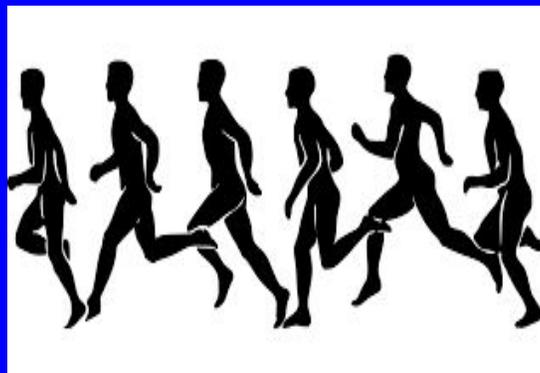


How to Build A Distance Culture From Scratch



Andy Youngworth
McAuley Catholic HS
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Coaching Background

Blue Valley High School, Stanley, KS-1981

Assistant Football

Yankton College, Yankton, SD-1982

Graduate Assistant Football College

U of South Dakota, Vermillion, SD-1983 Graduate Assistant Baseball

Parsons Catholic School-1984-1987

Head Boys BB, Head Boys and Girls TF, Assistant FB Parsons HS

Marty Indian School-1983-1984

Head Football Coach & Basketball

Wentworth Military Academy-1987-1988

Head High School TF, Assistant High School FB, Assistant JuCo BKB

Marty Indian School, SD
1983-84



Former Marty
Athletes-2017



**Wentworth Military
Academy
1987-88**



Springfield Catholic High School-1988-1990

Head Boys TF 1989-1990, Assistant Boys TF Coach-1988-1989,
Assistant FB 1988-1990

Carthage High School-1990-2021

Head Boys and Girls CC 1994-2021, Head Boys & Girls TF-1996-2021,
Head Boys Swim Coach 1998-04

8th Grade Boys BKB-1994-1996, Assistant Boys TF,
Freshman FB-1990-1993, Assistant Wrestling-1991-1993

McAuley Catholic-2021-Present

Head Boys and Girls CC, Head Boys and Girls TF, JV Boys BB
1991-1994, Assistant FB-1990-1993

