

Creating a Tradition of Excellence: the Winter Park Way



WINTER PARK HIGH SCHOOL



- **Largest Classification with 3142 students**
- **International Baccalaureate program (neighborhood students only)**
- **Large percentage of upper middle class**
- **Participate in all 22 FHSAA sports, as well as non sanctioned sports like our Championship Crew program**
- **Most of the other sports' athletes specialize in only one sport, playing club year round**
- **Award winning arts and academic programs, draw some students away from sports**
- **School is at over 90 % capacity and not allowed to take non neighborhood students**
- **Strong parental involvement and support of administration and staff**
- **Fantastic running community and support from Track Shack**
- **Responsible for raising funds needed throughout the season**

Considerations for building your own program

- Define your team goals. Goals of coaches, Varsity, captains, total team.
- What type of program do you want to have? Large vs small, cuts or no cuts?
- Geographical limits, School/County restrictions, weather, terrain, travel.
- Factors specific to your school, kids who need to work, IB program, amount of parental support, administrative support, funding.
- Multi sport athletes, club soccer.



Building the Foundation

- Team Culture and Expectations
- No Cuts, effort based
- Positive Attitude
- Year Round Training
- Parent and Community Involvement
- Incremental Development
- Get them hooked while young
- Balance summer mileage with fun
- “Set Goals not Limits” – Doug Butler



Summer Base Training

- Post summer conditioning locations/times on social media, school website
- Meet at 6:15 am sharp Monday through Friday, Saturday at 5:15 am Travel to Clermont
- Clermont clay road hill runs for Varsity and top JV, slurpees or Chick Fila after
- Fun days: Scavenger Hunt runs, pool parties, pancake breakfasts, popsicles, movie night
- Our concrete jungle and swamp like conditions and the effect on mileage
- Increase mileage incrementally based on training age
- Brevard Distance Runners Camp in North Carolina
- Wekiva Springs trail runs and dip in the cold Springs
- Average about 30 girls daily at summer conditioning
- Annually over 50 girls on the team
- Team Facebook page to post pictures in summer/season
- Make team announcements on Group Me app, email
- Captains/Seniors plan fun team bonding events
- Our current Varsity girls have a standing date with each other every Friday to hang out, throughout summer and school year.



Summer continued



- **Cross training**
- **Introduce double runs twice a week junior year**
- **Body weight exercises and core, Fitness Fun Thursdays**
- **Weights encouraged/allowed but not a part of our program due to academic time constraints, weight room availability. **None of our top athletes Shelby Hayes, Kira Soderstrom, Elizabeth Jenkins, Hana Herndon and Rafaella Gibbons lifted weights.**
- **Encouraged to take care of the “little details” year round. Summer is a good time to develop positive habits. Details such as sleep, post run stretching, proper warm up, core work, nutrition, hydration etc.**

Summer Part 3

- “Tempo” Steady State runs around Lake Baldwin. introduced in late June (2.5 miles to 3.5 miles of quality)
- Mile repeats with short recovery introduced in July for those who can hit under 6:25, otherwise 1000s or 800s
- 1.5 mile, 1 mile, 800m, 400m cut down, introduced in late July
- Keep Lake Tempo late into the season, keeps the strength component and great benchmark/confidence booster. Typically done during the weeks we don't race during the season.

Planning the Season

- Most race the minimum amount of regular season races. Additional races on the schedule for freshman and inexperienced athletes as well as JV runners. Also, allows athletes to miss for SAT, sickness, hurricane cancellations.
- Work backwards from the season goal, Footlocker, NXN, NXN SE or State?
- Key Meets during the season
- Travel trips for Varsity, split squad allows Top JV big time experience
- Err on the side of less, the key to a successful end to the season is to stay healthy.



Key Season workouts

- Mile repeats
- Tempo runs, 2.5 miles around Lake Baldwin, work up to 3.5 miles
- Clermont hill 8 to 10 mile runs, during season done at quick pace
- Clermont 400m repeats up hill
- Cady Way Bridge or Maitland Community Park Bridge, short sprints after mile repeats or 800s
- 1.5 mile, 1 mile, 800m, 400m cut down
- Braman's light speed 200 workout (2 to 3 sets of 3 x 200 with 200s at 3200m, 1600m and 800m pace)
- 1600m, 1200m, 800m, 600m, 400m, 200m Race Simulation Great American/State with fast first mile

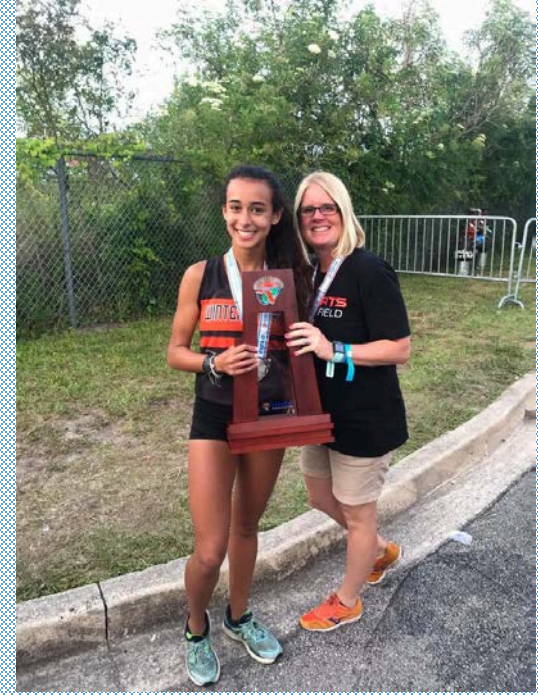
Team Traditions



- Dress up the day before State.
- Dress in a theme for last camp run, up John's Rock.
- Captains distribute hair bows.
- Captains assign big/little sisters, give each other small presents and notes throughout the season.
- I write inspirational team letters (for entire team or just Varsity) and individual hand written letters for championship meets or important travel meets (usually top 10 or less).
- Alumni Run (Bishop Kenny)

My Personal Experience/Beliefs

- Excellence Breeds Excellence
- Make it Happen!
- Take care of the little details
- Always seek ways to grow as a coach, clinics, classes, read, forge relationships with coaches you admire/competitors
- Positive attitudes are contagious, so are negative ones
- Coaches are role models
- Inspire and educate athletes with articles, stories, advice
- People are always watching us (literally) so act with sportsmanship, class and always do the right thing
- Communication is key, Parent Survival Guide



My Personal Experience Continued...

- "Coach the ones you got." -Andrew Wills, Leon High
- "Control the Controllables" -Mary Terry, Bishop Kenny
- "Your only job on race day, Kristin is to get them to the line on time." -Todd Morgan, University of Virginia
- Respect and be aware of your competition but focus on your own team.
- Celebrate the success of all athletes in the sport even if they are your biggest competitor. It is a positive example to set for your athletes and raises the bar for competition.

QUESTIONS?



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