

Developing the Athlete over 4 Years

Fremont High School Coach Sean McMahon

"If I have seen further, it is by standing on the shoulders of giants."



Jon Appleget, Jim McMahon, Beth McMahon, Gerry Gdowski, Dave Shrader, Bill Fitzgerald, Scott Anderson

Fremont then and now...

2006

56 on team, 49 competed in at least 1 race, 39 competed in at least half of our meets.

26 broke 21:00 on a legit course.

2024

23 on team, all 23 competed in at least 2 races, and 22 competed in at least half of our meets.

22 broke 21:00 on a legit course.

What stat stands out the most to you?

The question was asked: How do you consistently have an "old team" year after year?

-Education -pack running -incredible race experiences

-CO camp -workout blending -tailor the training

-process over product -tender loving care -unselfish team first attitudes

-JV is 2nd Varsity -every athlete counts! -ALWAYS BELIEVING

-getting to know the person and not just the athlete!

Educate the Athletes

- Sleep
- Nutrition
- Postural Symmetry
- Physiological adaptations to training
- Importance of rest and recovery, and how to do it
- Training terminology
- Periodization of their training
- Team before self...and how that makes YOU better
- Pack Running

The key is in the process...especially the "when" and what they need to hear-when they need to hear it. Lessons can not skip generations.

True <u>Pack Running</u> comes from a place of complete unselfishness. You have to want it for your teammates every bit as much as you might for yourself. When you get to that point, barriers can be breached in what an athlete can do for their teammates, far more than they would have ever been willing to do for themself.





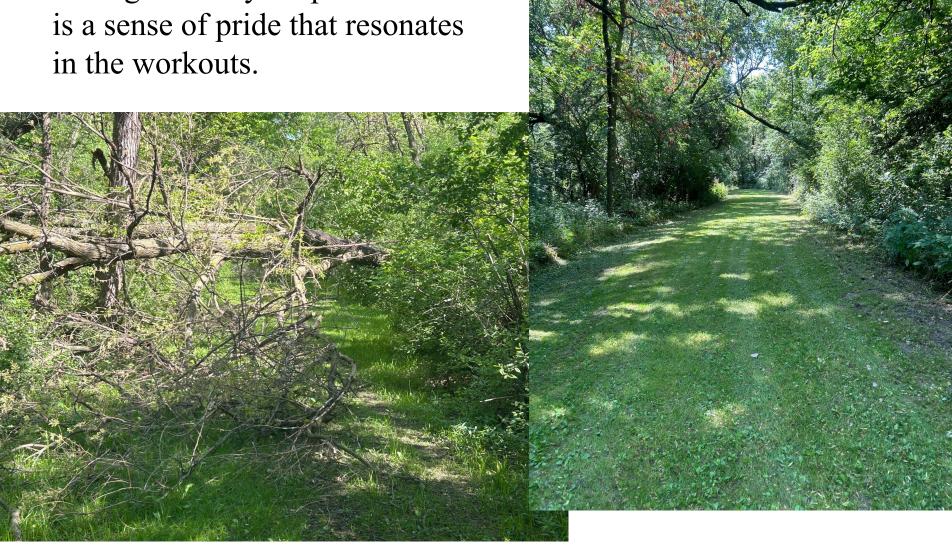






Experience Cross Country!

Taking care of your practice site





Camp

No phones, no technology, just communication, education, camaraderie, cooking, cleaning, and a little bit of shared suffering. This is our time to figure out what kind of team we want to be. The camp is for those invested (sophomores to seniors) in the process.



Workout Blending & Tailor the Training



Blending workouts with two different athletes that may never normally get to run together can be incredibly powerful!

Workout design **Before** and **After**

Every workout should meet each athlete's needs, but that doesn't mean they have to be alone! Variations in quantity, recovery, and pace are all options. Know your athlete's strengths. We teach them how to read and record on the workout sheet...own your training!

Pace and Quantity
Recovery and Quantity

Process over Product & TLC!

