

1  **Pre-Season Planning for Success**

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2  **Pre-Season (June)**


- ⊙ Evaluations
  - Personal
  - Asst. Coach
  - Athletes
  - Facility
  - Schedule
- ⊙ Inventory
  - Uniforms
  - Equipment
    - Toss the Old/Broken

⊙

3  **Pre-Season (June+)**

- ⊙ Prepare an Order
  - Uniforms
  - Equipment
  - Education
- ⊙ Fine List
  - Seniors IMMEDIATELY
  - Everyone else ASAP
- ⊙ TAKE A BREAK
- ⊙ Choose a topic or two
  - Positive Coaching
  - 400m

⊙ Recharge the batteries

4  **Pre-Season (June+)**

- ⊙ Get yourself back in shape
  - Physically
  - Mentally
  - Spiritually
- ⊙ Research/Set up fundraiser(s)
- ⊙ Continue your education
  - Books, Articles, Clinics
  - Mentor/Friend
- ⊙ Recruit!!!!
- ⊙ Get involved

5  **Pre-Season**

- ⊙ Coach/support another sport
- ⊙ League Meeting
- ⊙ Coaches Meeting
  - Expectations
  - Final needs
  - Coaches clothing
- ⊙ Lining up volunteers
- ⊙ Handbook

6  **Pre-Season**

- ⊙ Extrinsic rewards

- Ts, Bracelets, Beads...?
- ⊙ Skeleton training plans
  - Start with meets
  - Add in Training Components
- ⊙ EARLY MEETING
  - Clothing order
  - Schedule, Facebook, Twitter, Remind...
  - Standards for invites and lettering
  - Name, Grade, PRs, Phone, email

7  **Pre-Season**

- ⊙ Promotional materials
  - Pamphlets
  - Post-Cards
  - Book Marks
  - Flyers
- ⊙ Scrounge
  - Towels
  - PVC Pipe
  - Cones
  - Other?

8  **Pre-Season**

- ⊙ Technology
  - Dartfish
  - Kinovea
  - Athleticcloud
  - Trainsweet
  - training peaks
  - HyTek
  - Athletic.net
  - Hudl
- ⊙ Camera (phone, video, high speed/slo-mo...)
- ⊙ Finish Line Tech
  - Flash Timing
  - Finish Lynx
  - Eagle Eye

9  **Pre-Season**

- ⊙ Plan time with Spouse
- ⊙ Plan time with own children
- ⊙ Rules Clinic - WIAA
- ⊙ Meet with AD
  - Expectations
  - Handbook
  - Transportation