

Nebraska High School Coaches Clinic

Team Dynamics and Other Key Components

Jack Hazen
Malone University



How to develop a good team

- ◆ Have a big team?
- ◆ How do you know a good runner?
 - ◆ You don't until later

Billy Mills Story

- ◆ 1964 Olympic Gold 10,000 meters- Tokyo
 - ◆ “Greatest race of all time.”
- ◆ The only reason he joined his High School team was to have fun.

Billy Mills Quote

- ◆ My high school coach said we have basically three teams.
 1. Those who want to be state champions.
 2. Those who want to see if they can be competitive.
 3. Those who want to be a part of something and have fun.

“Types of Teammates”

- ◆ Greg McMillan, The Four Types of HS Runners
 - ◆ School Pride
 - ◆ The Discovery
 - ◆ The Necessary Evil
 - ◆ The Participant

School Pride

- ◆ Dedicated to the team cause
- ◆ Will do anything that coach asks
- ◆ Off Season Training
- ◆ Plans team functions
- ◆ Not always the fastest, but will always contribute
- ◆ Training

The Discovery

- ◆ “Untapped”
- ◆ Usually young - or from another sport
- ◆ Training needs to focus on injury prevention and long term success

The Necessary Evil

- ◆ Super talented but does not train in offseason
- ◆ Causes coach headaches
- ◆ Training needs to focus on building back fitness early on

The Participant

- ◆ Social runner
- ◆ Does not push himself
- ◆ Training needs to be “PE” level
- ◆ Try to make it fun
- ◆ Sometimes the participants can be big supporters

What if you scored the types on your team?

- ◆ 5. Leader
- ◆ 4. Talent
- ◆ 3. Workhorse ←
- ◆ 2. Discovery
- ◆ 1. Participant

Explain to your team that these are the different teammates you can be. Of course you can't teach talent but teach them how to be leaders- or teach them what a workhorse looks like for your team and encourage your kids to take those high value roles!

Give them a goal of reaching a teammate value of 19 or 20!

- ◆ Remember that we all would prefer to coach the ideal teammates or athletes...but few of us have that option.
- ◆ Athletes can mature and change categories!
- ◆ Educate them at an early age “what a good teammate is”
- ◆ Tell stories about past athletes (Chris Kline Story)

How do you recruit runners to your program?



At Malone we host:

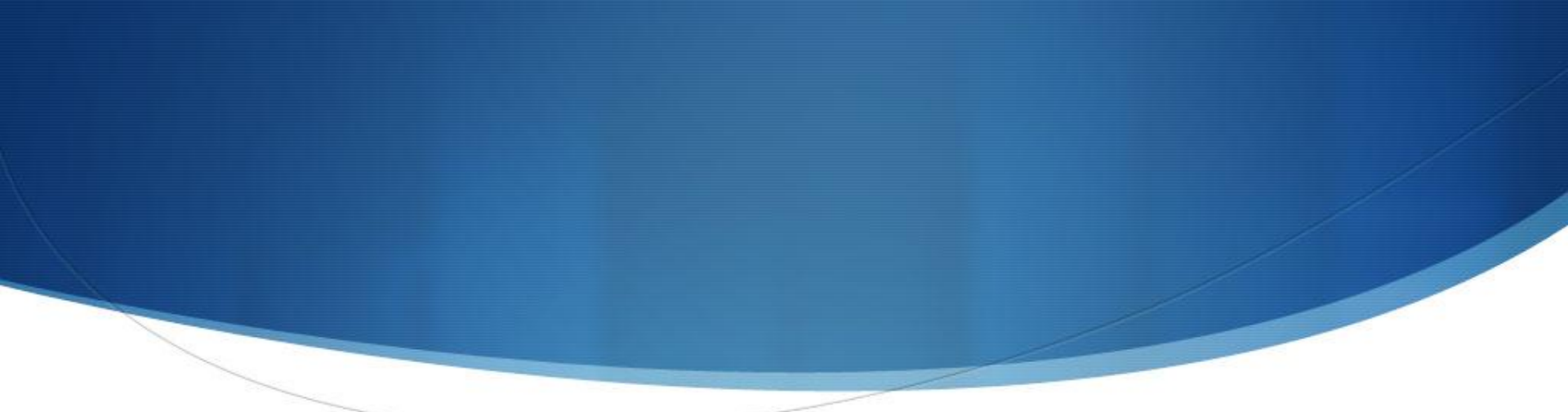
- ◆ Youth Runs
- ◆ Camps
- ◆ Moose Runs
- ◆ Invitational
- ◆ Road Races
- ◆ Road Racing Team

