

Successful Coaching in Cross Country... a 12 month opportunity.

Or... things they never told you about in coaching school

Preseason:

Spring - Prior to the season (April/May)

Recruiting – Sign-up Meeting at School, Middle School (gym/track), posters,

Making season training plans (Individual – age groups) – for types of athletes/team you have

Contract starter/Officials/Timers for any HOME MEETS

Inventories – uniforms, medical supplies, strength room/weight room

Facility improvements – rolling/mowing the course...for training or Meets

Purchase orders – what do you need? what do you want?

Fundrasier ideas... Plan and Advertise...

Communicate with other Staff/Coaches – Band/Choir/Volleyball...AAU/4H – Dual Sport kids

Check grades for Eligibility/Credits

Secure Facilities/Training Areas for Summer – Times...Parks, trails, weight room, etc.

Assign Leaders – Captains? – Seniors?

Summer – Beginning of Training (June/July)

Where/When will summer training take place?

Fundraiser(s) - Car Wash/100-mile relay/Flee Market.....

Fun Day Meetings – Taco Tuesdays, Ice cream Wednesdays, Canoe Race/picnic, Road Race

Award Kids for “bringing a friend” to conditioning or to a “Fun Day”

Parent Meeting(s) – Expectations (for athletes/coaches/parents), recruit help, team dinners

Finalize Volunteers for Meets – school Staff, Allumni athletes/parents, Family

*Team Camp – team bonding, speakers, Training/Nutrition education,

Maintain Course – Mowing/Measuring

Clean/Organize Locker rooms - Prepare facilities for August Practice

Organize Concessions/T-Shirts/Parking for Home Meets

Secure Hotel/Transportation for any overnight team trips

Know Family Vacations.....especially for your leaders... assign someone else

In Season

Early Season (August/early September)

Paperwork – Physicals, EMA, Final Forms

Bus requests – Bus schedules (when you want to leave for meets)

On-line Entries for meets – Baumspage entries

Get a list of All new students.... find them the First Day.... Invite them

TEAM PICTURES – make it a good Day....

Organize/Finalize Team Dinners

Finalize any meet snacks from parents

Contact Media to recognize results/efforts

Mid September/October

Finalize Award Banquet – Where, What awards given, When (Date/time),

Post-Season Bus Schedule – District/Regional

***Reserve Hotel for State – Sooner the better**

Write recommendations for Seniors – Scholarships and schools

Finalize the “TOP 7” – who stays to train.

Contact Media to recognize results/efforts

Plan for Homecoming/Senior recognition etc.

POST SEASON

November/December

Have a season recognition – Awards Banquet – Invite parents, school staff, Media

Post-Season Awards

Post-season meeting/survey

Collect uniforms/Equipment

Clean Locker Rooms for the next sport

******Go to the OATCCC Cross Country Clinic – coaching education***

Off Season:

January/February/March

Winter Running Club – off-season conditioning

Watch your kids in other sports – basketball, wrestling, Band Shows, musicals, bowling

Gather data from surveys – consider changes

OATCCC Track & field Clinic – coaching education

Competitive opportunities for Runners - Indoor races, trials, road races?

Plan Workouts for Next year.... General or Overall Plan

Conclusion: “...the more you find out, the less that you know...”

This entire adventure (32 years) has continually brought more questions than answers. This is a majority of things to consider, and is, by no means, a complete list, nor is doing everything on this list necessary. It's just most of the things we consider or do at East Canton