Springfield Catholic-1990
4x400 Class 2 Champions



Springfield
Catholic-1990
Class 2
2nd Place



Mentors-

Carl Youngworth-Grandfather-Yankton College, SD-1923-1966

Tommie Lee White-Yankton College-1966-World Class Hurdler

Joe Bill Dixon-West Plains CC & TF

Ed Streich-Carthage TF

Etc-

Tim Nixon-Liberty HS

Jeff Pigg-Logan-Rogersville, MU, University of North Florida

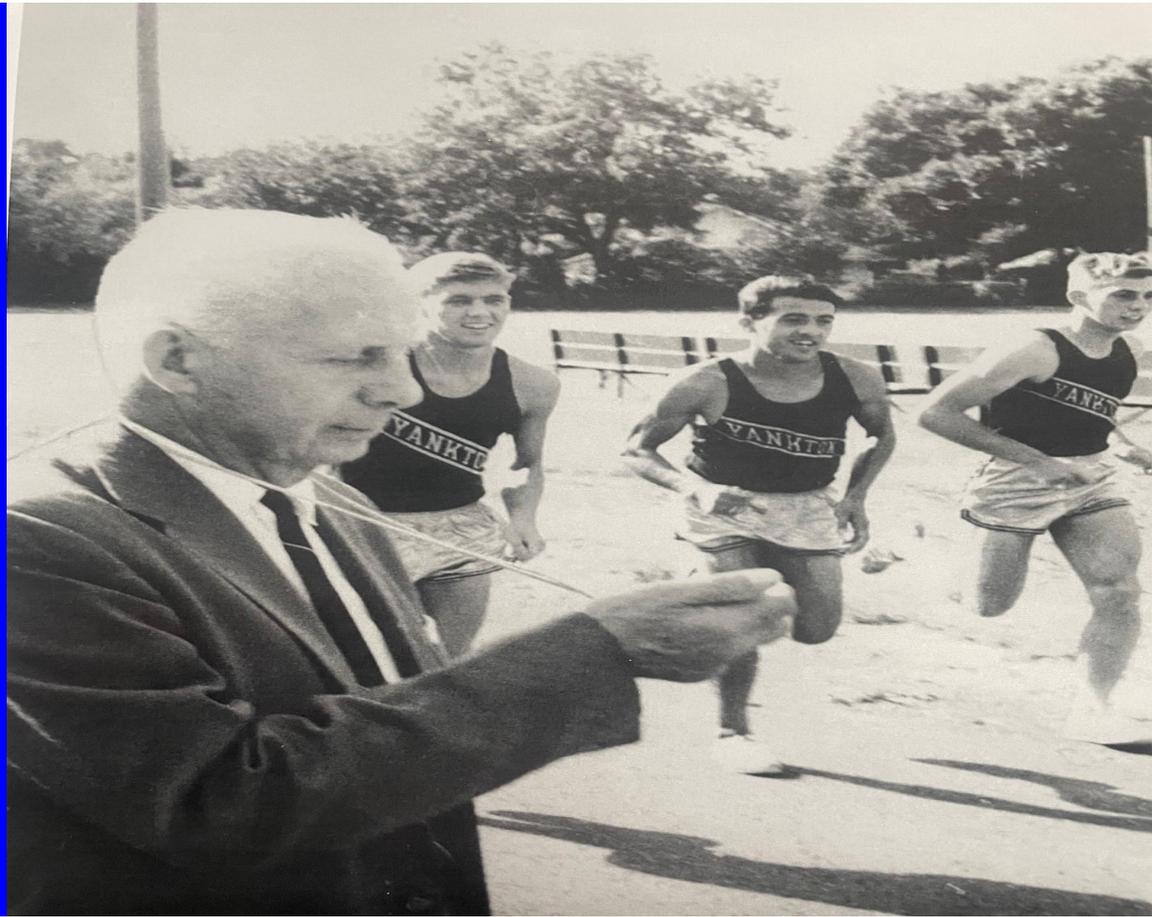
Jonathan Dalby-Mountain Vista, Colorado

Dan Fitzsimmons-U of South Dakota, Mount Marty Univ, SD

Yankton College Greyhounds-1930



Yankton College
1965



Tommie Lee White and
Carl Youngworth
International TF Meet
Outstanding Sportsman
Soviet Union-1971





