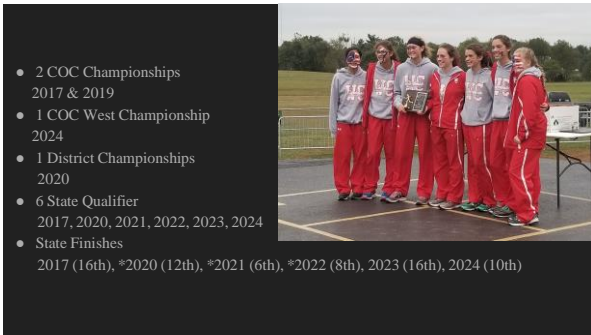




1



2



3

A coach can change a child's perception of hard work, of competition, and maybe most importantly, of themselves.



4



5



6



7



8

Coaching Background

- 1-2 Graduate assistant at MSSU
- 3- Joplin South DC football, volunteer BB, assistant JH girls track
- 4- WC volunteer assistant xc & track. Winter running club
- 5- WC assistant xc & track
- 6-15 WC head xc & head boys track
- 16-17 WC head xc & head track

9

Early coaching years

Great at motivating boys Didn't connect with the girls

10

GIRLS

2011	2014	2023
20:13.09	20:27.04	19:12.02
22:27.48	21:27.08	19:50.39
24:24.79	21:40.83	19:58.11
24:45.78	22:03.92	19:58.35
24:50.85	22:17.13	20:02.76
25:30.96	22:25.29	21:22.85
27:22.70	22:26.41	22:04.55

11

BOYS

2011	2014	2023
17:55.74	16:22.85	15:39.85
18:05.32	16:24.77	15:55.60
18:54.13	16:39.19	16:17.11
19:44.54	16:59.22	16:18.36
20:32.96	17:08.53	16:35.70
20:32.96	17:19.73	16:50.40
20:39.71	17:20.90	17:16.70

12



13

Who are you?

What are your strengths?
Build on these

What are your weaknesses?
Find people around you who make you better in this area

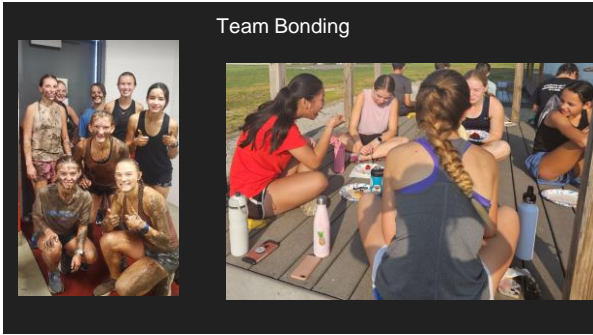
14

Find Mentors

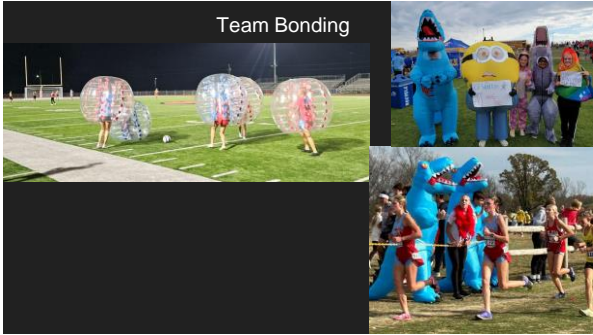
15

Build the Culture

16



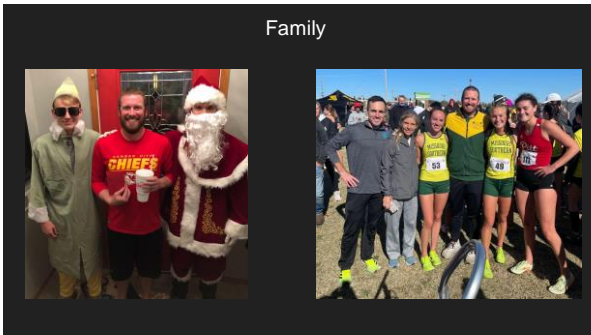
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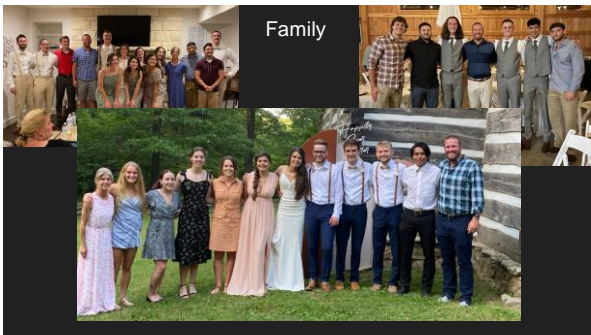
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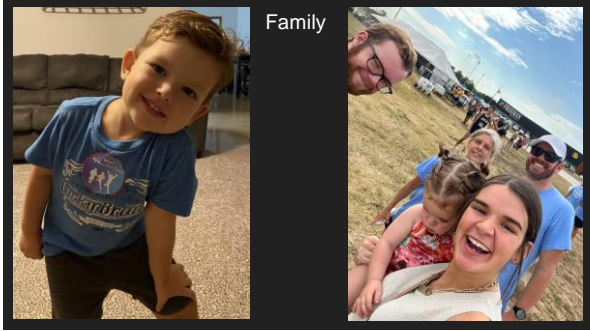
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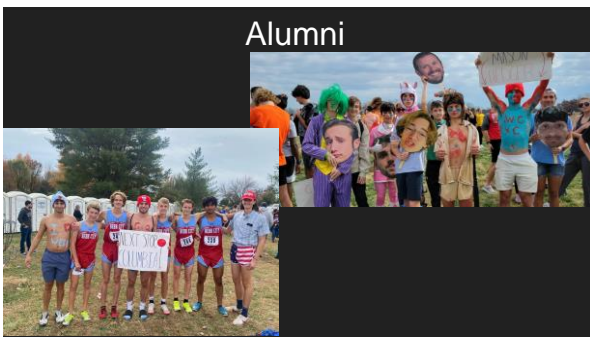
21



22



23



24

Leadership

Must be taught
Don't expect it to be passed along

25

Recruit



26



27

Turn your excuses in to successes

28

Turn your excuses into successes

- No support from community
- No respect
- No toughness
- No history
- No running routes
- No talented runners

29



Rylan Davis

8th- 7:27
 9th- 5:21/ 21:19
 10th- 10:45 (5:22)/ 18:12
 11th- 17:00 (5:29)

Alanna Bundy

9th- 27:09
 10th- 21:35
 11th- 21:53
 12th- 20:10



30

If you aren't getting desired results, it's you, not the kids

My kids make excuses

Why are you setting that example or tolerating it?

My kids aren't committed

Why are you allowing it?

Create an environment that encourages and promotes what you believe in

Kids aren't hitting workouts

Create bridge workouts to get them to your desired goals

31

Training

Find a system that makes sense to you and start building

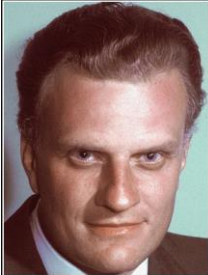
Manipulate the following variables to progress

Distance

Pace

Recovery

32



A coach will impact more people in one year than the average person will in an entire lifetime.

— Billy Graham —

AZ QUOTES

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