

# **DEVELOPING A HIGH SCHOOL TRACK & FIELD PROGRAM “CREATING THE CULTURE”**



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## QUICK FACTS ON JESUIT TRACK & FIELD

- 1. What is the average yearly turnout for the Jesuit Track & Field Team.**
  - About 330-375 athletes at the peak.  
(180-190 boys, 150-180 girls)
  - About 300– 350 athletes finish the season.
- 2. Are Jesuit students required to participate in a sport or after school activity.**
  - NO!
- 3. How do we get so many to turn out?**
  - Personal contacts by teachers and coaches encouraging students to get involved.  
(letters or indiv. conversations)

**HOW DO YOU CREATE  
A CULTURE OF  
TRACK AND FIELD &  
RUNNING  
ON YOUR CAMPUS?**

# **CHALLENGES TO CREATING A TRACK & FIELD CULTURE ON YOUR CAMPUS**

- 1. MORE ATHLETIC/ACTIVITY OPTIONS**
  - More School & Club sports/activities**
- 2. ATHLETIC SPECIALIZATION**
  - Soccer, Basketball, etc.**
- 3. LACK OF YOUTH/DEVELOPMENTAL PROGRAMS**
- 4. INDIVIDUAL ASPECT OF TRACK & FIELD**

# CREATIVE APPROACHES TO THESE CHALLENGES

## CHALLENGE #1 - MORE ATHLETIC OPTIONS

### RESPONSE

#### 1. Recruiting = Key to Turnout.

- Incoming Student Survey
- PE Teacher Contact
- VB, Soc, FB, Bx, Swim Coach Contacts
- Contact Letters (timing is key/momentum)
- Personal Contacts
- Pick up the Pieces (Contact Cut athletes)

#### 2. Recognize busy student schedules

- Quick efficient practices
- Multi – sport athletes appreciate
- Multi-Activity Participation Form

# CREATIVE APPROACHES TO THESE CHALLENGES

## CHALLENGE #2 – ATHLETIC SPECIALIZATION

- RESPONSE**
- Create Bridges to Other Sport Coaches
  - Get Key Coaches involved
  - Emphasize what you have to offer
    - FB (you can help them get BSF)
    - BX (you can provide strength work and jump training)
    - VB (you can help with jumping ability and athlete fitness)
    - Soc (tougher sell, but you can offer the time to teach their athletes how to run fast – form work)



## CREATIVE APPROACHES TO THESE CHALLENGES

### **CHALLENGE # 3 – LACK OF DEVELOPMENTAL & YOUTH PROGRAMS**

#### **RESPONSE**

- 1. Summer Camp for Kids at your facility.**
- 2. Host an All Comers Meet in Summer.**
- 3. Assist with a Youth team – be visible.**
- 4. Create Something/Create an Event  
- PDXC Youth Running Series**

# CREATIVE APPROACHES TO THESE CHALLENGES

## CHALLENGE # 4 – INDIVIDUAL ASPECT OF TRACK & FIELD

### RESPONSE

1. **Emphasis - Track & Field = Team Sport.**
  - Team Meetings w/ role of each member (counting on them)
  - Team T-Shirt (exclusive-track only)
  - Kids want to be part of something.
    - **CREATE AN EVENT**  
“Twilight Relays Meet”
2. **Workout/Competition Grouping**
  - Recognize natural groups/coaches
    - Linemen – conditioning/100s
    - VB vs Soccer - relays

# ORGANIZATION OF JESUIT TRACK & FIELD



## A TIME LINE

## COACHING GOALS:

1. TO BUILD AND MAINTAIN A TRACK & FIELD/RUNNING CULTURE ON OUR CAMPUS. (A YEAR ROUND PROCESS)
2. BE ORGANIZED AND PREPARED EVERY DAY.
3. MAKE PERSONAL CONTACT WITH EVERY ATHLETE EVERY DAY.
4. TEACH YOUR ATHLETES TO BE INDEPENDENT. (TAKING OWNERSHIP)

## **JUNE (1<sup>st</sup> – 10<sup>th</sup>)**

- **Awards Banquet**
  - **Everyone recognized (group meetings)**
  - **History/Top 10 Lists**
  - **Value of athletic.net (use of websites)**
- **Summer Camp Information Distributed**
  - **Throwers to Ironwood Camp**
  - **Distance Runners to Flathead/Steens/Ore Adventure**
  - **Sprinters Jumpers – share camp options**
- **Senior (next fall) Meeting (Teaching Leadership)**
  - **Mentoring plan for the summer**
- **Summer Workouts/Wt Room Hours (M, W, Sat)**
  - **Model Workout lifestyle**
  - **Involve Coaches from a variety of sports**



