

Ownership & Growth in Distance Athletes

With The Tools to Cultivate

Ownership: Taking a responsibility for individual and team successes and setbacks.

How do you track ownership?

---> Individual Actions/Behaviors

Examples:

- Completing a Long Run on the weekend, away from organized team practice
- Failure to except mistakes made during a race
- Completing a running log
- Communication with the coaches
- Making smart choices away from practice

Ownership

Growth: Maturation of an individual socially, academically, and athletically.

The goal is that they leave your care improved in those three areas.

How do you track growth?

---> Individual Actions/Behaviors

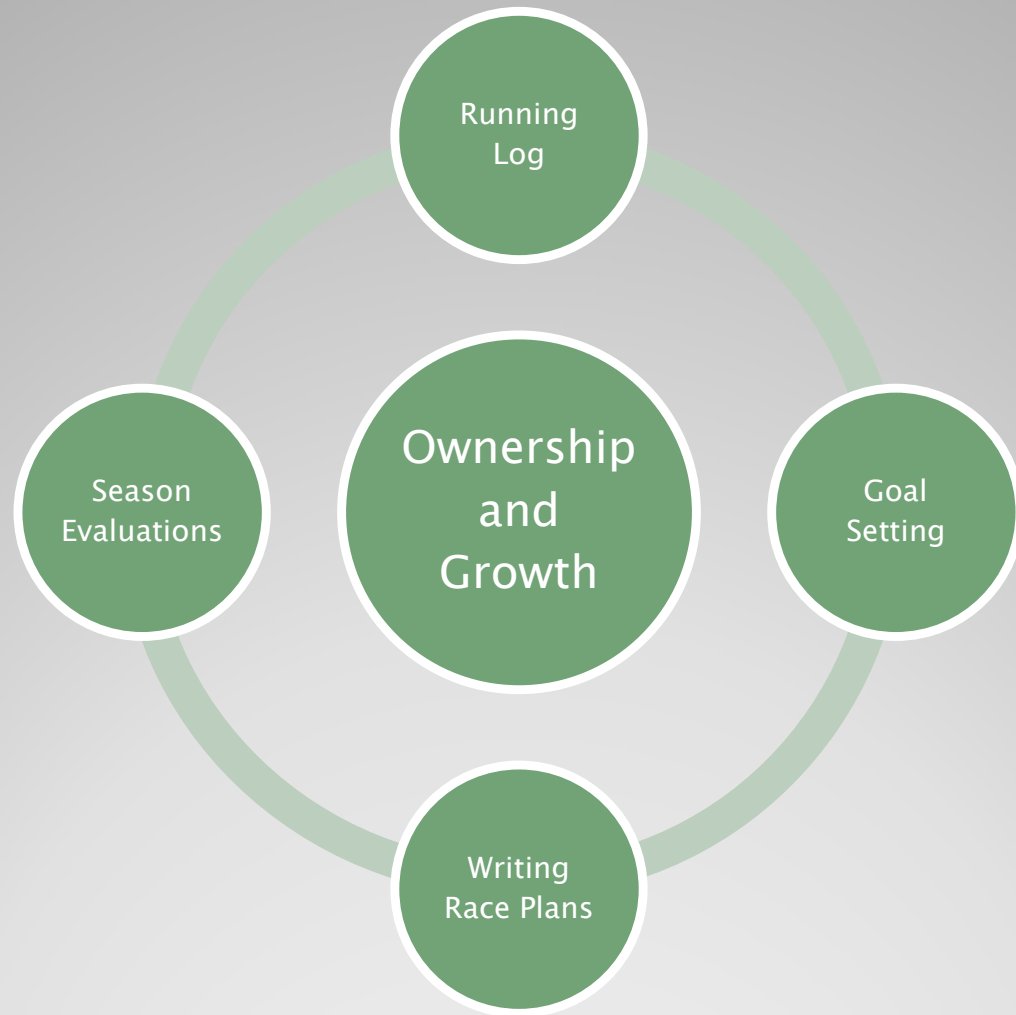
Examples:

-Interactions with teammates

-Workouts and mileage

-Grades improvement

Growth



Four Tools



The Running Log

A personal running diary for your athlete

There are too many variables in a race to go in without a plan



visual image of success → preparation → helps you help them → a great learning opportunity → puts the runner in control; a race is not decided by a roll of a dice

Writing a Race Plan

Preparing for Success

5k-Finish: keep building speed. Make huge surge and keep bring it up around start into home stretch.

