

Beyond Training: Building a Championship Program

Joe Porter – St. Louis University High School



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My Background

- DeSmet Jesuit
- Saint Louis University
- Alum Service Corps
- SLUH Retreat Director/Campus Minister
- Big River Running



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Coaching Accomplishments



- 10 State XC Trophies as Head Coach over 15 years
- 26 All State Athletes in 15 years
- 64 XC MCC All Conference Athletes
- 4 State Track Trophies
- 47 Track All State Athletes
- 7 Individual State Track Champions
- 136 Track MCC Event Champions
- Local Organizing Committee – USATF Cross Country Championships
- Forest Park XC Festival Co-Meet Director
- Festival of Miles Foundation Co-Founder



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Background Information on SLUH


- St. Louis
- Catholic, Jesuit
- 1000 Boys
- 88 Zip Codes
- 157 Middle Schools
- Fun Fact: Oldest high school west of the Mississippi



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Presentation Overview

- Coaching Philosophy
- SLUH Program Hallmarks
- Creating Culture
- Recruiting Athletes to Your Program
- Championship Meet Preparation
- How to Measure Success



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Disclaimer

5 Different Golf Swings



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Learn from Watching Coaches













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Landy vs. Bannister and the Role of Coaches



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Coaching Philosophy

- What is your goal as a coach?
- My goal as a coach is to help young men become better people through sport and to help them grow in love with the sport
- How do you living out your goal, especially when you are challenged?
- How do you communicate your goal? Don't assume your athletes know "your why"




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The Athlete Perspective

- What do you think of me?
- Am I of value?

- Only one part of our job is to get them faster
- We are just part of the journey at a pivotal time in their lives



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Know Your Weaknesses

- The "Melilo Rule"



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The SLUH Program

- Get Varsity experience for your JV
- Set Standards and Highlight Performances
- Start Automatically/ Finish Formally
- Every Run is Important
- Team Over Individual
- Parent Communication



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Varsity Experience for JV

- Chase Competition
- Find Room for Varsity Racing
 - 2 Varsity teams at our home meet
 - Rest the Varsity and run the "V2"
 - Festus/Bowles
 - Freeburg
- Parkway West
- Hancock
- Big River PR Invitational



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Set Standards and Highlight Performances

- Varsity Letter
- Blue Shirts
- Race Tactics/Planning

Run Name	Year	Month	Day/Event	Runners	Time	Runners	Time	Runners	Time	Runners	Time	Runners	Time	Runners	Time	Runners	Time	
1. Jackson Miller	V	3	11/04	10/21	1:01:14.81	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
2. Eric Schaefer	V	4	11/18	10/28	1:01:46.01	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
3. Nick Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
4. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
5. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
6. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
7. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
8. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
9. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
10. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
11. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
12. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
13. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
14. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
15. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
16. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
17. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
18. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
19. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17
20. Eric Schaefer	V	3	11/18	10/28	1:01:24.29	1/16	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17	1:12.1	1/17



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Start Automatically/Finish Formally

- Bulletin Board
 - Attendance/ Workouts/ Announcements
- Wake-up Drills
- Meet in the Park

- End of Practice is about creating leaders
 - Strides/ Stretches/ Cool-down



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Every Run is Important

SENIORS (2)		Week 13	Week 12	Week 11	Week 10	Week 9	Week 8
Polunovich, Matthew	20	25	25	24	26	26.5	
Runkala, Alex	54	54	49	54	49	58	
Reppel, Ethan	44	43	43	44	49	47	
Chandler, Gabe	24	30	29	22	19	35.5	
Davies, Chase	33	29	29	34	33	37.5	
Conaway, George	19	24	28	35	41	50	
Drummond, Owen	26	22	22	28	28	24	
Farrinwell, Michael	18	19	27	33	30	26.5	
Heiser, Jesse	34	36	32.5	39	39	37.5	
Jensen, Luke	18	10.5	12	9	11	20	
Jones, Patrick	38	44	42	44	41.5	44	
Keane, Alex	34	33	31	27	25	38.5	
Lester, Mason	23	19	7	4	23	34	
Levy, Stephen	22	5	0	27	16	0	
Martin, Will	40	32	28	40	34	38.5	
McGrath, Patrick	30	21	22	34	21	36.5	
Muniz, Andrew	39	37	34	45	35	34.5	
Phillips, Logan	28	20	17	18	20	30.5	
Ridderick, Chris	44	0	9	0	19	30.5	
Ridderick, Brady	5	0	2	0	0	0	
Schaeffer, Ashton	20	19	12	2	0	4	
Sherrill, Justin	11	20	23.5	24	26	28	
Smith, Quinn	45	0	22	28	39	44	
Swisher, Jan	10	19.5	0	11	20	35.5	
Tanner, Cole	30	52	51	48	49	55	
Thornhill, Jesse	29	25	8	29	30	26.5	



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Team Over Individual

- Know Every Athlete
- Use Every to Push Everyone
 - Everyone is a Varsity Athlete



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Parent Communication

District Champions!

Week of a Glance

Mon 11:30-1:00 pm practice
 Tue 11:30-1:00 pm practice
 Wed 11:30-1:00 pm practice
 Thu 11:00-12:00 pm Track Day
 Fri 11:00-12:00 pm State Championship


Team Documents & Links

Club Schedule
 Meet Schedule
 Performance Log
 SLUH Staff
 Ellsworth & Bantz
 Rowan & Cady Track Club
 West Track Athlete
 Slack Stream


State Meet Information

Class 9 State Championship
 Friday, November 8

[Click for Meet Info](#)



Click the links above for information on Friday's Class 9 State Championship meet.



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Creating Culture



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Creating Culture

- Culture Comes from Athletes, Not Coaches
- Know your athletes. Every athlete matters
- If you do it right, you probably shouldn't have to "coach" the second half of the season.
- Schedule appropriate meets
- Read your team and adapt. You have to be responsive.



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Team Retreat



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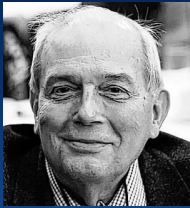
Recruiting Athletes

- Remember: No Middle School and no sport requirements
- Culture does your recruiting for you.
- Create a buzz in your building
- Soccer Tryouts



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Championship Meet Preparation



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How to Judge Success



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Book Recommendations on Program Development

- *The Captain Class* by Sam Walker
- *Peak Performance* by Brad Stulberg and Steve Magness
- *Coaching Better Ever Season* by Wade Gilbert
- *Good to Great* by Jim Collins
- *Performing Under Pressure* by Hendrie Weisinger and J.P. Pawliw-Fry
- *The Strange Secret of the Big Time* by Frosty Westering
- *Tradition, Class, Pride* by Ben Rosario and Jim Linhares



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Questions

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