

THE LITTLE THINGS THAT MAKE UP A GREAT TRACK PROGRAM

1. COMMUNICATION

- A. COMMUNICATION BETWEEN COACHES- ATHLETES-PARENTS-AD'S ATTEMPTING TO KEEP EVERYONE ON THE SAME PAGE WORKING TOWARDS THE SAME GOALS. EASIER SAID THAN DONE BUT A MUST FOR SUCCESSFUL PROGRAMS. KEEP YOUR ATHLETES INFORMED OF WHAT YOU ARE TEACHING THEM AND HOW IT WILL BENEFIT THEM. GET BUY IN. UNDERSTAND THE ATHLETES GOALS,
- B. STEAL FROM EVERYBODY! COACHES IN YOUR LEAGUE OR AT INVITES WHO HAVE EXCELLENT TRADITION IN EVENTS YOU COULD USE INSTRUCTION ON/ GET AS MUCH KNOWLEDGE FROM THEM AS POSSIBLE. YOU KNOW WHO THEY ARE.
- C. COACH WITH YOUR OWN STYLE/ DON'T TRY TO BE SOMEONE ELSE. SOME COACHES GET SUCCESS WITH BEING REGIMENTED AND STRICT OTHER BY BEING UNDERSTANDING AND SHOWING CONCERN.

2. HIRE COACHING STAFF WITH EXPERIENCE AND KNOWLEDGE

- A. MULTI EVENT EXPERIENCED STAFF PREFERABLE FORMER DECATHLETES OR HEPTATHLETES. GIVES HEAD COACH FLEXIBILITY TO WONDER FROM EVENT TO EVENT AND FILL IN WHERE NEEDED.

3. DON'T BE AFRAID TO TRY NEW CONCEPTS AND IDEAS/PRODUCTS TO IMPROVE PERFORMANCE.

- A. PALO
- B. KINESIO TAPE
- C. RUNNING TUBES- BALL OF FEET RUNNING IN 4 POSITION.
- D. THINGS LEARNED WHILE AT COACHES CLINIC.
- E. CONTINUE LEARNING YOURSELF INTERNET READING COACHES INSTRUCTIONAL BOOKS.

4. PROMOTE AND TRAIN ATHLETES IN MULTI EVENTS.

- A. THIS GIVES YOUR TEAM VERSATILE AND FLEXIBLE ATHLETES THAT CAN COMPETE IN MANY EVENTS. ALSO YOU FIND ATHLETES THAT ARE BETTER AT AN EVENT THAT THEY DID NOT EVEN KNOW ABOUT.
- B. YOU CAN SPREAD ATHLETES OUT IN DIFFERENT EVENTS TO HELP WIN MEETS.

5. TRAIN SPEED FIRST-MAKE PRACTICE FUN AND FLEXIBLE.

- A. SPEED-SPEED -SPEED. SPEED TRANSLATES INTO ALL EVENTS, EVEN THROWS!
- B. B. REMEMBER THAT MEETS WILL USUALLY BE THE ONLY TIME YOU GET 100 PERCENT FROM YOUR ATHLETES. HAVE THEM RUN A 4X400 TO HELP BUILD THEIR STRENGTH AND ENDURANCE.
- C. change up your weekly and daily work outs. only work out to the point of getting full production. half effort does your athlete and program no good.

- D. remember to coach each athlete at their skill level. be flexible enough to have multiple workout or drills to fit each skill level of athlete.