

Recruiting Runners

Pool of students
Pool of runners

1st year coach

- Contact that must be made
- AD last year roster
- Asst coaches Track coach
- Junior High Coach

Current Coaches

- High School PE teacher
- Middle School JH PE teacher
- Elementary PE teacher
- Schools favorite teacher
- Local runners group

Runners

- Current Runners
- How to draw people to your program
- Why would I want to be in this program
- Visits to the Grade school
- Visits to Middle School

Contact with Runners

- Letter to Runner
- Email
- Cell phone
- Web page
- Face Book page
- Twitter

Parents

- Letter to Parent
- Parent Rep for each grade
- Parent email cell phone
- Parent handbook
- Parents help without Coaching

Follow up

- Begin next year recruiting
- Email thank you
- Follow up with written thank you
- Return the Favor
- Balance 100-0 70-30 50-50

Retention for High School Success

- Roles within the team.
- Varsity
- Junior Varsity
- Freshman- Sophomore

Running Goal

- Season Goal
- Weekly Goal
- Daily Goal

Season Goal

- First Goal Perfect Season
- Foundation Goal you can build on for next year
- Set one for the Varsity, JV, FS

Weekly Goal

- Running Goal where to I want to be after Sat.
- Emotional Goal
- Staff Goal what can we do better.
- Individual Goal
- Note Card - Mirror

Daily

- Emotional Goal of the Day
- Heat Cold Tired
- Success of other
- I had a very bad day
- Friendship
- Enable good habits, or bad

Daily

- How to run out of the comfort zone
- How to enjoy a long run
- How to celebrate what you have done.
- How to handle when you fail.
- How to be honest

Roles with a Team

- Each grade has a task
- 12 School bulletin board
- 11 Big Sis Lil Sis Program
- 10 Locker Decoration
- 9th Locker room display Motivation for the Week

Bend Don't Break

- Conflict Management
- Never miss a workout
- The Big ?, is it better for me, the team, the school, the runner

End of the Season

- Banquet
- Slide Show
- Goal follow up
- Individual meeting with each runner
- Goal set for next year
- Seniors goals Life long runner
