

LINCOLN EAST CROSS COUNTRY

"I CAN. I WILL!"

The Devil is in the Details: The Minute Extras of XC

Coach Brian Kabourek

33 Years Coaching Cross Country

22 Years as an Assistant XC

11 Years as Head Coach XC

34 Years as Assistant Track Coach

8 Years as a Girls Basketball Coach

6 Years as a Boys Basketball Coach

**35 Years Classroom Teach (AP
Economics)**



“I CAN. I WILL!”



Creating Your Coaching Staff
is one of the most important
jobs you have.

1. Are they teachers? Do they
enjoy working with young
people?
2. Are they role models?
3. Knowledge of competitive
running?



Mission Statement of LEXC

To courageously and selflessly advance Lincoln East Cross Country in all aspects through the individual and collective efforts and sacrifices of all involved.

WEDNESDAY, OCTOBER 20, 2021 | journalstar.com

Inspired by John Cook's 'five-year plan,' Brian Kabourek creates similar path for dominant East girls cross country run



Lincoln East cross country runners Izzy Apel (from left), Mia Murray, Peyton Svehla and Ella Herzberg run in the district championship on Oct. 14 at Pioneer's Park. The Spartans have won all seven meets this season.

BY BRENT WAGNER
Lincoln Journal Star

A coach at an NCAA Division I school located six miles from Lincoln, East provided a small assist for the current stretch of success for the school's girls cross country program. That coach, however, is in a different sport.

The East girls have been one of the most successful programs in the city — in any sport — over the past four years. East has won three straight state titles and is favored to make it four in a row Friday in Kearney. No other Lincoln team has a current streak of three straight state titles.

About five years ago, East coach Brian Kabourek heard John Cook, the four-time national champion coach for the Nebraska volleyball team, mention a five-year plan he had for the program

(duals or triangular). "So actually I probably owe Coach Cook a thank you," Kabourek said.

East had one state championship, in 2012, before the current three-in-a-row streak. What's interesting about the stretch is that it hasn't just been driven by the same few runners, but a strong team overall.

During those four years, 19 different runners have been in the varsity lineup during a meet won by East. Eight different runners have finished in the top 15 at state in the past three years — Izzy Apel, Kylie Muma, Peyton Svehla, Berlyn Schutz, Taylor Searcey, Abi Schmidt, Jenna Muma and Madi Muma.

East's formula for success has been having talented runners, good leadership and each runner embracing their role on the team, from the first varsity runner to the seventh.

And the runners have put in the work during voluntary summer running. The team meets at 7 a.m. five or six days a week, and the varsity girls are almost always there. Kirk Skiles, the previous head coach, always said, "Summer miles bring fall smiles," and Kabourek has kept that philosophy. "I think the summer plays a huge part in it," said Kabourek, noting both the training and camaraderie.

This season East had to replace three runners from its state championship team when Jenna Muma graduated, and Kylie Muma and Hannah Hanger moved. "Those are two big bullets out of our six that we had coming back," Kabourek said.

But East got a great addition to the roster when sophomore Mia Murray moved to Lincoln, and the Spartans have won all seven meets. As a freshman last season in Morgantown, West Virginia, Murray placed fifth at the state meet in the largest class. Her family moved this summer when her dad, Ben, took a leadership position with the Nebraska Athletic Department as a fundraiser. Murray has been East's No. 1 runner all season and won three races, including the city championship. Her family did some research before deciding to attend East. "By far they had one of the best running programs, and they have good academics, so I feel like it was a good

What does this mean?

- To work towards moving forward in a purposeful way without being deterred, and in a way where others are concerned more about others and the bigger picture than themselves. This includes each athlete, coach and parents working together as one, and sacrificing something for themselves for the greater good of the team.
- LEXC Five Year Plan
- LEXC EXPECTATIONS

Five-Year Plan

- A five-year plan offers exactly that—a strategic guide to help you define your long-term goals and take actionable steps to achieve them.
- A well-crafted plan transforms vague aspirations into concrete outcomes.

