

# Evaluating your XC program: Questions to consider

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# When do we evaluate?

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- Results
- Athlete buy-in
- Need to freshen up (ready for change)
- Training plan is probably correct
  - Many ways to have success



# What are my program goals?

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- What are the top priorities of my program?
  - Build student character
  - Build healthy lifestyle
  - Be a positive social group
  - Teach about goal setting & accomplishing goals
  - Teach about competition
  - Success
    - What does it look like



# What are my beliefs?

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- What is my fundamental beliefs about running & training?
- Do I communicate those beliefs effectively?
- Mission Statement
  - Places we can find it:
    - Training plans
    - Website
    - Athlete Handbook
    - You



# Marietta Mission Statement

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## Mission Statement

Cross Country is guided by our Marietta City Schools Mission. We believe that participation in Cross Country can prepare students for success in life. Being part of the Cross Country team positively prepares a student for the challenges they might face in life's pursuits and encourages healthy lifestyle choices and habits.

Marietta Cross Country Fundamental Beliefs:

- Running is a fun activity in and of itself.
- Quality distance running takes time to achieve. A long term approach is required.
- There is no substitute for consistent hard work.
- Aerobic Fitness is the foundation to Cross Country Fitness. If you want to be fast you must run long distances regularly.
- Sleep Diet, and Hydration, all affect performance and allow me to run my best
- Major Injuries can be prevented through consistent training, keeping track of shoe wear, and addressing minor injuries at their outset.
- The bond I form with my team and coaches will directly affect our team's performances.
- Consistent Summer training prepares me for success in the Fall Season
- Good Runners should be good students. I should plan ahead so that I fulfill all of the commitments I have made.



# Do I communicate effectively with athletes & parents?

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- Basic Info:
  - Team Expectations/guidelines/rules
  - Training
  - Race info
- Definition of the common word
  - Leaves no doubt
- Over communicate
  - Multiple ways
  - Team meeting, email, texts, website
    - Force them to use them!!!!



# How do I communicate through my actions?

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- Accountability?
  - Do I follow through?
- Must set high standards
  - This is our role as an educator
- Do I differentiate rewards?
  - Reward the runners that buy in



# What are the characteristics of my school?

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- What are the strengths and weaknesses of my school?
- Student Population
  - Intense academics
  - Overcommitted
- School Location
  - Training facilities



# Characteristics of my school

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- School Expectations
  - Students
  - Coaches
  - Teachers
- Adapt to what you have
  - Every program is different
- Can you live with it?
  - Remember this is suppose to be fun!



# Training Questions

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- How often ?
  - Day, Week, Month
  - In season
  - Out of season
- Workout days per week / microcycle vs recovery days?
- Races in a season?
  - workout



# Training Questions

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- How far in advance do you plan training?
- How ?
  - Framework you use
- How do I Plan training
  - Format
  - Do you plan & post for all to see?
  - Individually or training groups?
- How do I keep up with runners work loads?
  - In season
  - Out of season
  - Just training, or warm-ups, cool downs,



# Training Questions

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- What supplemental training do I have athletes do and how often?
  - Strength training
    - Injury prevention along with performance increases
  - Weights, bodyweight, cross fit, circuit training
  - What days and when do you do it?
    - Workout days or recovery days
- What Cross Training do I have athletes do?
- When do I use Cross Training?
- Stretching & Warm ups



# Training Questions

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- How do I monitor the workouts & the runs
  - Measure recovery periods
  - Group together for easier monitoring
  - Assign managers to people
  - Multiple loops on trails
- How do I hold your athletes accountable for the training?
  - Training Logs
    - When to use



# Do I effectively use Training Logs?

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- Planning
  - Season
  - Off season
  - Mileage or Minutes
  - Information to include
    - Distance, time, comments, sleep
- Program to use
- Accountability
  - Deadlines
  - Rewards



# Personal Accountability

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- Am I consistent?
- Am I the hardest working person in the program?
  - Athletes need to know it
  - member of the team
- Do I practice “extreme ownership” of the program?
  - It’s my fault !
  - Own the problem, find the solution
- Know when it’s time to retire
  - Overcommitted, accepting low standards, going through motions
  - We owe it to the runners
  - Fun is gone



# Questions

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