

Demands and solutions to setting up a successful track & field program – Session 3

- I. Intro.
- II. Assessment
- III. Demands & Solutions
 - a. Demand – How to create a winning culture?
 - i. Solution – Know yourself & establishing your coaching philosophy
 - b. Demand – How to have assistants engaged with the whole program?
 - i. The problem of delegation – “I can do it myself”
 - ii. Solution – Coaching responsibilities (see handout)
 - 1. Strengths & Weakness
 - c. Demand – How to keep the big picture in mind?
 - i. Solution – Creating the plan (see handout)
 - 1. The Year
 - 2. The Season
 - d. Demand – How to keep a team together?
 - i. Solution – Creating a weekly cycle that keeps athletes engaged and feeling like they are a part of something greater (see handout)
 - 1. Creativity of the circuit
 - e. Demand – How to create a competitive program?
 - i. Solution – Recruiting & Depth
 - f. Demand – How to know all your athletes?
 - i. Solution – Athlete profile (see handout)
 - g. Demand – How to know what events your athletes should compete in?
 - i. Solution – Requesting events (see handout)
 - h. Demand – How to mentally prepare your athletes?
 - i. Solution – Pre-meet preparation & Post-meet assessment (see handout)
- IV. Q & A

For Further Information or to request handouts:

Jim Brewer
Saint Martin’s University
Men & Women’s Head Coach
360-303-1939 cell
360-486-8853 office
jbrewer@stmartin.edu