# JULY

- **Summer Letter**
  - **Share Thoughts of potential for next year**
- **Team Runs (TU, TH, Sat)**
- **Line of Communication Open**
- **Allow Time Away**

# AUGUST

- Team Runs (M, W, Sat)
- Beach Trip (XC Team)
- Bonfire (Taking Ownership)
- Beach Trip Relay
  - Competition/Fun
  - Tradition/History
    - They are part of something bigger than them. - The Box (Inside) The Wall

# SEPTEMBER

- **Coach X-Country**
  - **Host meets where students can see your passion for your school and whatever you do = contagious.**
- **Attend Soccer, VB, Football events**
  - **Personal contacts w/ track athletes and potential track athletes participating in fall sports.**
- **Collect Student Survey Data – begin recruiting plans for freshmen and new students.**
  - **Curriculum Night Survey**

# OCTOBER

- **Morning Runs**
  - **XC Runners**
  - **Weight Room available to other sport athletes.**
- **Pack Attacks/Park Workouts on Campus**
  - **Shows team building to Runners and other sport athletes.**
- **Publicize the Success of the Team**
  - **Utilize relevant forms of communication without getting sucked into social media competition**

## NOVEMBER

- **Attend Soccer, VB, Football events. Personal encouragements to track athletes and potential athletes as they enter playoffs or as their season ends.**
- **Letter to XC Team – prior to championship season**
- **Post Season Awards Night Recognition**
- **XC Team Poster (Displayed in Hallways)**
- **Training Off Period (2 weeks)**



# DECEMBER

- Individual Goals Meetings (lunch/after school)
  - Goal Setting Form (XC)
  - Goal Setting Form (Track)
  - Training Diary
  - Top 2-3 per event area
- Winter Training Schedules (*Going to the Next Level*)
  - Distance                      Sprinters
  - Jumpers
  - Throwers
- Speed/Agility/Quickness Training Sessions Begin
  - Available to all sports
- Attend Winter Athletic Events
  - Recognize winter sport athlete

# **JANUARY**

**(Be Visible)**

- **Daily - School Roster Review/Input.**
  - **Pre-Season Coaches Meeting Preparation.**
- **Mondays/Wednesdays/Fridays**
  - **Morning Run/ Weight Room**
- **Tuesdays/Thursdays**
  - **Speed/Agility/Plyometric Workouts**
  - **Open to all Students**
  - **Get other Sport Coaches involved**
- **I workout each day and try to model good consistent training behavior and athletes from a variety of sports join in.**

**FEBRUARY (1st – 15th)**  
**(Inertia)**

- **Coaches Meetings**
  - **Coaches Handbook**
  - **Sample Meeting outline**
  - **Innovation Plan**
    - **1 or 2 new ideas/implementation**
  - **Frosh/New Athlete Recruitment Plans**
  - **Senior Commitment Discussion w/ Coaches**
- **Senior Meeting**
- **New Athlete Recruitment Letters/Personal Contacts**
  - **Timing = Key**
  - **PE Announcement**
- **Sign Up Meeting (Short, Info, Recruitment continues)**
- **Mondays/Wed/Fri (Morning Run/Wt. Room Cont.)**

## **FEBRUARY (Teaching)**

- **Goal of 1<sup>st</sup> week is to teach/remind students**
  - **How to be an Athlete (Daily routine)**
- **Prior to 1<sup>st</sup> Practice – Warm Up Groups**
  - **Athletes/Coaches Assigned and Area selected**
  - **Distance Runners Group A, Group B**
  - **Throwers – Group A, Group B**
  - **Sprints/Jumps/Hurdles**
    - **Men's Group, Women's Group**
  - **Group B ....Sprint and Distance Group combined.**

# **FEBRUARY**

## **(Teaching)**

### **•1<sup>st</sup> Practice/1<sup>st</sup> Week**

- Not on Monday = No School**
- Not on Tuesday = No School**
- Wed – Warm up groups posted all day**
  - Quick Meeting 3 pm**
  - Efficient Practice 3 – 4:30 pm**
  - Teach Routines**
- Thur/Fri**
  - Quick/Effective Practice 3 – 4:30 pm**
  - Focus = conditioning/teach routines**