Joe Bill Dixon-2006

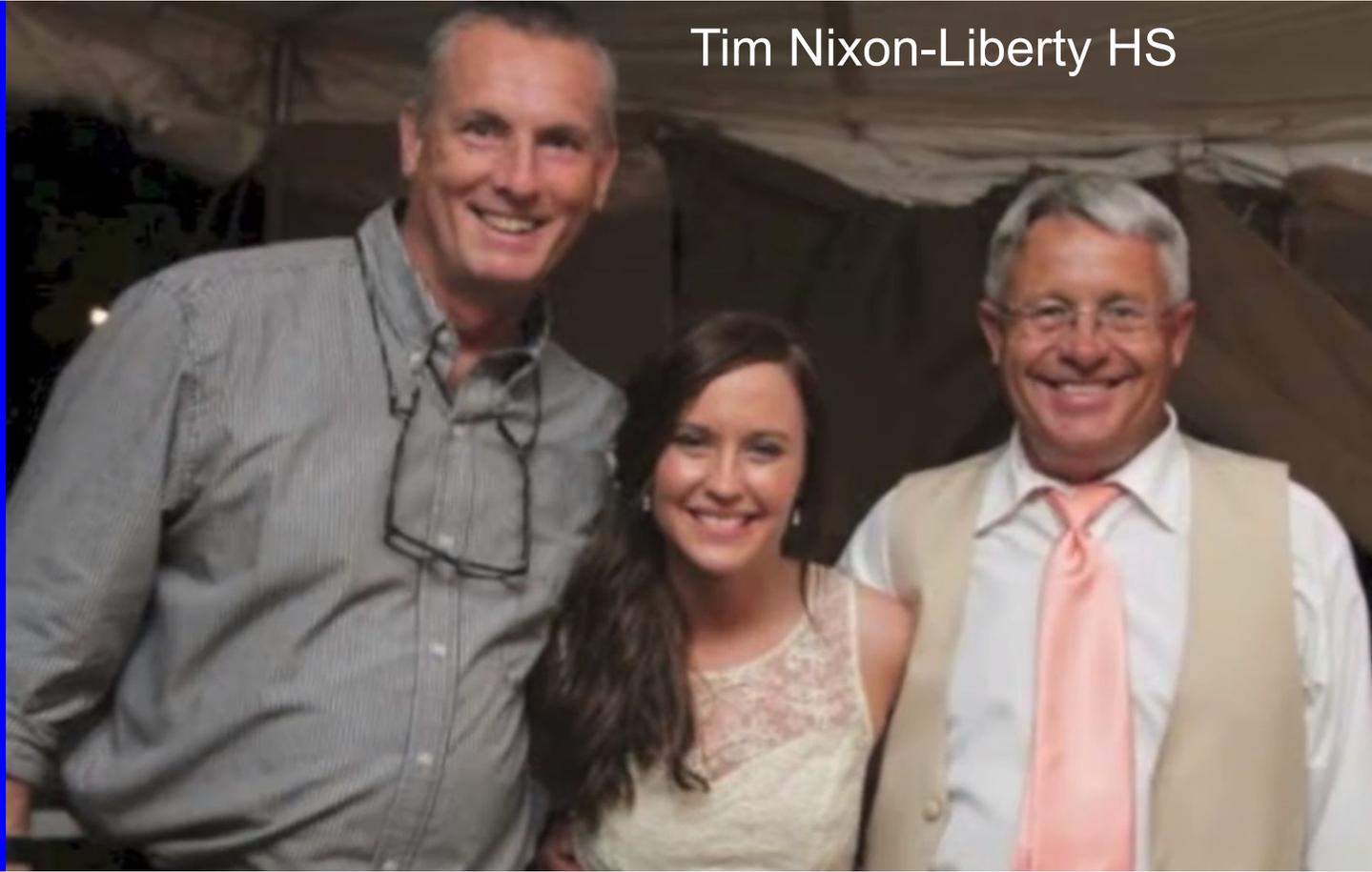


JBD Wilderness Running Camp-200????-Jorts were in style!



JBD Running Camp-Daughter Shelby 2nd from right





Coaching Journey

- Made a decision early to teach and coach-FB/BKB/TF
- Early success as a sprint/sprint relay coach
- 1994 chance to coach Cross Country
 - Patty Vavra went from Carthage to MSSU
 - Ed Streich encouraged me to take the CC job???
 - No clue how to coach distance kids
 - called JBD-the rest is history

Journey to the Why???

- Obvious when young.....winning (reflects on me)
- Over time-relationships with kids, parents, coaches etc & still win! Can't both things be true?

Carthage HS
1996
Class 4
2nd Place



1996 Girls CC
Carthage Hall of
Heroes-
Class of 2022



2001-District
Meet-MSSU



State Meet-2001



Carthage HS
3A 4th Place



Missouri
Southern
Stampede
2012



Carthage CC-2017
after Ray-Pec Inv



Carthage CC
WWI
Memorial
2017



At the "K"-2017



Carthage TF
Best Staff Ever
Kacey Thayer
Nikki Sipes
Chris Wilkerson

Began to
experience
success



State Meet
2017
Tent City



Carthage HS
3rd Place
2017



Right-Arkeell Smith-2018
Below-
4x400 State Champs



2018 Class 4 State Champs



Clayton Whitehead-KU Relays 3200 Champion 2019



Path to McAuley

2018-retired from Carthage HS, remained as DC US instructor & Head CC & TF Coach

March, 2020-Pandemic

- lost TF season
- Questions about my future at Carthage
- 2 classes at McAuley; ½ time at CHS-TF & CC coach
- fall of 2020-potential state team hurt by quarantines

March, 2021-time to decide.....

- status quo, full time at McAuley, Coach at Carthage or.....just make the move
- Decision made little sense in the big picture
- Discussion with my wife-support any decision I make



Carthage

1500+ students
Brand new facility built in 2018
Strong tradition in TF/CC
Paid more for ½ and TF job
Large Budget
1 mile from school
Great Assistants

McAuley

55 students
No Facility
No Tradition
Full time/coach 3 sports
Small budget
30 minute commute
small staff

- Carthage Invitational-decision to leave and go to McAuley full time and coach there
- Why the change?
 - I felt some new blood was needed in the program
 - Knew my tank was not on empty, needed a change
 - Darbi Stancell-long time McDonald County coach
 - Catholic environment-School with a different mission
 - McAuley presented a new challenge

Challenges:

- Location-Downtown Joplin
- 2 sport athletes in same season-VB/Soccer
- unsafe roads, etc
- No track-we have a small lot & 400 meter sidewalk loop!
- limited indoor options when weather was inclement
- Sport not taken seriously
- No CC banner on the wall-stressed that to the kids
- travel to 3 or 4 practice sites-rely on parents?
- only 1 coach, convinced our administration that our numbers would improve-now have 3 in CC, 5 in TF
- lingering effects of COVID and vacations!
- try to increase numbers

