

# **The Whippet Way: Sustaining Success**

## **Program Building & Culture – Part 1**

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**Athlete Background**



**Coaching Background – 34th Season**



**Program Pillars – Recruit & Retain**



**Cultural Elements**



**Program Philosophy**



**Five Key Quotes (Culture-Focused)**



**Priorities for Success**



**Training Structure Overview**



**Summer Training & Culture**



**Summer Mileage Rewards**



**7 Mile Marathon**



**Log Book: G.A.M.E. System**



**Season Goals**



**State Meet Demands**



**Tradition & Championship History**



**Record Boards**



**Cross Country Potluck & Awards Night**