# **FEBRUARY**

## **(Refine Training Groups)**

- **2<sup>nd</sup> Week of Practice**
  - **Team Meeting Monday – Brief (5 min)**
  - **Quick Effective Practice 3 – 4:30 pm**
  - **Focus = conditioning/teach routines**
  - **Frosh/New Athlete Decathlon**
  - **Start intro Technique Work on Thur/Fri**
  - **Identification/matching of athletes to events**
  - **Adjustment of Training Groups based on interests, demonstrated talents, team needs.**

# **MARCH**

**(March 1 – 15 = Getting Fit)**

- **Practices reach normal length (3 – 5 pm)**
- **#1 Priority - Conditioning**
- **#2 Priority - Technique work (experienced athlete)**
  - **Event Introduction (new athletes)**
- **Introduce Dual Meet Format/Procedures**
  - **to new athletes**
- **Runners**
  - **Date Pace/ Goal Pace Packs Established (Expanding Perception)**

# MARCH

(March 15 - 31 = Start Competition)

- **Mondays** - Medium Conditioning Day
  - Some Technique Work
- **Tuesdays** - Team Meeting (5 min – all athletes)  
(10 min – Var only)
  - Technique Day
- **Wednesday- Meet Day**
  - Considered a hard conditioning day
- **Thursday** - Technique Review/Recovery Day
- **Friday** - Heavy Conditioning Day
- **Practice Time Emphasis**
  - 75 % conditioning
  - 25 % technique

# EARLY SEASON MEET PHILOSOPHY

- Preseason
  - Experienced athletes – check fitness level
  - New athletes
    - Find area of strength
    - Learn Flow of Meet
- League Dual Meets
  - We strategize and have a goal (pts/mark) for each Varsity athlete (Area coaches do this)
  - Every athlete's mark is recorded in every event they compete in. It is unacceptable for any competitor to not have a mark when they have competed.

## Ideas for Handling Large numbers of competitors

- Throws & Jumps – JV open pit (ie. 4:30 – 5:30)
- HJ/PV combine boys/girls for JV
- Distance Races – JV 800 – run in alleys/waterfall
- Sprints – Pre-Meet 100's

## Group A vs. Group B concept

- Practice & Meet Expectations...Based on Group

## **SPRING BREAK PHILOSOPHY**

- **We train pretty hard right up to the start of vacation and then give athletes a workout schedule that expects:**
  - **Throwers (Get 5 workouts in over the 9 days)**
  - **Sprinters (Get 5 workouts in over the 9 days)**
  - **Distance (Get 7 workouts in over the 9 days)**
- **No required practices at the school over break.**
- **Track and Wt. Room opened and available**
  - **Monday, Wed, and Fri**



## **APRIL – 1<sup>st</sup> Week of May (Sorting it Out)**

- **Mondays - Medium Conditioning Day**
- **Tuesday - Technique Day/Meet Prep**
- **Wed – Meet Day – Athlete’s each have a role/2-4 events.**
- **Thurs – Technique Review/Recovery Day**
- **Friday – Heavy Conditioning Day/Technique (1<sup>st</sup>)/Rest**
- **Saturday – Easy Jog or Distance LSD/ Invitational**
- **Practice Time Emphasis**
  - **50% Conditioning**
  - **50 % Technique**
- **Meet Emphasis**
  - **Find 6 deep per event**
  - **Try combinations**

## **2<sup>nd</sup> Week of May – State Meet (Show Time)**

- **Meet Emphasis**

- **Varsity - 3 per event (Maximize Potential)**
- **JV**
  - Find a positive finish
  - We want them to finish saying
  - “I’m a hurdler or I’m a shot putter etc
  - JV District Meet
  - All Comers Meets, Post Season Meets

- **Practice Time Emphasis**

- **25% Conditioning/Peak**
- **75 % Technique**

**\*\* Significant energy is spent on making the conclusion of the JV season positive.**

**THAT IS THE PROGRAM’S FUTURE!!!!!!!!!!!!!!**

**THEN  
START THE PROCESS  
OVER AGAIN!!!!**

# JESUIT TRACK & FIELD

2017



WOMEN'S TEAM - STATE CHAMPIONS  
MEN'S TEAM - 2<sup>ND</sup> PLACE OSAA STATE MEET