April, 2021

- letting my coaches & kids know, very difficult meetings
- Ozark 7 Conference meet-handed out uniforms in the halls
- 1st CC meeting w/ kids at McAuley-10 mile week?
- handed out summer schedule....several eyebrows raised

May, 2021

- Coach Stancell's video for the elementary school kids-15 6th graders ran during the summer-40 kids 6-12th grade
- No School budget for uniforms, sweats etc? Booster Club
- \$10k request given to AD, revised to 2K for Mid uniforms
- Fundraisers allowed
 - Running Camp-2021-\$11k(\$5k) ; 2022-\$5k; 2023-\$5k
 - thank you cards/banner at meets
 - "advertising" on the back of the t-shirt
 - Shakespeare's frozen pizza-3 times-\$10k
 - Cinnamon Rolls-\$7k



Trying to build a culture-Rome wasn't built in a day....

- Attitude of Gratitude, Attitude of Servitude-JBD
- 40 days in the summer-20 for TF and 20 for CC
- Parent Involvement ???
- Taste Treat Tuesdays & Thirsty Thursdays
- Saturday practices-breakfast-McDonalds & homes
- Canoe trip at the end of June-HS
- Road races
- Schedule-Make it a challenge but fun-overnight trips
 - Father Tolton and Rim Rock
- Overnight Camping & canoeing (JBD Wilderness Camp??)
- Webb City Track...paid MSSU \$20k for 40 practices??
- Team breakfasts, dinners, outings etc-Kid driven
- T-shirts

- CC-Top 7 list per course-"Unofficial"-MileSplit
- TF-Top 10 times per event
- Inspirational videos or movies
 - "Run Hopi"; McFarland; Ben Koman; Pre??; 1972-800 M Making Footprints-Gallup HS etc
- Conference CC & TF meet...Make it a special experience
 - CC Meet...Run at MSSU....road race in the past?
 - Timing Company for both-we paid for 1st year; no budget
 - McAuley/St. Peter's involved in helping with the race
 - Webb City host site for the Ozark 7 TF meet
 - We run the events, frees up coaches to coach
 - HS kids work field events; Grade school field day

- Team Prayer-Boys-Memorare, Girls-Guardian Angel Patron Saints-St. Peter & St. Joseph the Worker, Yearly Saint-St. Rita-Kids choose (Saint for impossible things!!!)
- Uniforms
 - Mids-parents bought uniforms or wore HS uniforms
 - Booster Club bought 40 uniforms
 - High School-Fundraiser \$
 - Girls-two sets-Pink and Blue
 - Boys-"M's" and Catholic (KU Pink???) / Pink Headbands
- Competition Sweats-HS only-Black warmups-fundraiser \$
- Bags for HS & Mids
- Admin forgot to budget for CC state trip..."loaned" from our account.

-Yearbook

- Articles
- Pictures
- Stats
- Practice Sweats-Kids pay for 70%-(2021-\$70; 2023-\$90)
 - ****everything more expensive and takes forever!!!
- relationships with other teams-Lawrence Free State etc
- Running Camp-Week before dead week
 - Mini Golf, Bowling-Alumni, Movie Night, Swimming, breakfast, t-shirts-tie-dye, speakers-Priests, HS & College coaches, former runners, trainer, nutritionist team doctor, shoe guy

3rd Annual Warrior
Cross Country Camp
July 24-28, 2023

Parents and Athletes,

Below find information for the 3rd Warrior Cross Country Camp. The cost will be **\$15** per athlete, which covers all expenses for the week, including a camp t-shirt. I have had someone donate money that has been earmarked to reduce the cost of the camp. We will have a guest speaker each day, followed by an activity. Bring a water bottle, a towel, appropriate shoes and clothes based on the activity.

July 24-6:00-9:00 pm-Father Andrew/Father Brian//Putt Putt Golf

July 25-6:30 am-2:00 pm-

6:30 am-Morning run at N. Frisco

8:00-Breakfast at McAuley

9:00-Speaker-Blaine Jimerson- "Run Around"

9:45-11:30-Activity

1:00-3:00- Shifferdecker pool

July 26-6-7:00 pm-Ty Lewis-Carthage HS/Central Missouri -Bowling

July 27-6:00 pm-Movie Night-Russ Jewett-Pitt State CC/TF Coach

**July 28-6:30-10am-Frisco Trail by Tamko Building Products on North St.
//Breakfast to follow at McAuley-Jayna Gunter-MSSU**

