

Nebraska Coaches Clinic

Coaches Clinic Forum/Roundtable – 2019

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Topics of Discussion

- Motivating the student-athlete
- Team Building Activities
- Administrative Tasks - lettering requirements/system, record keeping, end of the year/season check-in procedures, budgets,
- Handbooks: Parent/ Athlete: what should be in them, records, rules, policies,
- Assigning Responsibilities for Assistant/Head coaches
- Evaluating your program
- Planning the Season
- Multi-sport Athletes and Club Activities



Scottsbluff Track and Field

- [Scottsbluff Track and Field](#)





Northwest Track and Field

[Northwest Track and Field](#)

Adams Central

Handbook





- [Road Map](#)
- [Rules to the Road](#)
- [Planned Program](#)

Planning the
Season

EVALUATE YOUR PROGRAM

1. IDENTIFY THE STRENGTHS AND WEAKNESSES OF YOUR TRACK AND FIELD PROGRAM

(COACHING STAFF CAN DO THIS TOGETHER OR WITH YOUR ATHLETIC DIRECTOR FOR EVALUATION)

2. OBSTACLES TO OVERCOME: WHAT ARE YOU DOING ABOUT THIS?

3. WHAT DO YOU DO TO SHOW CONTINUOUS IMPROVEMENT FOR THE FOLLOWING GROUPS?

4. WHAT DOES YOUR PROGRAM STAND FOR? WHAT ARE YOUR CORE VALUES OF YOUR PROGRAM?

5. WHAT IS THE DEFINING OBJECTIVE OF YOUR PROGRAM (MISSION STATEMENT)

6. WHAT IS YOUR 3 YEAR PLAN? WHERE DO YOU WANT TO SEE YOUR PROGRAM?

LOOKING AT YOURSELF AND YOUR PROGRAM

HOW DO YOU DESCRIBE SUCCESS?

- WHAT WILL A SUCCESSFUL TRACK/FIELD PROGRAM LOOK LIKE”
- WHAT WILL YOU DO TO BUILD IT?
- HOW WILL YOU MEASURE AND EVALUATE IT?

- WHAT QUALITIES DO YOU POSSESS THAT MAKES YOU A SUCCESSFUL COACH?

- HOW DO YOU BUILD STRONG ATHLETE-COACH RELATIONSHIPS?
- HOW DO YOU ENCOURAGE/BUILD TEAMWORK AND LEADERSHIP?

- HOW WOULD A STUDENT-ATHLETE DESCRIBE YOU TWO YEARS AFTER HE/SHE HAS GRADUATED AND HAD COMPETED FOR YOU?

THE LITTLE EXTRAS MAKE A BIG DIFFERENCE



SELL YOUR PROGRAM!

COMMUNICATION IS KEY

GET OUT AND REPRESENT IN PUBLIC



DAILY TEAM MEETINGS BEFORE PRACTICE

EVERYONE IS IMPORTANT

GET TO KNOW YOUR ATHLETES ASAP

NICKNAMES?

TWITTER/ TEXTS/EMAILS- OLD SCHOOL PAPER!

COMMUNICATE WITH ATHLETES

DISPLAY BOARDS

ITINERARY FOR MEETS

SOCIAL MEDIA

CAPTAINS AND/OR SENIORS

COMMUNICATION WITH THE TEAM

RELAY MEETS ARE UNIQUE IN THAT EACH RELAY MEMBER MUST DO THEIR JOB FOR THE RELAY TO SUCCEED. DO NOT LET DOWN YOUR RELAY. WORK TOGETHER AS 1. YOU WIN AS A TEAM, YOU LOSE AS A TEAM.



