## Coach... A Road Map...Let the Journey Begin



HOW YOU START WILL GO A LONG WAY TO ESTABLISH ATHLETE EXPECTATIONS & TEAM CULTURE.

FIND TIME TO COMMUNICATE & EDUCATE.

CREATE THE GROUNDWORK FOR YOUR FOCUS AND VISION.

## Create Your VISION

Best Coaches are ones who ask, study, refine, seek, adapt and understand they do not know everything so in the meantime

## KEEP LEARNING...

**GOALS** 



## **EXPECTATIONS**



## GOALS: make them SMART

S (specific) M (measurable), A (achievable) R (relevant) T (time-based) Great Goals are well-defined and focused.

<u>To create great goals</u>: work through each of these terms to build a goal that shares exactly what needs to be accomplished, when it needs to be accomplished by, and how you will know when you are successful.

A goal without a measurable outcome is like a sport without a score

## EXPECTATIONS

Expectations should apply in the classroom, on campus, during practice, at your competition, and throughout your community.

How you establish rules, define rules, and consequence needs careful thought and implementation.

Responsibilities are necessary to achieve these expectations... when you use commitment, dedication and hard work then it should mean be on time at practice and meets. Your athletes are responsible for all aspects; warmups/down, schedule, equipment, and support of team.

Your responsibility is to establish, maintain, & execute this process. Find your way to fit what reflects your integrity, dedication, commitment, and hard work...

Words Matter...Your Actions Commit



## SUMMER TIME IS EASY

REFLECT-LEARN

## Time to Regenerate: Use to Enhance

## COACH

- # Reading: Technique USTFCCCA
- # Course work: specificity
- # Great Southwest Track & Field Classic: help/coach athlete JUNE
- # Clinic: NMHSCA July
- # Training: running/summer track

## FAMILY/FRIENDS

- # Recreation:
- # Teacher course work, Masters
- # Contacting & Connecting:
- # Learning:
- https://www.nmact.org/for-coaches/
- # Tracking: running logs/results

## EDUCATION: You need to know how it is done.

NFHS Rules and Cases

Know the rules and how the event works

NMAA: Out of Season Coaching: <a href="https://www.nmact.org/file/Section\_7.pdf">https://www.nmact.org/file/Section\_7.pdf</a>

# 7 ½ hours per week practice; # Violation/Consequences; # Undue Influence

Education: NMAA: <a href="https://www.nmact.org/for-coaches/">https://www.nmact.org/for-coaches/</a>

USAT&F: https://www.usatf.org/resources/course-certification;

USTFCCCA: <a href="https://web2.ustfccca.org/tfa/">https://web2.ustfccca.org/tfa/</a>

MaxPrep: set up and usage: <a href="https://www.nmact.org/for-coaches/">https://www.nmact.org/for-coaches/</a>

Organizations: <a href="https://www.nmhsca.com">www.nmhsca.com</a>; <a href="https://www.nmhsca.com">www.nmhsca.com</a>; <a href="https://www.nmhsca.com">www.nmhsca.com</a>; <a href="https://www.nmtccca.com">www.ustfccca.org</a>

Google your event see what is available

Educational emails: coach@coachesinsider.com

## Begin the Start: Communications

Advertise/Recruit: physical, where to meet, starting/ending time

**STAFF** assignments, expectations, climate/culture; The PLAN to progress and succeed. Supervise weight/locker rooms

Inventory: organize and access; check it out then return it. DAILY

**Expectations:** know the school/district policies; Compete with Class; express your requirements for behavior, attendance, obligations

**Check Out**: uniform/bag (have a system) Return policy (organize) to store.

**PAPER Work**: concussion, life of athlete, grade checks, schedules, Contact via website, twitter, face book, parents, phone(text).

