

1. **Cross Country Clinic** **East Canton Cross Country**

November 19, 2021

Thank you for allowing me to speak before you today. I have been coming to clinics for about 40 years. I take away from each clinic with some information. Some I used some I didn't. I'm sure you will like some things we use and some things that won't work with your program. I always believe there are many ways to Rome.

Let me tell you a little about East Canton. Division 3 program. We get anywhere from 10-23 runners on the team. School population is about 900 K-12, with a graduating class of about 61. The school is bordered on 3 sides by strip mines. And yes we run in them..like our parks, just not as pretty. Also, our roads that we run on your either going up or going down.

Key to our Program:

Success breeds success. Winning begets winning losing begets losing. WE have not always been good. If something doesn't work, I scrap it and try something different. I started the program in the Fall of 1973. I have had a few assistant coaches throughout my 49 years. Coach Loy and I talk every single day about runners and how to make them better.

So Whats the Key?

Recruit everyone you can; anyone with legs. We have a May meeting and post these signs around the school. Some kids

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will buy in some will not. We also have sign on the wall in the room of the May meeting. "How Good do you want to Be?" If you don't want to be good, then don't run in the summer. I will talk about our mileage club a little later. We have had a great middle school coach who would talk to everyone and get them to run. He would make it fun. One of the greatest quotes I have heard was from Jeff Howard from Woodridge "Even slow kids have Fast friends" Get everyone.

So when you get them out you have to get them "to believe in Themselves," "Believe in the program" and "believe in each other." There is not a day that goes by that I don't talk to a kid about how good they can become. "Great workout today", you averaged 5:30 last year in your "mile repeats", this year you average 5:15. WOW! or You had a super race, hey you beat this kid and he was 20th at the State meet last year. **Never give up on anyone.** You never know when your last kid on the team as a freshman (who was chased by the golf cart at our league championship) turns out to be a Conference Champ, A District Champ and All-Ohio kid. You got to get them to believe. We have a quote that says "What you believe about yourself, set the Boundaries for what you can or cannot do" Consistently encouraging kids. Another little secret...so I look at the results of the year before like maybe the Boardman invitational, which is also our Regional site. I count the # of seniors that have graduated and scratch

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them out and show our runners that they should be able to finish in this spot, You were 20th last year and 10 runners have graduated, you could be a single digit scorer or you could finish in the teens. When that happens that believe a little more. No, it doesn't always work.

Many coaches talk about establishing a culture. WE are called the Pac-Men. From a video game in the 80's We have a mileage club, 300, 400, 500 miles in 80 days. We record our miles on a Google spread sheet that everyone has access to.

WE have 3 booklets that we give out. Pre-season or Summer booklet, Season booklet and Post season booklets. I have a few today. **Pre-season booklet: Workouts for Freshman, Sophomore's , Juniors and Seniors.** About all the important dates in the summer: 12 hour relay fund raiser/letter writing campaign, July 4th race that I would like them to attend, Canoe race/picnic. Dates that we meet as a group at the park; 1st date of practice and dates on our Cross Country camp. **Season booklet** : about the past records, best time by class and team records. The **post season booklet** have everything that was written about the team for that year.

Another big Key:

I write letters to everyone on the team and when I say write, I type them as Coach Loy can attest, I write pretty bad.

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Summer letters, Season letters and State meet letters.

Summer letters are about what they need to do, Run with your teammate, show up everyday at the park, do the little things. I have included 2 in your hand outs

Typical Day for East Canton Cross Country

a. Meeting(explain workout, go over results from last meet (spilts 1-5, 1-7 Personal records, , go over information on next meet) meet with individuals as well.

b. warm-up run 1/2 - 3/4 mile

c. Core routine 2 days a week. Monday and Wednesday start with 20 seconds of each exercise and increase every 3rd day by 5 seconds. end up at 55 seconds (week of our conference)

1. side plank...right side on elbow, no sag

2. side plank...left side

3. sit ups

4. leg crosses...keep legs straight

5. leg lifts...6", 12", 18"

6. prone plank on elbows...no sag

8. hold legs up)

8. push ups

9. "Colt stretch" lift bottom off ground on one leg

d. walk around circle with various stretching (prevents shin spilts)