OPEN DOOR POLICY

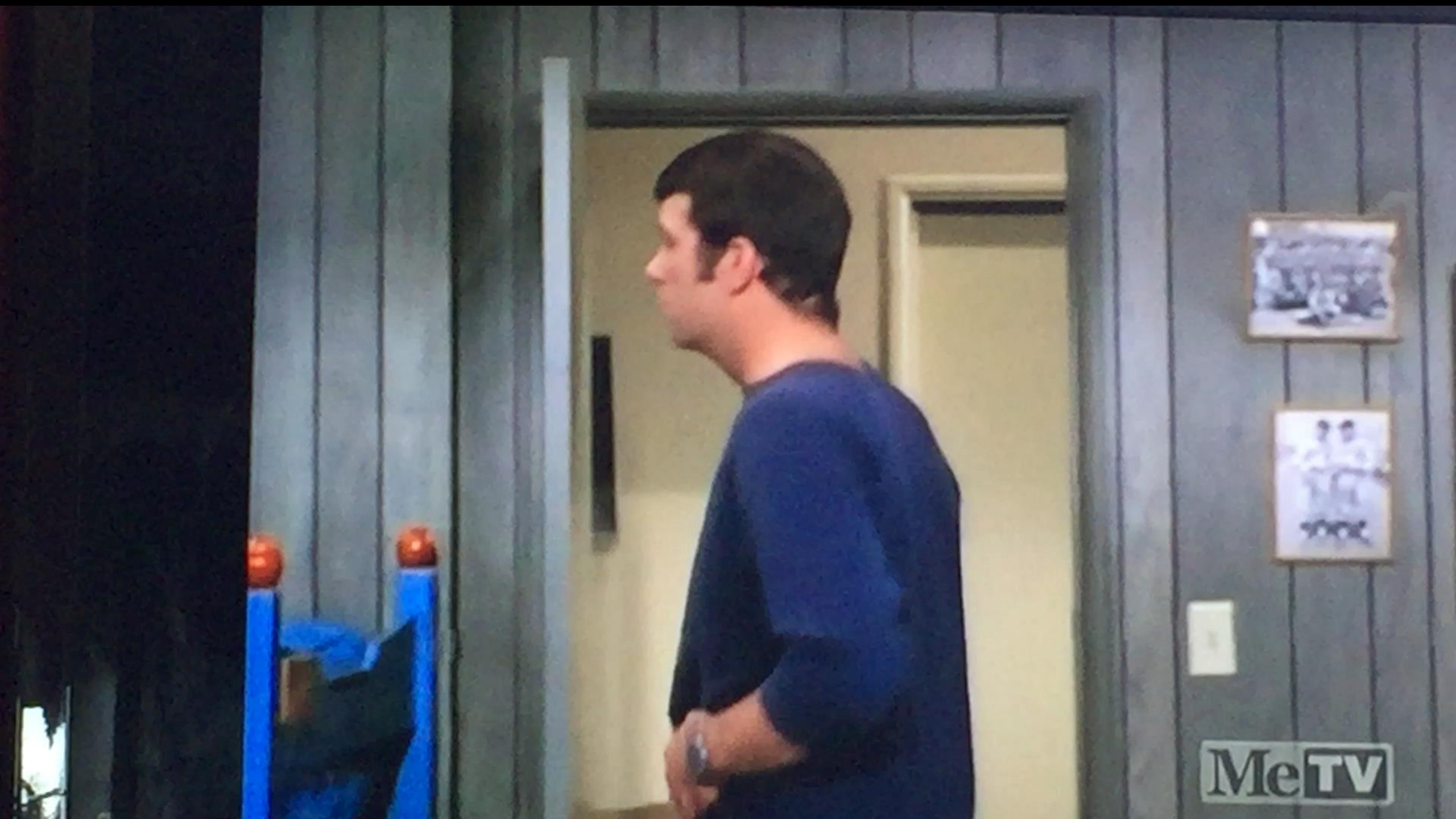
DURING CLASSES, LUNCH, BEFORE/AFTER SCHOOL

PLAN PERIODS

HOME- YOURS OR THEIRS

MR. BRADY TALKS

COMMUNICATION IN PRIVATE



MeTV

VARSITY BOYS AND GIRLS CROSS COUNTRY OLYMPIA CONQUESTS

MEET

CLASS

SEASON

CAREER

THE NUMBER OF RUNNERS YOU BEAT IN A VARSITY MEET.