# PRACTICE: START the JOURNEY

SET

IT

RIGHT

DO

ΙΤ

RIGHT



## CREATE the GROUNDWORK

**DESIGN**: *Daily routine for warm up and warm down* (card); \*Training Plans to progress; \*Use the 'work backward' model to identify LOAD/INTENSITY shifts, \*Train all systems and test along the way; \* Have a plan for multi-sport athlete; \*Create individual plans based on your testing( work out results, time trails, meets ). \*Have different groups for workout,; \*Best to challenge at practice. \*Safety & Injury Protocols ( with a Trainer/without Trainer )

**TRAINING PLANS**: Expect athletes to care that everyday work loads have a long-term value. \*Have daily/specific work out plans with adaptations for interruptions. \*Warmup work specific – warm down (core and weights). \*Hard Easy design needs proper explanation. \*Design workouts for when LOADS & INTENSITY intersect;

\*HIGH LOAD/LOW INTENSITY (REST LOW); LOAD = INTENSITY (REST 1:1); LOW LOADS/HIGH INTENSITY (REST HIGH).

**Any day/ every day a coach is multi tasking**. Make sure everyone is task oriented and assured. Communicate the who, the what and the how with positivity and care.

## COMPETITION MANAGEMENT

https://www.nmact.org/sports/track-and-field/

ENTRY PROCESS: Due date/time, event limits, need times/heights/distances for entries, and relay names/alternates. A system for collecting results and informing athletes.

### DIRECT ATHLETIC:

https://www.nmact.org/file/TandF\_DA.pdf

Milesplit

There are other meet entry companies...what works for you.

TRAVEL/TRIP: \*Depart/roll call, equipment, water/first aid, permission/physical (check list), Return/check out.

COMPETE: learn meet time frame/schedule, when to warm up with warm down routine, when/how to line up, multi-event athlete have checkout/return process. KNOW RULE MEET RESULTS/QUALIFY to State; Milesplit entry



## PERFORMANCE AT ITS BEST

## DISTRICT

MANAGE/ORGANIZE: may have to make changes or adjustments; REST is a major element to workouts with proper regenerating such as ice whirlpool/massages;

Communication/Focus need emphasizing along with Team/Individual Goals; Verify absences; arrange/coordinate travel/ hotel/ food.

**Have a plan** for optimizing results. Be confident and positive.

## STATE

FINE TUNE: workouts are specific and focused to maximize desired outcomes; Relay card with alternates (practice combinations); Manage the various start times with entry credentials; FOOD/HYDRATION/SHADE; CAMP management; Your encouragement is direct and positive. ENJOY the MOMENTS.

## FINISH STRONG...REPEAT!

## EVALUATE, RECOMMEND, & MAKE IT BETTER. REMEMBER the BEST COACH DOES NOT STOP LEARNING

COLLECT UNIFORMS & STORE EQUIPMENT: Be systematic and access fines for loses. Seniors are the point of emphasis first.

INVENTORY LIST UPDATED & SECURED/ ORDER NEW/BE ORGANIZED.

AWARDS/LETTERING/BANQUET: parents (Booster Club)

REPORTS/EVALUATION/REHIRE: Athletic Director/District; Staff;

RENEW LICENSE/FORMS SIGNED: https://webnew.ped.state.nm.us/bureaus/licensure/how-to-apply/athletic-coach-7-12/

REFECTION/APPRAISAL: self/team/individual areas to improve

START AGAIN NEXT YEAR

## REFERENCES

NMACT.ORG: Coaches

USTFCAAA.ORG: https://web2.ustfccca.org/tfa/ ACADEMY

TECHIQUES MAGAZINE: <a href="https://www.ustfccca.org/category/techniques-2">https://www.ustfccca.org/category/techniques-2</a>

NFHSLEARN.COM: Fundamentals of Coaching; First Aid; Concussion

USATF.ORG: courses for levels of knowledge

SPORTSENGINE: <a href="https://www.sportsengine.com">https://www.sportsengine.com</a>

Track & Field Mindset: https://www.zwinningmindset.com/programs/track/

FIND A MENTOR COACH, IT MAY ONLY BE A PHONE CALL AWAY