1. on toes (insert slide

2. heels

3. sides of feet

4. backwards (same)

e. stretching routine with ropes...not static. "Activated isolated stretching")

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- f. sit ups on days of no core. 25-50
- g. "buddy curls" strengthen shin area. Grab onto your partners foot and hold them forward and backwards and side to side.
- h. warm up run before workout. Anywhere from 1-3 miles

Typical early season training week

Monday: After our core and stretching routine, we normally do a long **progressive** run anywhere from 5-8 miles. We finish on Motts incline (50-75 meters) continue to in front of Smith gym to simulate the finish of the State meet at Fortress Obetz

1. static stretch (after run)
 - a. Calf stretch, single leg, both legs; hold for 30 seconds
 - b. Hamstring Stretch
 - c. IT Band Stretch
 - d. Quad Stretch
2. Legs up for 5 minutes
3. ice bath)
4. Replenish energy stores: Chocolate milk, gram crackers, skittles, bananas, gatorade, water, peanut butter and bagels

Tuesday: Usually a lighter day 4-6 miles at an easier pace come back to track (on turf with shoes off) and do "slow day routine"

Drills with shoes off

- a. walk on toes... 25 meters
- b. walk on heels
- c. backward running
- d. backward skipping
- e. 2 knees up... 55 meters
- f. 2 buildups
- g. Leg swings

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Weight routine on opposite days of core

1. bench 2 x sets of 10
 2. one legged squats x 6
 3. chin ups to exhaustion
 4. leg ups on machine
 5. stability ball sit ups with weighted ball...begin with 20 seconds and increase
 6. stability ball leg rollers
 7. box jump 18"
 8. dips
- Go home
sleep hydrate (don't pass a drinking fountain during school) stretch

Wednesday: Typical bust day (core first)

Segmented runs..1,1,1,2,2,3,4,2,2,1,1, 30 seconds. Rest is between 60-90 seconds each segment, try to regroup with slower runners

Hill repeats

800-1000-mile repeats

faster (repeats) as the season goes by and more rest

Thursday: After our stretching routine we do 4-6 miles at a talking pace. We also go over the upcoming meet on Saturday. Who's is going to be there, both team and individual, Where you could finish, single digits, top 20, "run with Andrew"

Drills: Same as Tuesday.

Weights

Friday: After stretching routine usually run for 3(for rookies) to 5 miles (Vets) and then slow day routine. Try to stay on grass at our home course.

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Saturday: Race

Go over the entire course (walk/run) Warm up starts 45 minutes before race. 10-12 minutes of running progressing as you run the warm up. Rope stretching routine. Put on spikes (double tie, or tape) Head down to the line. 2 knees up, 2 build ups. Race. Warm-down at least 20- 30 minutes

Sunday: For vets only 30 minutes to one hour of running.

Keys to the program

1. Recruit , recruit, recruit! Safety in numbers. One program in Stark County has over 140 runners on their team (just boys). There's got to be someone who can run fast.
2. Summer running with other team members. Mileage Club...80 Days. 300, 400, 500 mile Club
3. Canoe race (canoe down run back), picnic afterwards. Team bonding.
4. year round commitment
5. it goes back to "how good do you want to be"
if you don't want to be good , then don't do the little things
don't train in the summer or winter.
6. Commitment:
Not to yourself, not your parents, not your coach's , but to your teammates.

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7. Great Middle school program

Middle school Art teacher

recruits anyone with legs

safety in numbers

8. Camp, ours, no-one else

3 days. Running, 2 time/day

sessions...little things

Camp speaker, former runner or coach

Camp video (Fire on the track....Pre, "The Long Green Line"etc.)

Fire side chat. I talk about goals, dedication, commitment. Each runner gets a chance to speak about anything

Bowling, softball, volleyball, fishing, corn hole ping pong, cards.

8. A belief in ones self... "What you believe about yourself , sets the boundary's for what you can and cannot do"

9. Write letters to each runner. One at the beginning of the summer, one at the beginning of the season. Copy in handout

10. The Runners must Believe in the Program, Believe in themselves and Believe

in each other

10. Questions?

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