Every man counts, so let's go 'hunting'.

4k-5k: using momentum from long downhill stay connected to the pattern. 6:00 or so left—easy as pie.

.....

-Run for The Green Team. It's not about me

-If I can help the team, that's my plan.=lead the charge

-be fearless

-Embrace the process, relish in the discomfort and "let them have it."

-Get out in top 20-25

-Stay comfortable and relaxed until moves are made

-never push up hill, always hold position, push after the hill

-Through 5k in 15:20-15:25

-really use straight-aways as places to get rolling

-eyes up, pay attention to coaches, make it hurt

Race Plan

An Individual Visualization of Success, Sample Race Plans

Start: Get off the line; into a good position

First 400: Calm but assertive

400-800: Maintain position, let the run flow, quick check on mechanics, hips up, eyes up

800-1200: Bring it up, you've been here before, keep coming

1200: Approaching the bell lap, here we go,

Backstretch: Keep competing; own your space

200m: turn wide, drive with your arms

Run to win.

Have fun.

1 relaxed rhythm

2 smooth, manage self:

3 it's hard

4,5 start moving



Race Plan

An Individual Visualization in Success, Sample Race Plans

The mind is a power thing and most people don't use it properly.

Mark McGwire

What to look for

- ✓ Positive Language
- ✓ Key Words
- ✓ Places for movement
- ✓ Staying in Character
- ✓ Does it make sense

“Don't lose myself in the field.”

“Don't let that stupid hill break me down.”

Race Plan

An Individual Visualization in Success



Individual Goals → Short, Intermediate, and Long Term

Team Goals → The Bigger Picture

Goal Setting

Setting Individual and Team Goals

Short Term

Race out of my comfort zone.

Keep GPA of 3.5 or Higher

Keep it simple.

Stay on top of my everyday lifestyle; thriving on routine and consistency.

All-American

Be an encouraging teammate, be coachable

Get to know all of the members of the team

NEVER bypass the little things (strides, GS, stretching, seeing trainers)

Individual Goals

Setting Personal Goals; Short Term, Intermediate, Long Term

Intermediate

Top 5 in the
3k or 5k at
Big Tens

Graduate
with 3.5

Qualify and
compete in
Indoor
Nationals

Run Sub
4:50 in
the mile

Improve
times and
places from
last year

Do my best
to stay
healthy

Compete in
every race with
the mentality of
winning

Individual Goals

Setting Personal Goals; Short Term, Intermediate, Long Term

Long Term

Become a
National
Champion

Continue to
enjoy running

Win
Nationals

Sub 16:00
5k

Be a leader.

Academic All
American

Contribute to
the team

Place Top
Ten At
Nationals as a
team

Individual Goals

Setting Personal Goals; Short Term, Intermediate, Long Term

Team Goals

- ✓ set by the team
- ✓ away from the coaches
- ✓ have captains and/or upperclassmen lead
- ✓ sometimes mistakes are a good thing

Destiny is not a matter of chance, it's a matter of choice; it is not a thing to be waited for, it is a thing to be achieved. – William Jennings Bryan

Team Goals

Fostering Ownership



- ✓ Helps to evaluate their level of self assessment skills
- ✓ Provides opportunities for learning
- ✓ Builds confidence
- ✓ Reassess goals
- ✓ Move on