If you find you're losing your temper over the place or time, it is time to reset! Champion effort, improvement (in all things), teamwork, desire and embrace the process. Those JV freshmen and sophomores will transition quickly to varsity scorers without you even having that in mind. They are always watching and following the example you set!



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel" - Maya Angelou

Unselfish Team First Attitude



Jose Nuno (left) and Mitch Hunt (right).

Jose's 2007 State Experience 18:50 and 95th place

Jose's 2008 State Experience 16:45 and 10th place

Mitch Hunt was "All Team all the time" from his freshman to his senior year. A broken foot meant the Tigers were losing far more than the State leader for the majority of the season.

Jose was able to learn what he had been missing, and it could not have been more evident simply by witnessing the team huddles in 2007 and 2008.

"Much can be accomplished by teamwork when no one is concerned about who gets credit" - John Wooden

JV is 2nd Varsity

Every race is "THE RACE". We want our athlete's embracing the level they race at, and to be proud to wear the F on their chest. There is no difference in our coaches minds between the Varsity Race and the "2nd Varsity" Race.



Get to know the PERSON and not just the athlete!

This sport is personal. Invest in them, always believe in them, and get to know the real person. The time spent in the small conversations before and after practice (or on the run!) will leave them with some very powerful and fulfilling memories of their team experience.

Above all else, educate your athletes on the very importance of this. There is no room for cliques. Be intentional!

This leads to deeper and more meaningful training sessions, and a season they will always remember as fulfilling (even though they will call it fun).



"Be curious, not judgmental" - Walt Whitman

Developing Team Leaders

Keys to remember with first year athletes

Be looking for who you want to "give the keys to the team car"

Key experiences that drive true investment in the team.

Bring in Coach Jeremy Haselhorst to talk to your team, and pay attention yourself!

"If your actions inspire others to dream more, learn more, do more, and become more, you are a leader." - John Quincy Adams

Keys to remember with first year athletes

- 1. Social media has taken their (literal) voice and shortened their attention span. Be patient!
- 2. Freshmen and first year runners are NOT the grunt laborers. Returners should always lead the way by inclusion.
- 3. Get to know the first year runners, and select returning runners to do the same. Talk to at least one new athlete every day (minimum). The bar should be just as high on this as it is for training within your system.
- 4. Avoid the "heavy stuff" that first year. Be more concerned with having them there and consistent then worrying about training and their future.
- 5. Expectations can be a curse in any year, but absolutely avoid them with freshmen.

An athlete leaving your program after their first year, who through consistency has accidentally gotten fit, will become hungry for next year. That is when the real educating can begin.

Who gets the keys to the team car?

Team Culture is a very sensitive thing. Take care to avoid having it damaged!





Bryce Dickmeyer & David Ernesti

The two who initiated the change in our team culture and left a legacy of leadership that has spanned 25 years.

Our athletes have a strong connection to the past. They know the history, the stories, and love to hear from the alumni just as the alumni love to watch them continue the legacy.

Key Experiences

Our Colorado Camp and Footlocker Regional trip don't make the leader, but they sure do gather interest.

Experiences that excite the athletes are the hook that you can then use to reel them in to desiring leadership roles.

If you aren't intentional, or you allow for the wrong ones to "drive the bus", then be ready for someone to hijack the team story. As the coach, you must initiate the telling of your own story, and continually guide it every year.

Each year, help the athletes build upon their previous experiences and continue to challenge them to stretch themselves.

The Long Run - never underestimate the depth of conversation and the thoughts athletes can have when they are faced with running together for over an hour with no media devices!

Development of the typical Varsity Athlete over 4 years

We will take anyone "as is", no experience necessary!

