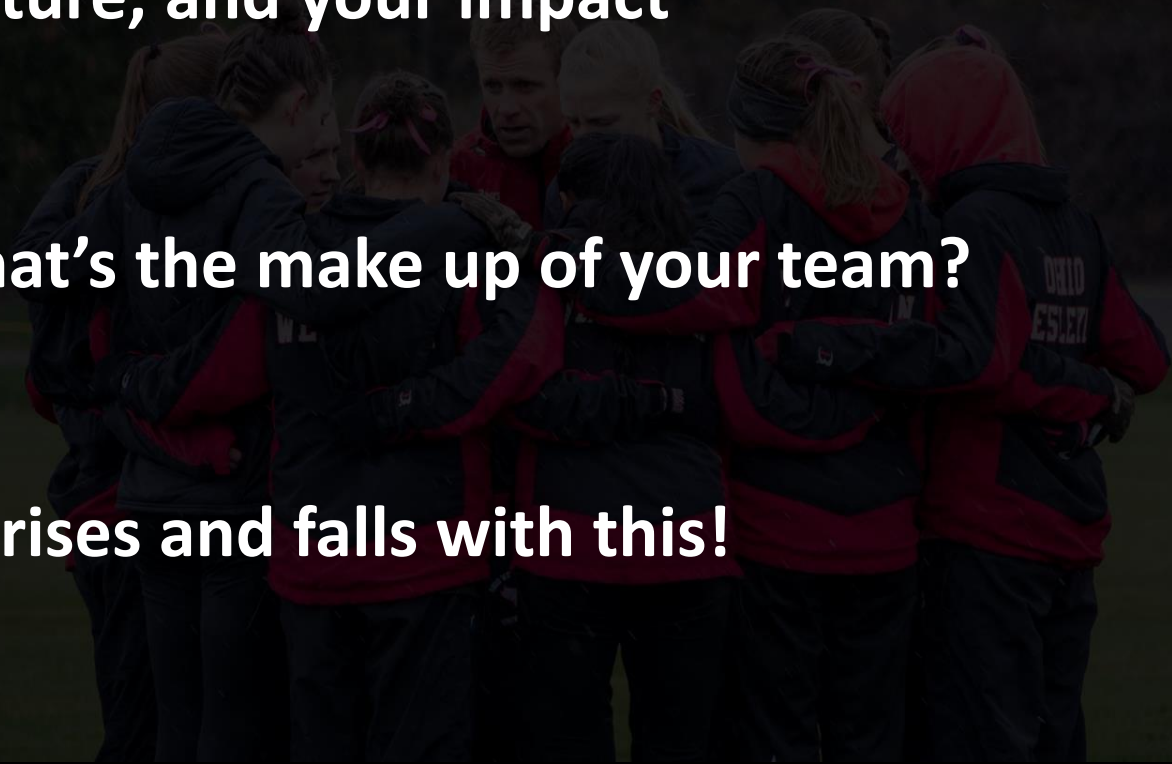


1. Leadership & Team Chemistry

Culture, and your impact

What's the make up of your team?

All rises and falls with this!



Recommending Readings

Training Knowledge (Distance)

Healthy Intelligent Training by Keith Livingstone

Run the Lydiard Way by Arthur Lydiard

Daniels Running Formula by Jack Daniels

Leadership and Team Building

Chasing Perfection by Bob Ladouceur

A Game Plan for Life by John Wooden

Uncommon by Tony Dungy

BEN CARLSON

brcarloso@owu.edu

Ohio Wesleyan University