

Doing the Little Things On and Off the Track

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Background

- ✧ Began track in 7th grade.
- ✧ Threw shot/disc in high school; threw javelin at Texas A&M.
- ✧ Fell in love with running on accident.
- ✧ Influences: Steve Telaneus (Marcus HS), Miller Loudermilk (McKinney North, Kilgore), Robert Reed (Plano East), John Janecek (Janecek Strength), Jonathan Ponsonby (Denton Guyer).
- ✧ Coaching background:
 - ✧ Wester MS (4 years): VB, BB, Track, XC, Golf
 - ✧ McKinney North HS (4 years): Asst. VB, BB, Track
 - ✧ Kilgore HS (2 years): Head VB, G. Track
 - ✧ Plano Senior HS (5 years): Head G. Track/XC

Make a List!

- ✧ Learned from every coach/AD I've worked with, for, etc.
- ✧ Don't be afraid to ask questions regarding their "why."
- ✧ MAKE A LIST as you go through your career.
 - ✧ Sport to sport, season to season, school to school.
 - ✧ Find the positives AND negatives in other coaching styles.
 - ✧ Changes you'd make or adaptations from other programs when you get your own.

Start from Day 1!

- ✧ It is YOUR job to make your program relevant.
 - ✧ Within your program, in the school, throughout the district, across town.
- ✧ Get to know the big five:
 - ✧ School administration – discipline, support
 - ✧ Counselors - schedule changes
 - ✧ Custodial staff - facilities
 - ✧ Other head coaches – multi-sport athletes, sharing facilities
 - ✧ Booster club – LOTS!!
- ✧ Older athletes
 - ✧ Have the most difficult time.
 - ✧ Some may quit...don't take it personal.
 - ✧ Find the leaders and the small-talkers.
 - ✧ Be immediate and consistent on and off the track!
 - ✧ "WHAT YOU TOLERATE, YOU ENCOURAGE."

On the Track...

- ✧ PRACTICE SHIRTS!!!!
 - ✧ First thing I do with any new program.
 - ✧ Might seem like only a "team" sport concept, but far from the truth.

- ◇ One school color, one non-school-non-district-opponent color.
 - ◇ Athletes take pride in representing their team.
 - ◇ Teaches responsibility.
- ◇ Team captains
 - ◇ Athletes can get nominated by teammates, fill out application.
 - ◇ Must be a returning athlete in good standing with the team.
 - ◇ Team votes vs coaches choice.
 - ◇ Number of captains depends on size of team (~ 1:10).
- ◇ Warm-ups, stretching, cool-down
 - ◇ Warm up AS A TEAM. Designated rows, organized set-up.
 - ◇ Team captains are responsible for getting it started.
 - ◇ Cool down as groups.
- ◇ Workout groups
 - ◇ Four main workout groups
 - ◇ A's – 100m, 200m, jumpers
 - ◇ B's – 200m, 400m, hurdlers
 - ◇ C's – 400m, 800m
 - ◇ D's – 1600m, 3200m
 - ◇ Leaders in each group, responsible for being at the right place at right time, recovery times, cool down.
- ◇ Cheering
 - ◇ When your group isn't working, someone else is...cheer them on, acknowledge their work.
- ◇ Accessories
 - ◇ Heels, toes, balance for ankle and shin/calf strength.
 - ◇ At least twice a week.
 - ◇ Keeps the little things healthy for the long season.
- ◇ Workout plans
 - ◇ Workouts planned on Google Doc, each group has a line.
 - ◇ Week by week plans, color coded (green – easy, yellow – medium, red – hard)
 - ◇ Shared viewing ability with athletes.
 - ◇ I believe it helped seeing big picture and knowing how to prepare mentally for the workouts.

Off the Track...

- ◇ WEIGHT ROOM
 - ◇ STAND UP FOR YOUR SPORT!!
 - ◇ Make time for it and it will pay dividends! 2x per week.
 - ◇ If you don't have the knowledge to make a weight program, find someone who does.
 - ◇ Group athletes by strength not running group. Do not let them pick!
 - ◇ Every athlete has weight folder to record weights each session.
 - ◇ Captains have different color folder.
- ◇ Classroom
 - ◇ Standard is >75. Tutoring log, twice a week until grade is above 75.
 - ◇ Don't want any surprises come grade check time.
 - ◇ Does not matter if class is UIL exempt (i.e. AP, honors, pre-AP, etc).
 - ◇ Sit in students class.

- ✧ Community
 - ✧ Homecoming parade
 - ✧ Newspaper – email results, email often! Make them aware of your program and their accomplishments. Athletes deserve it!
 - ✧ Pep rally – get involved, volunteer, let them be recognized by peers.
 - ✧ Volunteering opportunities
- ✧ Athletic administration
 - ✧ STAND UP FOR YOUR SPORT!!
 - ✧ You were hired to do a job and that means to speak on behalf of your athletes and program.
 - ✧ May happen with same topics every season, every year. Do NOT get tired of the fight...IT IS WORTH IT!
 - ✧ If YOU don't fight for them, who will!?!?
- ✧ School administration
 - ✧ Invite them to meets, banquets, fundraisers, college signings, etc.
 - ✧ Get to know them (admin, counselors) yourself, as well as introduce athletes to them.
 - ✧ Day 1 of summer workouts – intro to principal!
- ✧ Team Chemistry
 - ✧ Facilitate ways for them to learn to love and appreciate each other!
 - ✧ Create team traditions:
 - ✧ Pre-district Brinner!
 - ✧ Big sis-lil sis
 - ✧ Two teammates a day – go out of your way to talk to two different teammates.
 - ✧ Random acts of service.
 - ✧ GAME TIME!! We play LOTS of games!
 - ✧ If this is not your strength, find other coaches who are good at team bonding activities.
 - ✧ Everyone is a valued and important piece of the puzzle!

In Summary...

- ✧ Learn from mistakes and successes of other coaches.
- ✧ Be consistent in your efforts...remember if YOU don't believe in your program, no one else will either!
- ✧ Teach athletes to love and appreciate each other, on and off the track.
- ✧ Take the time to get to know your athletes, regardless of talent.

THANK YOU AND HAPPY RUNNING!!!