We will take a look at four different athletes that came into the program with absolutely no expectations other than to enjoy the experience. Klein-2014 Cate-2018 Pleskac-2024 LaDay-2025

Jacob Klein		XC avg 5k	3200	1600				
	2011-12	18:34	10:59	4:55				
	2012-13	17:27	10:10	4:43				
	2013-14	16:48	9:37	4:26				
XC -	District medalist	District medalist 2012, 2013, State 11th 2013						
Track -	District & State Medalist 2013 (3200)							
XC -	On JV until junior year							
Track -	On JV until senior year							

Jacob Klein		Summer and Fall			Win	ter and Sp	oring
		Avg/wk	High wk	Long Run	Avg/wk	High wk	Long run
	2011-12	27	38	6	41	46	11
	2012-13	34	43	8	45	55	11
	2013-14	51	58	12	57	70	12

Notes: started first week of summer 2012 getting hurt at church camp (set back).

Never did a sport prior to 10th grade.

Chase Cate		XC avg 5k	3200	1600	800			
	2014-15	23:28		5:52	2:43			
	2015-16	21:14	10:22	4:52				
	2016-17	17:16	9:47	4:33				
	2017-18	17:18	9:42	4:28	2:00			
XC -	District Medalist	District Medalist 2016, 2017						
Track -	District Medalist (3x) 2017 & 2018, State Medalist (2x) 2018							
XC -	On JV until junior year							
Track -	On JV until junio	On JV until junior year						

Chase Cate		Summer and Fall			Win	ter and Sp	oring
		Avg/wk	High wk	Long Run	Avg/wk	High wk	Long run
	2014-15	19	28	5	23	28	6
	2015-16	22	36	7	38	43	8
	2016-17	47	57	11	57	70	12
	2017-18	56	73	14	56	72	12

Notes: had a 3 week set back in the winter of 2017-18. Was a thrower in middle school.

Wes Pleskac		XC avg 5k	3200	1600	800			
	2020-21	19:31		4:59	2:17			
	2021-22	17:50	9:56	4:43	2:07			
	2022-23	16:28	9:46	4:29	2:01			
	2023-24	16:01	9:46	4:33	2:00			
XC -	District Medalis	District Medalist 2023 & 2024, State 6th 2023, 4th 2024						
Track -	District Medalis	District Medalist (3x) 2023 & 2024, State Medalist (4x8) 2024						
XC -	On JV until junior year							
Track -	Some varsity his sophomore year							

Wes Pleskac		Summer and Fall			Win	nter and Sp	ring
		Avg/wk	High wk	Long Run	Avg/wk	High wk	Long run
	2020-21	19	34	6	26	37	7
	2021-22	32	42	9	38	48	10
	2022-23	50	65	12	40	58	11
	2023-24	54	66	12	37	50	9

Notes: Major set backs in winters of 2023 & 2024 after taking scheduled break from running.

Did some track in 7th grade. Did not do XC until high school.

Jase LaDay		XC avg 5k	1600	800	400				
	2021-22	20:17		2:11	:56.3				
	2022-23	18:07		2:03	:53.9				
	2023-24	17:10	4:43	2:00	:51.8				
	2024-25	16:43	4:28	1:55	:49.9				
XC -	District Medali	District Medalist 2023 & 2024, State 11th 2024							
Track -	District Medalist (8x) 2022-2024, State Medalist (4x) 2022-24								
XC -	On JV until junior year								
Track -	On JV only as a freshman								

Jase LaDay		Summer and Fall			Win	ter and Sp	oring
		Avg/wk	High wk	Long Run	Avg/wk	High wk	Long run
	2021-22	25	35	6	33	42	7
	2022-23	40	53	9	37	48	10
	2023-24	49	56	12	44	53	11
	2024-25	54	66	12	53	68	12

Notes: Consistent health all 4 years. Had been a sprinter and jumper in middle school.

Split time with jumps in 9th and 10th grade.

In seasonal and yearly mileage planning, we never look at it from the system point of view. Each athlete's mileage is decided by their own progression, adaptation, desire and consistency. The athlete himself often has a large "say" in what their mileage is going to be (especially in the offseason).

