

TRACK & FIELD PHILOSOPHY

The only way for our team to get better is for you to get better. My philosophy as a coach is simple. I am here because I love the sport of track and field, and I love helping kids improve their physical and mental strengths. I expect you to strive for your best at every moment. In meets, there are three ways for you to be successful: 1) Win your event. 2) Beat your goal for the meet. 3) Beat your personal record. Success will depend on you. Hard work in practice, goal setting, and faith will be the cornerstones of our success as a team.

Everyone is welcome to compete on the track and field team at CKHS, and we will try to match athletes' events with their area of interest. However, due to reasons of safety, team discipline, and competitiveness, the coaching staff will have the final say in which events athletes practice for and compete in, as well as training methods, groups, and schedules.

We compete to win and will not apologize for striving to be a champion. Our ultimate competitive goal is to produce state champions. Yet, we'll ultimately judge our personal performances on how well we prepared, executed, and competed in our events.

Each member of our staff is an experienced coach. We strive to meet the highest technical standards of our profession, so that we may pass them on to our athletes. Additionally, we will strive to understand the latest research on physiological principles and how that applies to writing workouts and building a season plan so our athletes are at their physical peaks when the time comes. We set up your workouts to make you the best that you can be. We ask that you follow these prescribed workouts and check in with us when they are finished. We can not compete for you, so you need to make sure that you are following our guidelines. If a practice calls for a full recovery, **TAKE IT**. If it calls for little recovery, be ready to go when the coach has instructed.

Track and field success is a journey that must be taken individually. Our training plans are made with that idea in mind. Each of you will have an individual plan, formed within the team plan.

We are committed to **TEAM**. To be honest, track and field is an individual sport with a team component, so we must be prepared as individuals. Often **TEAM** means creating and accepting an atmosphere where the accomplishments of others are valued and celebrated along side our own, and the accomplishments of the **TEAM** are valued and celebrated above **ANY** individual accomplishments. **WE** need to respect the individual and the **TEAM**, by supporting **EVERY** member of the team, from Manager to Coach, and everyone in between. Don't let your teammates down.

While there is no way that I can control your competition in other sports and activities, I caution you to try and limit yourself during the season. Our workouts are designed with the belief that this will be your only "practice" of the day, and you will be getting the required amount of rest in the evening. This will be very difficult for you if you are taking part in another sport. Also, your participation in other sports may accelerate your chances of injury or academic failure, which will jeopardize your place in a varsity relay or heat.

I fully promote your participation during the summer, fall, and winter seasons, but while I would not ask you to skip a competition during those seasons, I will not accept you skipping one of our competitions for another activity. If this will be a problem for you, please talk to me individually.

Every person you come in contact with will have his/her own beliefs about goal setting. Mine is that without them, you will fail. Goals need to be set for short, medium and long range. They need to be seen on a daily basis by you, the athlete, and shared with your coach. Talk to your event coach about their goals for you and see if they match up with yours. We can't help you if we don't know where you want to go.

Finally, you need to have faith in coaches, teammates, and most importantly yourself. While we do keep a team score, and relays are about teams, **YOU** are the only one that can get yourself to the end of the competition. If you have prepared honestly, you will succeed. Have that faith.

