

Developing a Program – Lessons Learned as the Forrest Gump of Coaching

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Why Forrest Gump?

- Forrest's life was an incredible collection of meeting/being around amazing events and people.
- I've had an uncanny career development that gave me an opportunity to learn from an amazing group of mentors
 - 12 Hall of Fame coaches, several Olympians, and several serendipitous opportunities

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Developing a Program

- Goal is to pass along some nuggets that have helped me start, restart, turn around programs I've been lucky enough to be a part of.
- There is no one size fits all. Stealing from one is plagiarism... stealing from many is research.
- I look at many of these as big picture thoughts that I use as touchstones to keep the ship heading in the right direction

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Culture

- Know yourself, your team, and your community
- What do you want your athletes, your coaches, and yourself to achieve this season... next season... for a career?
- Goals and training must fit your team, your personality, and your circumstances
- Adapt or die - Cannot do 100% of someone else's program and expect the same results - art & science of coaching

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Coaching Staff

- You can coach anyone but you can't coach everyone.
- We're in this together - let each other coach and support each other - what can I do to make their job easier
- Unified front - just like mom and dad
- Check ego at the door - give/take honest feedback constructively - can learn from everyone

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Coach/Athlete Relationship

- You will never have an athlete love the sport as much as you do.
- Differences in focus: athlete, assistant coach, head coach - perception is reality
- Collaborative - each party has the same goals - google maps
- Coach, athlete, parent - each has their own role and perspective

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Planning a season

- Start at the end and work backwards
- Maximum versus optimum
- Investing versus cash in hand
- Overtraining versus under-recovering
- Development is key - can't recruit a juco kid - top kids get an extra season

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Training

- 1000 roads to Rome - different lengths and strengths
- Baking a cake
- Grocery list
- Law of the ladder
- Accentuate exceptional versus raising the floor

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Competition

- 2 rules
- Can only yell 2-3 times year - white noise
- Oreo - find positives
- Keep main goal in mind - moderation is key
- Adversity = opportunity. How we act/react is paramount

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Personal Development

- Be a lifelong student – read, clinics, camps, fellowship
- Reach out – articles/presentations are typically from a 10,000 ft view
- You want more success, then don't be afraid to fail more
- Be honest and objective when doing a biopsy on a race, workout, season, career

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Questions?

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