POINTS OF EMPHASIS:

- Added emphasis to drills, strength training and stretching.
 - I want every athlete to know these inside and out. No shortcuts. We need to help athletes understand the correlation between these “extra” things and their overall performance.
- Added emphasis to everyone has a role.
 - I want every athlete to feel as they have a vital part in the success of the team. But with that, I want to make sure that each athlete understands that with every role comes a responsibility.
- Added emphasis to giving kids accolades in practice and meets
 - Communicate our happiness with the positives and support the negatives.
 - Find ways both inside and outside of practices to support our kids.

POINTS OF EMPHASIS:

- Added emphasis to athletes understanding why we train the way we train.
 - I want us as coaches to educate all athletes in why we are doing certain drills and workouts. If we don't know the 'why' then I have to question whether it is smart doing it or not. If we model attention to detail, then they will demonstrate attention to detail.
- Added emphasis to being positive role model.
 - In how we act, interact, talk to and associate with our athletes and parents. I want us to be the pinnacle of great.
 - I want us all to be stellar in our interactions with athletes and parents. I think we already do a good job of that, but I want to take it to another level. I want parents to think that there is absolutely no one that cares about their son/daughter more than us.

POINTS OF EMPHASIS:

- Added emphasis to reinforcing the characteristics of tough competitors.
 - Grit, determination, and hard work.
- Added emphasis to encourage our kids in their exploits outside of cross country.
 - We need to encourage them in their other sports and in many ways help guide them to other sports so that they can be positive role models there as well and help those sports.
 - If a kid is engaged in band, speech or theater, we need to acknowledge that and encourage and be active in discussing those things with them.

Relationships

Prep Running Nerd captured this picture and did an interview with Berlyn, asking her about the tough times during her sophomore and junior years. She said:

“He has stuck with me for four years. He wouldn’t give up on me and always builds me up. He’s been consistent whether I’ve felt good or bad; he didn’t ease up but he also didn’t push too hard. He emphasizes that the team is greater than the individual, and that made me feel like I was contributing even when I wasn’t running my best.”



Mental Toughness

The capacity of effective responses to challenging situations.



Mental Toughness

Choosing to do the work with inspired action regardless of what's going on around you.



