

Jim Ciccarello

Head Coach La Cueva Girl's Track and Field
52 years APS Teacher and/or Track Coach

"Building a Championship Track and Field Program" **One Championship Season verses an Ongoing Program**

"The Buck Stops Here"

Key Issue- Ask athletes to buy into your program!!!!
INSTILL A WORK ETHIC AS A PATHWAY TO SUCCESS.

PROGRAM BUILDING:

- A. Recruitment of athletes; **GOT TO HAVE ATHLETES!**
In house/Teachers/Other athletes/PE classes/Staff & Athletic Trainers/hallways/word of mouth/Prior success.
- B. Assistant Coaches; Loyalty/Knowledge/Dependability/...Give praise & responsibility to your coaches! Hire former athletes.
- C. Administration-Parent Support: Uniforms/ Equipment/ Facilities/ Travel/ Booster Club.
- D. Total Event Development: Sprints-Distance-Throws-Jumps-Relays.
- E. Preparation: Big Picture-/ Monthly; **MODIFY & ADJUST-EACH & EVERY DAY!**
- F. Early Season: More Volume- Less Speed.
- G. Late Season: Less Volume- More Speed.
- H. Motivation: Self Motivation is BEST! Start with outside positive motivation. Give verbal & positive rewards.
- I. All Event Development: Sprints-Distance-Jumps-Throws-Relays.
- J. JV Development: Teach New Athletes.
- K. Strategy: Know your craft! (track & field/study others/ placement of athletes/ prepare surprises (secret weapons)).

"Dealing with Age Group Programs...Off campus programs/in school clubs/ missed practices"

TIP OF THE DAY... JUMP ROPE

JUMP ROPE AS A TOTAL FITNESS DEVELOPER OF SPEED & ENDURANCE