What do you do to make it fun and exciting?



At Malone we:

- ◆ Have preseason camp
- ◆ Foster good leaders
- ◆ Do things first class
- ◆ Spend time together
- ◆ Open door policy
- ◆ Ask every athlete to bring something to the table



It's not just the 2 hours a day
you are together.

It's the other 22 hours!

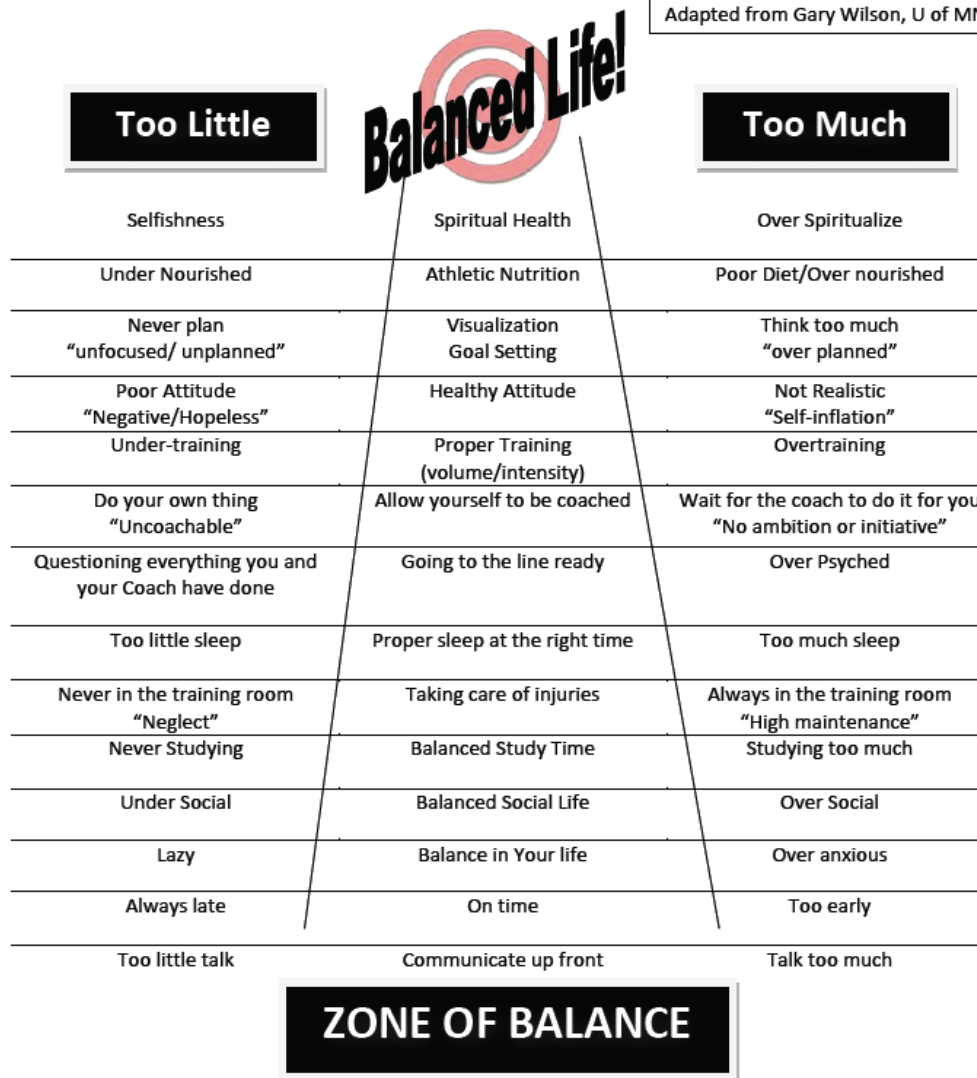
Critical Factors for Endurance Running

- ◆ Running (Primary energy)
- ◆ Nutrition and Sleep
- ◆ Foot Drills
- ◆ Core, Balance & Flexibility Exercises
- ◆ Running Mechanics and Sprint Form Drills
- ◆ Total Strength and Training (Lifting)

Malone University

Cross Country/Track & Field

Adapted from Gary Wilson, U of MN



Is the way you talk to yourself the way you would want your coach to talk to you?

Every program needs people who are an asset, not a liability.

If things don't change, then things don't change.

☺-----Team Energy-----☹

Jay T. Kearney

USOC Physiologist

Statement #1:

“95% of all medalists at the World Championships and Olympic Games since 1968 in events longer than 800m have either lived or trained at altitude.” Therefore, altitude training is an essential part of the preparation for any track and field athlete aspiring to become an Olympic or World champion.

Jay T. Kearney

USOC Physiologist

Statement #2:

“87 % of all USA Olympic Team members since 1992 have visited or trained at one of the Olympic Training Centers. Therefore, spending time at one of the OTCs is essential for becoming an American Olympian.”

Statement #3:

“Greater than 90% of all World Championship and Olympic medalists in track and field have eaten watermelon. Therefore, if you want to be a medalist you need to eat watermelon.”

What works and what doesn't.



Things I've Tried

- ◆ Stim stim
- ◆ Vitamin E Tablets
- ◆ Breath Right
- ◆ Arm Sleeves
- ◆ Calf Sleeves

Zero Gravity Treadmill

Dan Huling
Berlin 2009
3,000 m SC
8:14.69 PR (2009)



Nitrogen House



Important tools we use

- ◆ Blood chemistry profiles.
- ◆ Why runners loose iron.