RECORDS RECORDS RECORDS

3200 METER RELAY HISTORY

PRESEASON BOOKLET

POSTSEASON BOOKLET

SUMMER PLANS- J.O. MEETS, ROAD RACES, CAMPS

POSTERS AROUND THE SCHOOL

COMMUNICATION IN WRITING

DON'T FORGET ABOUT YOUR PRESEASON GET TOGETHER

AND

END OF THE SEASON BANQUET

WATER AND GATORADE WILL BE SUPPLIED.
PLEASE BRING YOUR OWN PLATES/SILVERWARE

PLEASE JOIN THE GATOR TRACK AND FIELD COACHING
STAFF ON OUR AWARDS NIGHT. WE WILL BE HIGHLIGHTING
THE PAST SEASON WITH LNS LETTERS, CERTIFICATES,
HANDING OUT THE 2018 END OF THE SEASON BOOKLET,
TEAM AWARDS, AND OUR ANNUAL SENIOR GIFTS, ALONG
WITH OUR 2018 ANNUAL TRACK AND FIELD HIGHLIGHT

ADMINISTRATION?

CUSTODIAL STAFF

SCHOOL STAFF- OTHER SPORTS COACHES

AM ANNOUNCEMENTS BEFORE AND AFTER MEETS

STATE GATOR WALKS

PEP RALLYS?

COMMUNICATION WITH THE SCHOOL

PRESEASON MEETING WITH PARENTS

SIGNUPS- VOLUNTEERING- CONCESSIONS, SNACKS, DRINKS,
PASTA FEEDS, APPLEBEES

BUY/WEAR CLOTHING

GREAT PR OUT IN PUBLIC

RUN WITH OUR TEAM

COMMUNICATION WITH PARENTS



VOLUNTEERS ON COACHING STAFF

CC TIME TRIAL TEAM

GREAT GUEST SPEAKERS- GOOD OR BAD

INSPIRATIONAL MESSAGES THROUGHOUT THE SEASON

COMMUNICATION WITH ALUMNI



2006 LNS GRAD
ERIC NOEL



LEENIE BOARDMAN
2008 LNS GRAD

LET THEM DO THEIR JOB- TRUST!

STAFF MEETINGS BEFORE AND AFTER THE SEASON

“ADULT MEETINGS” AFTER MEETS

GOOGLE DOCS FOR MEETS

DELIGATE RESPONSIBILITIES

COMMUNICATION WITH ASSISTANTS



50th
BIRTHDAY
80'S PARTY

LNS TRACK STAFF

YOU'RE
ONLY
AS
GOOD
AS THE
PEOPLE
AROUND
YOU!