Communication

Communication (Social Media Presence) SELL YOUR BRAND

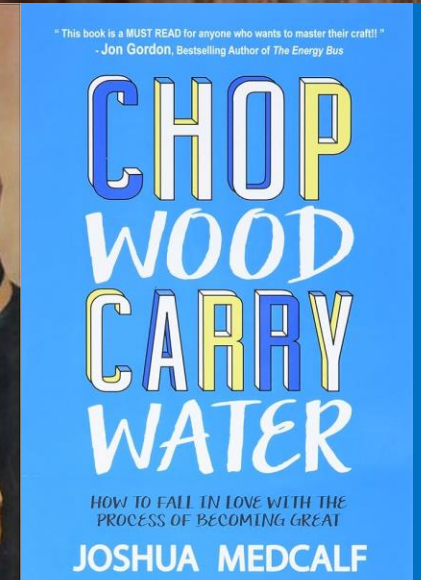
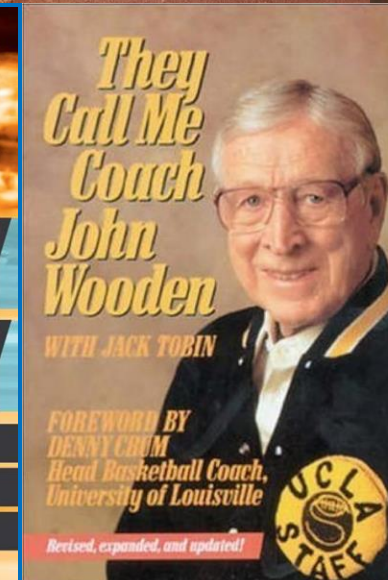
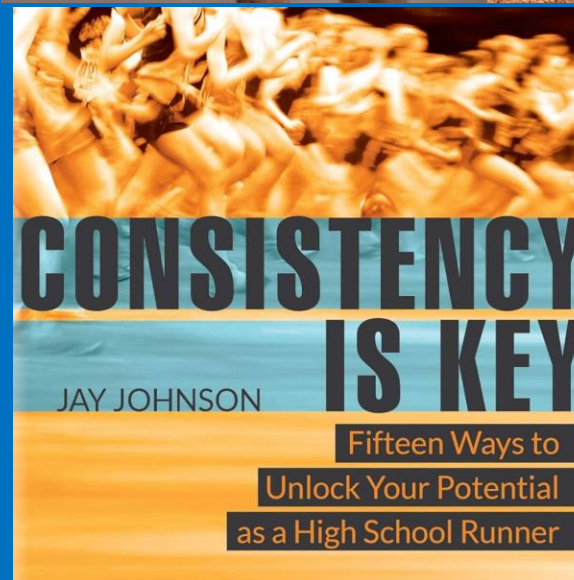
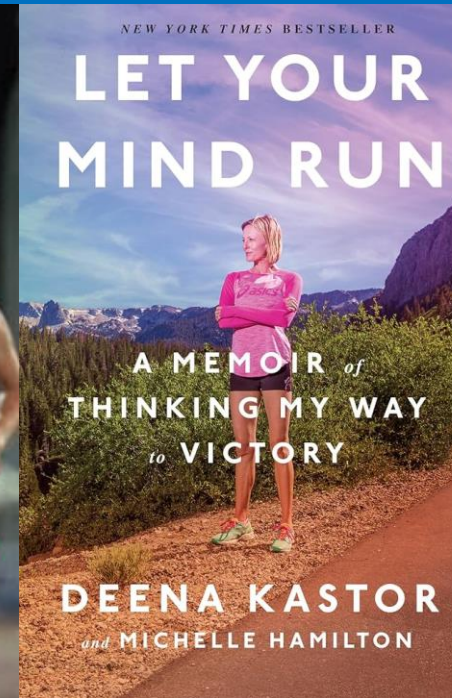
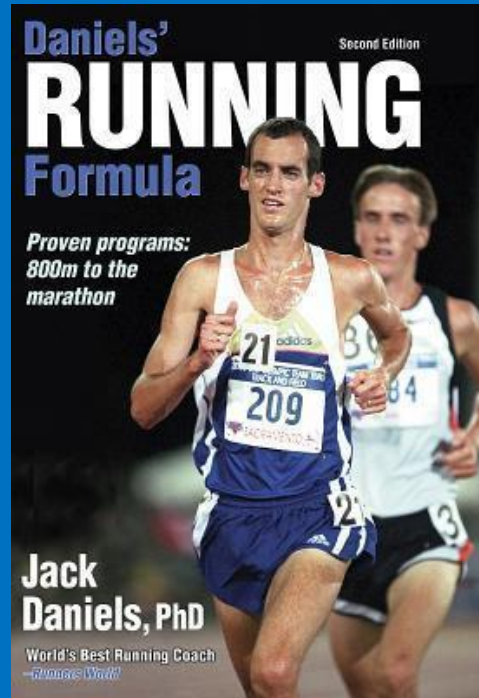
- Common Question Answers
- Weekly Emails to Parents
- Use Google Classroom
- X (formerly Twitter) @Spartan_CC
- Instagram lexcteam
- Facebook (Private Group) Lincoln East Cross Country

Continue to develop yourself as a coach.

1. Clinics

2. Read everything

3. Network with peers and college coaches



Evolution

Continue to experiment; Continue to grow.

- Journaling
- Pool Workouts
- Personal notes
- Summer Dinner with Leadership Core
- Celebrate Everything
- Podcast
- Video Talks

QUESTIONS?

CONTACT INFORMATION

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