Blood Chemistry

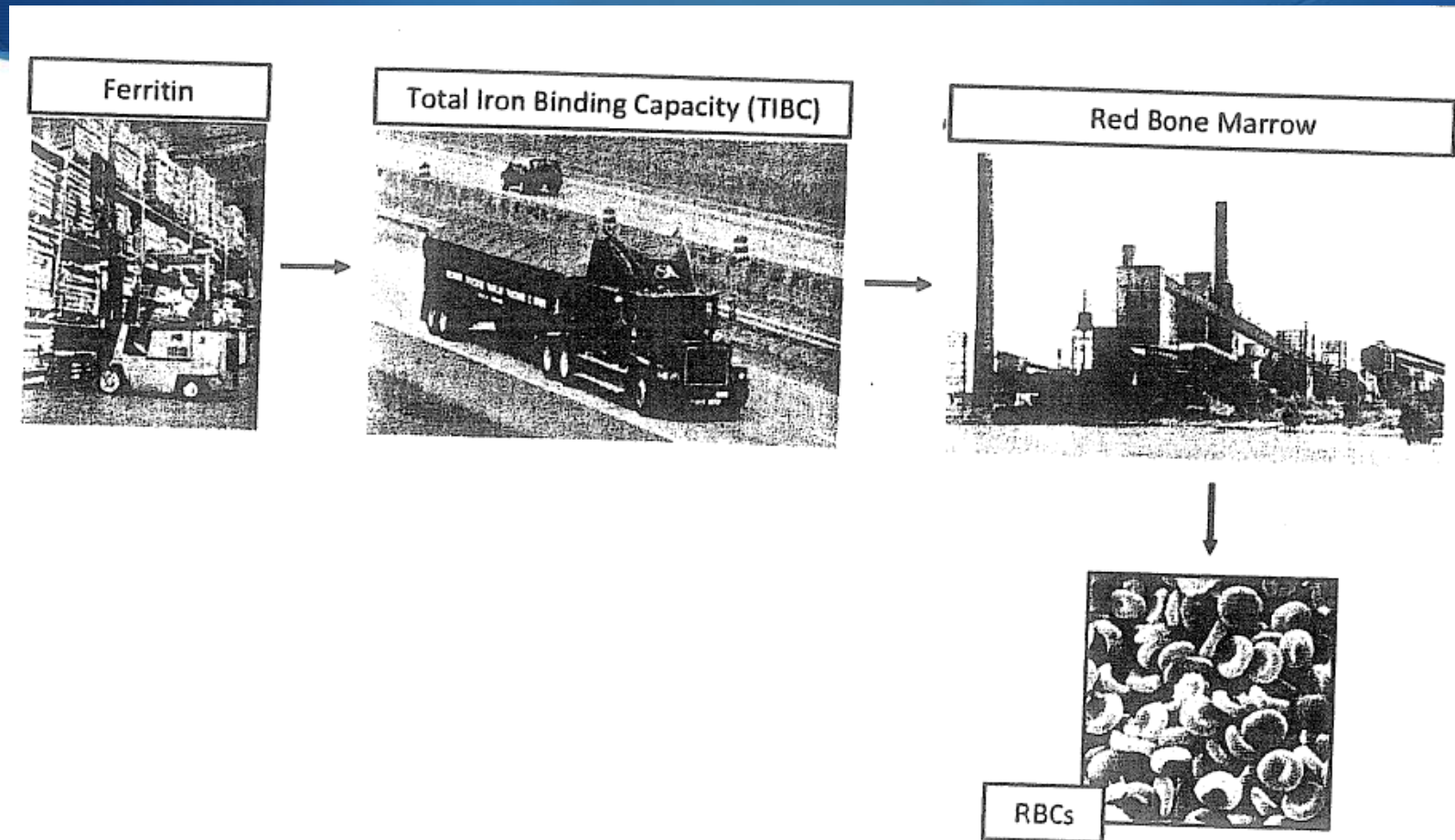
Iron Status

Predisposing Factors for Anemia (cont.):

- ◆ Menstrual flow
- ◆ Training-induced hemolysis (“crushing” of RBCs)
- ◆ Sweat Fe loss
- ◆ Aesthetic sports (gymnastics, figure skating)
- ◆ Endurance sports (triathlon, distance running)

Blood Chemistry

Iron Status



Blood Chemistry

Iron Status

If serum Ferritin normal:

- ◆ Attention to “heme Fe” in diet.
- ◆ Multivitamin

If serum Ferritin low:

- ◆ Attention to “heme Fe” in diet.
- ◆ Moderate Fe supplementation.
 - ◆ 27 mg ferrous bisglycinate chelate
 - ◆ 60 mg Vitamin C
 - ◆ 60 ug Vitamin B-12
 - ◆ 200 ug Folate
 - ◆ Taken Daily