If we do look at the sampling from an <u>average yearly</u> comparison, it results in a fairly unoriginal progression:

Freshmen	20 's
Sophomores	30's
Juniors	40's
Seniors	50's

Consistency is Key - Jay Johnson

Advantages we utilize in development (going beyond the workouts)

- Completely flat town (every direction for 5 miles)...we see it as a win!
- Cross Training as an addition to training! Many of our athletes find it aids in recovery (it is always great when they discover the bonus intention). We haven't let a lack of money keep us from getting what we want for our athletes. Where there is a will there is a way.
- Summer camp in Colorado
- Footlocker & Nike postseason trips Extend their time together.
- Facility if they believe and care for it like it is the best, then it will be.
- Media (does anyone read the paper anymore?)
 - display in the classroom
 - make your own headlines & promotional materials if you need to!
 - seeing themselves and peers outside of social media sparks actual conversation

SPORTS

Bring the news to the athletes!

- display in classroom
- conversation starters
- world outside of social media
- if needed: make your own!



RANDY SPEER PHOTOS, FREMONT TRIBUNE

Fremont's Juan Gonzalez leads a pack of runners during the Class A state cross country meet Friday at Kearney Country Club.

DEATH, TAXES, TIGERS

Fremont boys win third consecutive state title, Juan Gonzalez captures individual crown

KEARNEY-The Fremont boys cross country dynasty added an-other chapter to its storied history

The Tigers, behind an individual championship by sophomore Juan Gonzalez, captured its third

consecutive team title. "It starts with belief," said Fremont coach Sean McMahon. "You just continue to work the process and let the kids believe in it and they flourished."

Fremont tallied 72 points to claim the crown, we'll clear of runners-up Millard West (105) and Gretna (108).

As a program, it's title No. 11 for A program, breaking a tie Lincoln Southwest.

1999 that a Class A school has won three-straight boys titles.

Myers in the final leg of the race. a choice, relax a little bit and stay meters.



Myers in the final 250m of the Class A state cross country race Eriday at Kearney Country Club. Gonzalez passed Myers on the downhill stretch on It's also the first time since his way to the individual state championship

The individual championship pre-race favorite Isaac Ochoa of lead," McMahon said. "To be pacame down to one final push from Gonzalez.

Norfolk—who led for most of the race after a blistering fast start included in the property of the race after a blistering fast start included in the property of the race after a blistering fast start included in the property of the property The sophomore had one runner cluding a gap of 16 seconds on the

left to pass as he hung on to the field at the two mile mark.

"Today, (Gonzalez) had to make one-on-one race in the final 500 cords," McMahon said on the

The duo had long passed the in the main pack or go after the

The late separation from the course in Kearney

gradual incline that belies the He was always moving a body forcalf strains to come, was all that ward." separated the sophomore from a Sophomore Noah Miller was

So, he took off. "It's all about training," Gon-zalez said. "Being able to stay in Domingo Pere

Gonzalez flew up the final race with a time of 16:57.96. stretch, crossing the line at Rounding out the team score for 15:36.03, arms stretched to the Fremont was senior Caleb Sund in avens, index fingers pointed up. 31st place in 17:05.27.

a sophomore is amazing."

The sophomore, the lone link John Ronhovde won in 2007.

Junior Wes Pleskac joined Gonzalez on the podium, climbing to why this team was able to have six

"This is not a day to set re- have believed in." sunny and 78 degree day. "He

A sprint up the Kearney Coun-try Club's 5th fairway, with a a pack. He never went backwards

the third Tiger to cross the finish line, nabbing 24th place with a

Domingo Perez Ramos ended good condition in those last few his Fremont cross country career meters as well as the mindset too." his Fremont cross country career six seconds later, capping his final

He was number one. It was Sund's efforts that al-"I never thought I'd achieve lowed the Tigers to take home the this until maybe my senior year," team title as runner-up Millard Gonzales said. "To get it done as West held the edge for the team trophy though four runners.

to last year's state championship team, is Fremont's fifth individual mantra," McMahon said. "This state champion and the first since group's goal for each other. It's no different from our first guy to our seventh guy and that's probably in the same things our past teams

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