Post Season Evaluation

- 1.Total Mileage from June 1st. If you started later than June 1st, explain why.
- 2.Weekly average from June 1st to the last day of competition
- 3.Average pace on training runs
- 4.Training days missed since the beginning of classes
- 5.List injuries or illnesses if you missed significant time (more than 3-4 days)
- 6.Preseason Preparation Grade
- 7.Review your summer
- 8.Season's expectations
- 9.What were you willing to do to meet those expectations?
- 10.Season Review (your thoughts)

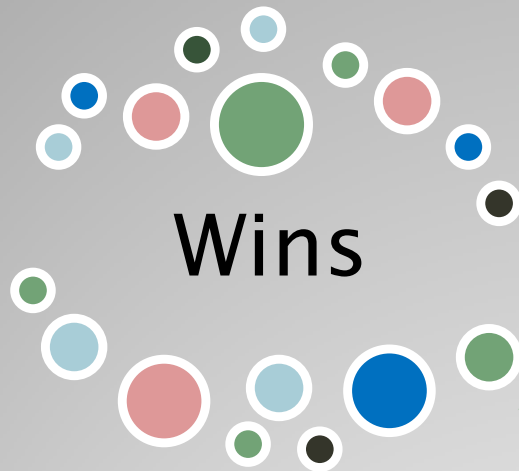
Post Season Evaluation

The Importance of Self Assessment

11. Define your vision of you at your best – academically/athletically
12. Workout positives and negatives (include strengthening workouts)
13. What do you see as the team's strengths? Weaknesses?
14. What do you think are your strengths and weaknesses as it relates to your running? As it relates to the team?
15. Are you writing race plans that are relevant to good mental preparation? Explain.
16. Where can you improve your mental preparation, both personally and with our help?
17. List a minimum of 5 things you want to accomplish by graduation.
18. What was your contribution this fall, both to the team and to your own success?
19. What do you need to do and/or what changes do you need to make to improve (academic, athletic, lifestyle) in order to better meet your expectations?
20. How can you simplify your life?
21. Overall Positives/ Negatives
22. What have you learned?
23. Questions

Post Season Evaluation

The Importance of Self Assessment



Wins

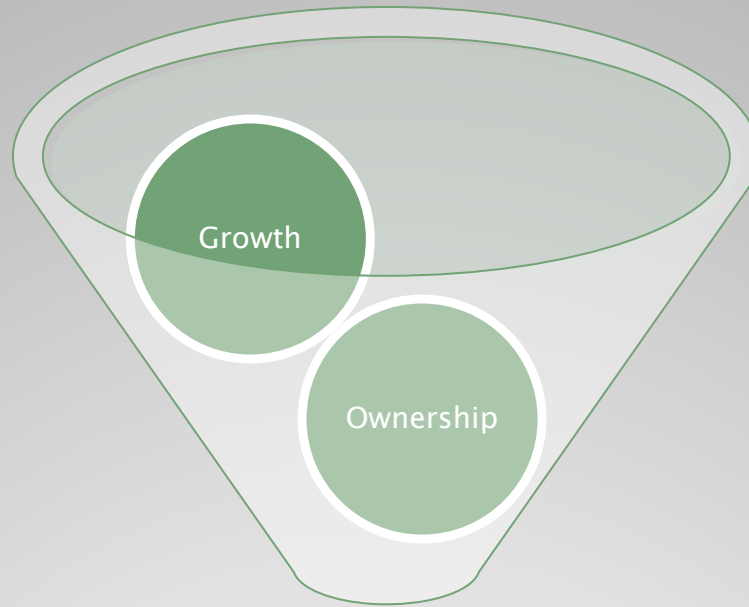


Losses

Lessons

Lessons

It belongs to the Runner.



Life Process

IMPACT OF COACHES

I have come to a frightening conclusion.

I am the decisive element at the track or on the field.

It is my personal approach that creates the climate.

It is my daily mood that makes the weather.

As a coach, I possess tremendous power to make an athlete's life miserable or joyous.

I can be the tool of torture or an instrument of inspiration.

I can humiliate or honor, hurt or heal.

In all situations it is my response that decides whether a crisis will be escalated or de-escalated and an athlete humanized or dehumanized.

An Adaption of Haim Ginott

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