Morning Runs-Mon, Tues, Wed and Friday-Frisco @6:30; Thur @ MSSU

2nd Warrior
Running
Camp
2022



3rd Annual
Warrior
Running
Camp-2023



3rd Warrior
Running
Camp
2023
Father Brian



Running Camp
Mini Golf with
Father Andrew





Blaine Jimerson
The Shoe Guy





2023-Warrior
Running Camp-
Ty Lewis-
Carthage HS,
State Fair CC,
CMU



2023-1st Alumni
Bowling Night
With Ty Lewis
Carthage HS(Far Right)
State Fair
Central Missouri



Russ Jewett
Hall of Fame
Coach
Pitt State



2023-Warrior
Running
Camp
Jayna Gunter
West Plains/MSSU



1st Campout
August, 2022





Elk River-2023





2023-Float Trip



System Wide
Faculty Mass
2023



Michael Parrigon
& Father Brian
@ Southern
Stampede



Pre-Conference
Pasta Feed
2023



Father Tolton Inv
Columbia, MO
Shakespeare's
Pizza-2021

Dinner with
Lawrence
Free State



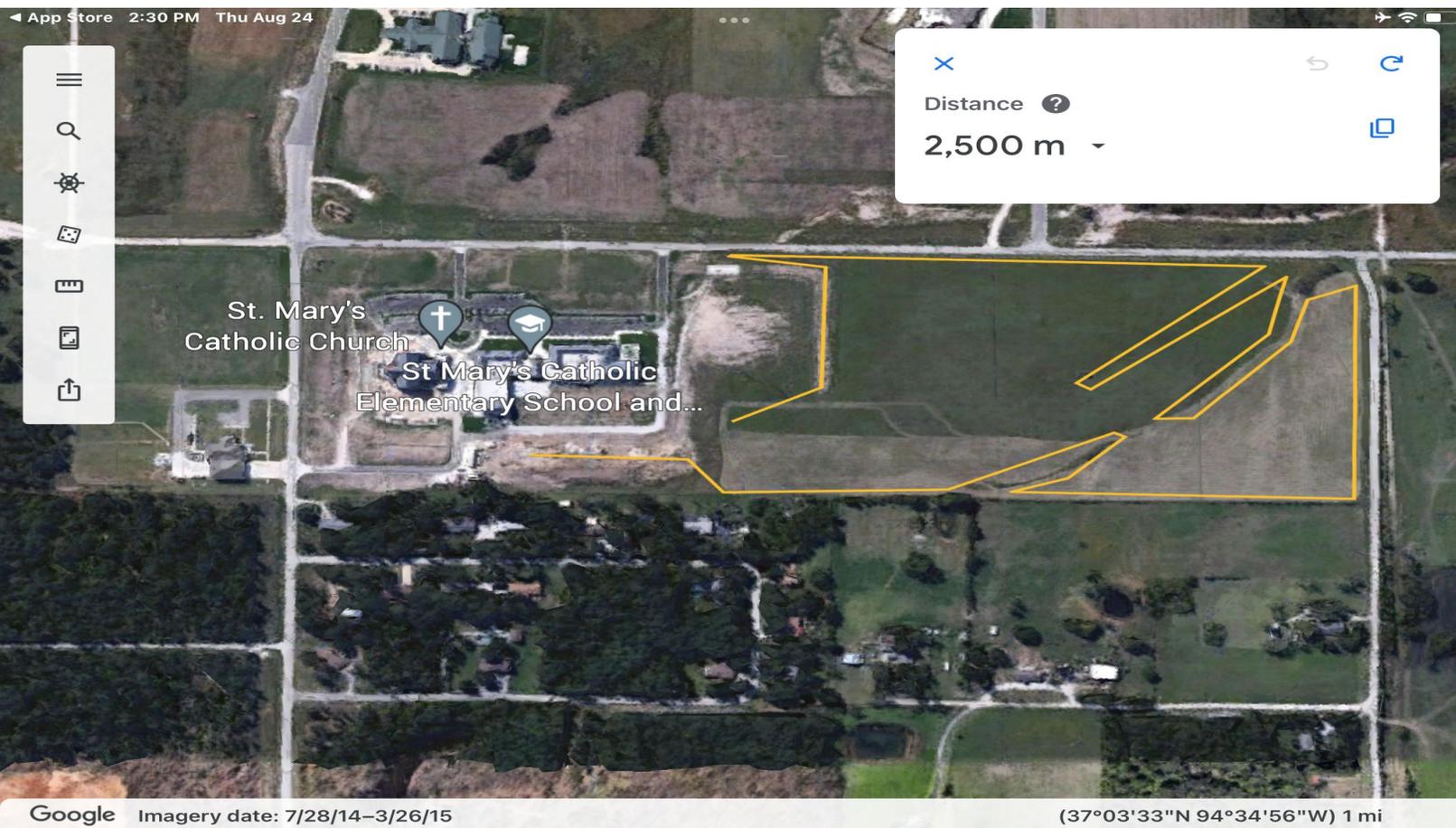
Rim Rock
Farm



Lawrence Free State T-shirts



- Promote Successes through Communication
 - Smoke Signals and Group Message page
 - post results on the wall and announcements
 - Be active in your local and State Association
 - SWCCCA All Region team
 - Academic All State
 - Coach of the Year
 - Assistant of the year.
- Practice sites
 - Mids and HS practice together-siblings
 - MSSU CC Course, Hills & Track
 - Frisco Trail-A little sketchy??
 - Mercy Park-AM runs-Area has good lighting
 - Webb City Track (more in the spring)
 - New CC course on school property....Warrior Invitational??!!



Morning Practice at MSSU



- Goal Setting
 - Boys-Why Not Us???-Showed Rockhurst State video
 - Never qualified for State before as a team
 - Championship factor-accept the challenge
 - move to Class 2 in 5 years
 - 4th in 2022-2 points
 - TF District Championship-1 point
 - Girls-Grow the team
 - Never had a team score in 10 years
 - 2021-1 girl-state qualifier
 - 2022-6 girls
 - 1st team score-mid October
 - state qualifying team
 - 2023-6 girls (5 have transferred/home schooled)
 - College runners? NCAA Clearinghouse

2022
Mid
"State Meet"
3rd Place



Warrior Cross Country Rosters

