

Solving the Short Season Puzzle: How to Maximize Workouts and Performances

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7 Things I look for in an athlete SOMEONE WHO...

- Loves Wash U
- Loves to Run
- Loves to compete
- Wants to be a part of a family
- Believes xc/track are team sports
- Wants xc/track to be #1 extracurricular
- Wants to have fun

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Basic Philosophies

- Define Success for your program. "Taking advantages of your daily opportunities to the best of your ability under your given circumstances." –Wash U definition of success
- Your athletes need to know how you define success

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Basic Philosophies

- XC/Track are team sports (Everyone needs to buy into this) picture of regional's/NCAA's
- Culture is more important than specific workouts
- Can't be afraid to fail (TRIAL & ERROR)
- Establishing coaching networks
- Never Stop Learning (study coaches)
- Involve your family when possible

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2007 Regional Championships – WASH U FAMILY



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Men's Team @ 2009 Regional's – Having Fun & EVERYONE COUNTS



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**2009 M & W XC TEAMS @
MIDWEST REGIONAL
CHAMPIONSHIPS**

•Having Fun in the
Process

•EVERYONE MAKES A
Difference



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2007 NCAA's – Involving Family



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How can you maximize in 10 weeks?

- Can only do it by creating a culture that leads to intrinsic motivation(Lifestyle, Fun, Challenge) – Talk more about this in 2nd talk

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Workouts

- Starts w/ Year round training (establish culture)
- Identifying type of athlete (“Normal”, “Low-Efficient” or “High Efficient”) EX) Scott Bradley Special
- Train the Athlete & not just the event
- CV workouts
- Recycle workouts so they know what they are doing (know how to run them and get confidence) “You can never have too much confidence” – Al Carius
- Circuit/strength training (Make a better athlete) – look at ways to stay healthy
- Trial & Error (can’t be afraid to fail & think outside of the box) *Challenge you to not taper

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Inspiring Off-Season Commitment: Learn the Secret to Developing a Dynasty

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Creating a Culture (more important than the workouts)

- #1 Goals -Build Confidence & ENJOYMENT
- Looking to instill intrinsically motivated qualities
- Ex) Growing intrinsic motivation through success -1st day at practice(run 1 mile for newcomer) @ Schaumburg HS
- Grow intrinsic motivation through helping to enjoy the sport & Success
- Coach who still runs and/or exercises (BEST Form of Leadership is example) Al Carius
- Increase Enjoyment -Theme day Fridays (Other IDEAS)

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Theme Day – Cops & Robbers



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JUNGLE THEME



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Under the Sea



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Creating Culture

- Run for time & effort (explore)
- Finding fun places to run
- Getting a core Group (Invest in athletes who demonstrate Positive characteristics
- Success breeds increased motivation (CYCLE WORKOUTS to see success) SET UP VARIABLES ex) if going to run on the track – have a purpose
- Build off season groups (IDEAS from group???)

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Needs to be about ENJOYING The Process

- John Wooden & Al Carius never mentioned winning
- Can't control other teams (control the "controllables")
- Focusing on the process removes Pressure
- Increases enjoyment
- Can't be afraid to fail (limiting factor)

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Championship meet experience

- Can't put a value on big meet experience
- Oshkosh Meet
- Treat it like every other meet (movie scene from Hoosiers)
- Biggest mistake is changing routine @ the end

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Longevity of Coaching staff

- Establish traditions (share ideas)
- Athletes knowing what to expect brings higher level of comfort and confidence
- Give ownership to the athletes as they prove reliable

Focus on building relationships

- If Athletes know the coach cares about them as a person; they will go deeper into the well
- If someone loves his/her teammate – it is much tougher to quit
- Big Brother/Big Sister
- Compete for something greater than themselves
- EVERYONE IS IMPORTANT = Powerful Results!