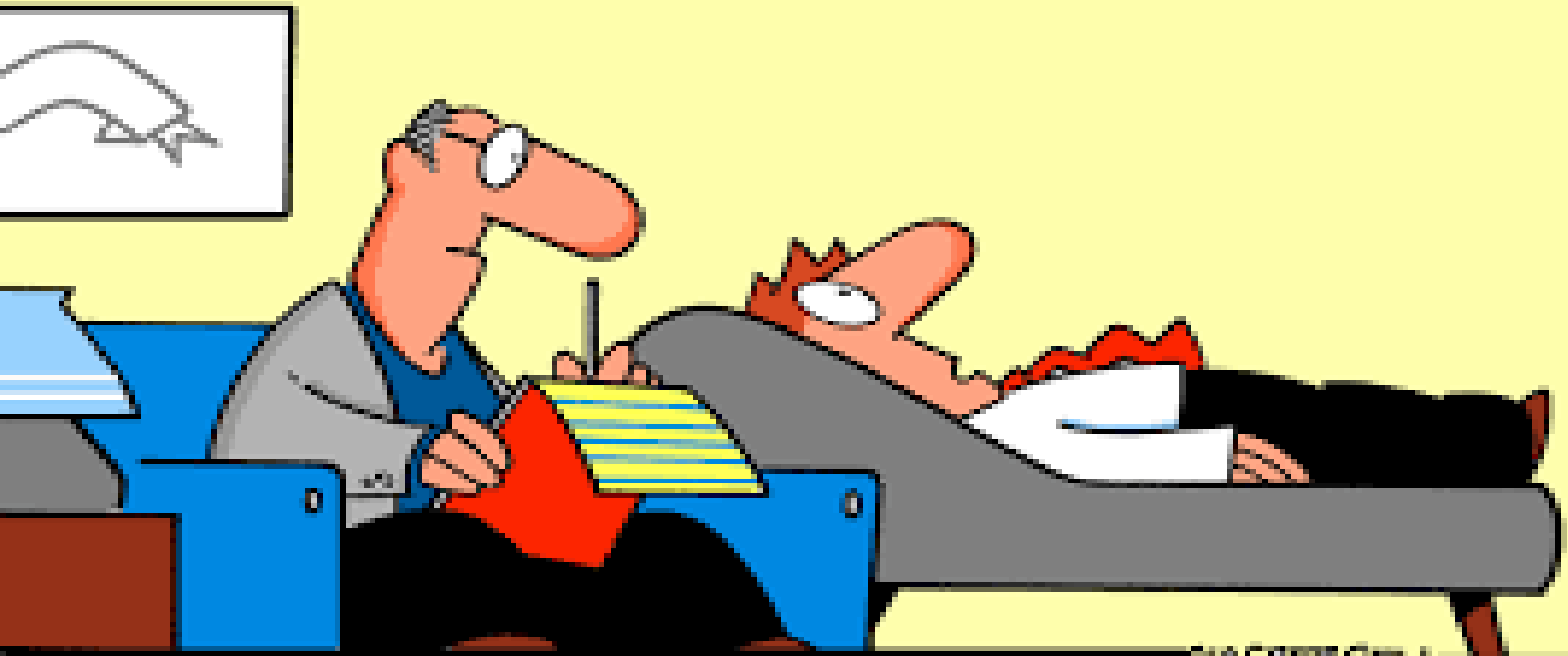
WE KNOW WHY WE GOT INTO THIS PROFESSION. WE LOVE TRACK AND FIELD. WE LIKE THE PREPARATION, THE KIDS, THE REWARDS, AND MOST OF ALL, THE JOURNEY. WE REALLY ENJOY THIS LIFESTYLE!

UNFORTUNATELY,, THIS “LIFESTYLE” CAN CAUSE A GREAT AMOUNT OF STRESS ON A COACH WHICH DOES NOT ONLY AFFECT THE COACH BUT IT CAN DIRECTLY AFFECT HIS/HER FAMILY. SO, WHAT CAN YOU DO TO TAKE CARE OF YOURSELF AND YOUR FAMILY?

TAKING CARE OF YOURSELF

- IT IS NOT A SECRET THAT TEACHING AND COACHING CAN BRING A LOT OF UNDUE STRESS TO A PERSON'S LIFE. THERE ARE NOT A LOT OF PROFESSIONS WHERE YOUR "SUCCESS" IS BASED ON A SCORE THAT IS DICTATED BY 15-18 YEAR OLDS.
- IT IS UNFORTUNATE THAT YOU ARE DEEMED A SUCCESS IF YOUR TEAM "WINS" A GAME OR MEET. SOCIETY PUTS SO MUCH EMPHASIS ON A GAME OR MEET THAT MANY PEOPLE USE TO DEFINE THE SUCCESS OR QUALITY OF A PERSON. (THE COACH)

1. TAKE TIME FOR YOURSELF AND YOUR FAMILY.
2. FIND A WAY TO COPE WITH THE STRESSORS OF THE JOB.
3. GOOD NUTRITION./ HYDRATION
4. DIET
5. SLEEP
6. DON'T DEAL WITH THE STRESS YOURSELF. COMMUNICATE.
7. DON'T BE AFRAID TO ASK QUESTIONS OR FOR ADVICE
8. CONTINUE TO LEARN.
9. YOU WON'T BE ABLE TO PLEASE EVERYONE!



**"I'm finally learning how to relax.
Unfortunately, relaxation makes me tense."**

FRIENDSHIPS THAT CAN LAST A LIFETIME





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