	Middle School		High School	
	Boys	Girls	Boys	Girls
2020	5	5	6	2
2021	16	8	8	1
2022	14	8	10	6
2023	17	6	10	6
2024	???	???	20??	7??

8th Grade-Cassville Middle School Meet

	2021	2022	2023		
#1	11:03	9:45	9:30		
#2	11:18	10:53	9:45		
#3	12:54	11:38	10:37		
#4	DNR	11:45	10:46		
#5	13:06	13:17	11:09		
#6	12:28	12:35	11:17		
#7	12:20	12:04	11:20		
#8	12:26	11:55	11:23		
#9	DNR	11:32	11:38	Soccer	
#10	12:35	12:04	13:08	Injured	

Boys	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
1st	18:24*	17:30*	18:07*	18:23*	18:18*	19:19*	20:47	20:31	18:31*	18:21*	16:35*
2nd	22:03	20:41	22:35	19:49	19:49	20:23	21:06	21:36	18:45*	18:50*	17:45*
3rd	22:11	21:05	23:48	21:11	20:03	21:10	21:45	22:08	20:00	18:55*	18:03*
4th		21:42		22:09	20:41	22:02	23:06	23:12	20:36	19:35	19:17
5th				23:06	20:45	22:44	23:29	23:19	20:36	19:36	19:17
6th					23:54	23:36	24:35:	24.44	20:54	20:32	20:33
7th						24.12.			21:29	21:18	21:00
	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Finish	NA	NA	NA	3/6	6/8	6/8	5/5	7/7	7/12**	2/11**	2/11**
	Bolivar	Spfld	SW W	SW W	Clever	Lamar	Lamar	Lamar	Clever	Herm.	Lamar
Girls	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
1st	NA	24:14*	25:36.	24:26*	22:00*	24:15*	23:41*	23:12*	22:21*	22:49*	21:00*
2nd		31:38.	26.38.	25:13*	24.39	24.54.	25:48.	27:46.		24:49*	21:12*
3rd		32:15.				25:22.				28.17.	23:30*
4th										28:32.	25:10:
5th										28.38	26:08:
6th											45:23:
7th											
*State Qualifier	**Double District-2021-2023									3/7	3/7

First Girls Team Score,,,,,1st Team to Qualify in School History



State 2022





2023 4x400
District
Champs!!
District Champs
By 1 Point!!!







1st District Championship



2023

Boys

- repeated as Ozark 7 Champions
- District Runner-up
- 5th at state-6 points from 4th; 9 from 3rd
- 3 all state kids
- All 10 kids back; 10 freshmen to be for 2024??
- Mids-3rd Place at MS State meet

Girls

- first Ozark 7 Championship
- 3rd at Districts; 2nd straight trip to state
- 8th place finish
- 2 all state kids
- lose 1 medalist; 2 freshman to be for 2024









What's Next???!!!!