Supplement

- ◆ Advanced Ferrochel



By Tom Schwartz,
May 19, 2009

Tinman's Heat Index and Running Performance Chart

Heat Index		Pace per Mile for continuous runs over 20 minutes											
Fahrenheit	Celcius	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
120	48.9	5:22.7	5:58.6	6:34.4	7:10.3	7:46.1	8:22.0	8:57.8	9:33.7	10:09.5	10:45.4	11:21.3	11:57.1
110	43.3	5:06.8	5:40.9	6:15.0	6:49.1	7:23.2	7:57.3	8:31.4	9:05.4	9:39.5	10:13.6	10:47.7	11:21.8
100	37.8	4:54.5	5:27.3	6:00.0	6:32.7	7:05.4	7:38.2	8:10.9	8:43.6	9:16.4	9:49.1	10:21.8	10:54.5
90	32.2	4:45.2	5:16.9	5:48.6	6:20.3	6:52.0	7:23.6	7:55.3	8:27.0	8:58.7	9:30.4	10:02.1	10:33.8
80	26.7	4:38.3	5:09.3	5:40.2	6:11.1	6:42.0	7:13.0	7:43.9	8:14.8	8:45.7	9:16.7	9:47.6	10:18.5
70	21.1	4:33.6	5:04.0	5:34.4	6:04.8	6:35.2	7:05.6	7:36.0	8:06.4	8:36.8	9:07.2	9:37.6	10:08.0
60	15.6	4:30.9	5:01.0	5:31.1	6:01.1	6:31.2	7:01.3	7:31.4	8:01.5	8:31.6	9:01.7	9:31.8	10:01.9
53	11.4	4:30.0	5:00.0	5:30.0	6:00.0	6:30.0	7:00.0	7:30.0	8:00.0	8:30.0	9:00.0	9:30.0	10:00.0
50	10.0	4:29.9	4:59.9	5:29.9	5:59.9	6:29.9	6:59.9	7:29.9	7:59.9	8:29.9	8:59.9	9:29.9	9:59.9
40	4.4	4:30.8	5:00.9	5:31.0	6:01.1	6:31.2	7:01.3	7:31.4	8:01.5	8:31.6	9:01.6	9:31.7	10:01.8
30	-1.1	4:33.5	5:03.9	5:34.3	6:04.7	6:35.1	7:05.5	7:35.9	8:06.3	8:36.7	9:07.1	9:37.5	10:07.9
20	-6.7	4:38.2	5:09.1	5:40.0	6:10.9	6:41.9	7:12.8	7:43.7	8:14.6	8:45.5	9:16.4	9:47.3	10:18.2
10	-12.2	4:45.0	5:16.7	5:48.4	6:20.0	6:51.7	7:23.4	7:55.0	8:26.7	8:58.4	9:30.1	10:01.7	10:33.4
0	-17.8	4:54.3	5:27.0	5:59.7	6:32.4	7:05.1	7:37.8	8:10.5	8:43.2	9:15.9	9:48.6	10:21.3	10:54.0
-10	-23.3	5:06.5	5:40.6	6:14.6	6:48.7	7:22.7	7:56.8	8:30.8	9:04.9	9:39.0	10:13.0	10:47.1	11:21.1
-20	-28.9	5:22.3	5:58.1	6:33.9	7:09.7	7:45.6	8:21.4	8:57.2	9:33.0	10:08.8	10:44.6	11:20.4	11:56.2
-30	-34.4	5:42.7	6:20.8	6:58.8	7:36.9	8:15.0	8:53.1	9:31.2	10:09.2	10:47.3	11:25.4	12:03.5	12:41.5
-40	-40.0	6:09.2	6:50.2	7:31.2	8:12.2	8:53.2	9:34.2	10:15.3	10:56.3	11:37.3	12:18.3	12:59.3	13:40.4
-50	-45.6	6:44.0	7:28.9	8:13.8	8:58.7	9:43.6	10:28.5	11:13.4	11:58.3	12:43.2	13:28.1	14:13.0	14:57.9
-60	-51.1	7:31.2	8:21.3	9:11.4	10:01.5	10:51.7	11:41.8	12:31.9	13:22.1	14:12.2	15:02.3	15:52.5	16:42.6

* All rights reserved. May 19, 2009

Rick McGuire's Plan

Thinking Right in Sport

1. Wrong Thoughts Hurt Performance
2. Right Thoughts Help Performance!
3. You CHOOSE Your Thoughts!
4. CHOOSE THINKING RIGHT!

Form Work

- ◆ Run Tall
- ◆ 180 BPM
 - ◆ Download Metronome App
- ◆ Foot plant under center of gravity

Foot Drills



INVERSION



TOE IN



BACKWARD ON THE TOES



EVERSION



TOE OUT



WALK ON HEELS

Constantly strive to learn more about your sport

💧 You must be:

1. Coach Driven
2. Athlete Centered
3. Administratively Supported