



BUCCANEERS

TRACK & FIELD

Growing a Successful Track Program

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Quick Background about Allatoona & Ourselves

- Allatoona's was already successful
 - Four Individual State Champions in the first six years
 - Saw no identify as a track team
 - The horror stories
- Patrick Parsons
 - Back to Back Coach of the Year
 - Back to Back Athlete of the Year
 - Back to Back State Champion

Four Themes

1. Everything you do has a purpose
2. Start with the end in mind
3. Athlete Centered
4. Team Pride

Everything has a purpose

- Thought about training
 - 400m & Mid-Distance-Branch out from there
 - Relays: 4x400m & 4x100m
 - Be prepared: Practice plans are in place for ALL groups 1 week before.
 - Start practice as a team, end as a team
 - NO one is a specialist
 - Why does everyone think they want to be 100m runner. Why?
 - Use ALL the time to (1st 6 weeks) to build you base.
 - Make sure they understand that the coaching staff will put them where they will be MOST successful.
 - NO ONE GETS CUT

Everything has a purpose

-Planning out the season schedule-

- Make it doable
 - Don't go chasing trophies, chase the competition
 - Think about where you are going and what you trying to accomplish at the meet
 - Are we seeing how we look against Region competition?
 - ...State Competition?
 - ...local competition?
 - Plan meets that will allow athletes to show what they can do
 - You need to go to great meets but you also need good/quality meets
 - Host your own meets or work to have ALL of your athletes a chance to compete during the season

Everything has a purpose

-Planning out the season schedule-

- Over Plan
 - Think about the worse case scenarios and plan for them
 - Create a working itinerary & make sure that everyone knows the schedule
 - Be detailed
 - Plan for earlier leave times
 - Let parents know when the team will be back
 - Pay attention to the weather and make sure that everyone is aware

Start with the end in mind

- Don't allow your athletes to go into the season blind
- We let them know from first day of practice that our goal is State.
- That means our conversations include talking about when we go to Regionals; when we go to Sectionals; and we go to State. Not "IF"
- Work with Football about Spring Practice
 - Get the athletes and coaches to understand that if you get to the State meet then you are pretty good
 - Drop names: Julio Jones, Nick Chubb, Elijah Holyfield

Start with the end in mind

- Plan out your Macro planning and make adjustments
- What are your athletes Goals?
 - 100m State Champ, Region Qualifier, Collegiate athlete
- How do you accomplish these goals?
- Don't be afraid to adjust your plan for your athletes
 - Become Creative!

Start with the end in mind

- Believe in what you are doing and show confidence
 - Allow your athletes to dream and believe
- The impossible is possible with **FAITH!**
- See what the athlete cannot!
- Underclassman are the future of your program

The Program needs to be Athlete Centered

- Take care of your athletes
- Make sure they understand about hydration and nutrition
- Understand how to properly recover for their next event
 - Eating
 - Rehydrating
 - Cooling Down
- Make sure they EAT
 - Have snacks available at weekday meets
 - Plan lunch for weekend meets
- You are asking athletes to give up so much. Make sure they have what is needed to compete

The Program needs to be Athlete Centered

- Teach them about the sport and their events
 - Teach them how to check-in
 - Teach them how warm-up/when to warm-up
 - Teach them how to cool down
 - Teach them the order of events
 - Be there for them
- Don't hold their hand

The Program needs to be Athlete Centered

- Build bonds within the team
- Show them you have their best interest at Heart
- Life Lessons and Humility
- Reinforce the Team Culture and Pride

Team Pride

- The Horror Stories
- Non-Negotiable: We are a Team of individual athletes that support each other
- Our Guidelines State: “You will not leave the meet early under any circumstances”
- Team Gear
 - Exclusive
 - It is all part of your team uniform and required to be worn at meets.
 - They own their gear. They take more pride in what they own.

Team Pride

- Athletes cannot wear other schools gear to practice.
- Spend time developing our underclassmen as leaders
 - Leaders are not just born; they must be molded
- Get your parents involved

Team Pride

- Have a team warm-up that everyone does at the beginning of each meet. Everyone wears the same thing during the warm-up
 - Create a routine for unity and team building
 - Establish Leaders early
- Keeping the end in mind: State

Parent Support

- More the merrier*
- When you show you care, the parents will begin to care
- Be aware of parent burn out. It will happen
- Teach parents what you want and how you want it done, or they will do it their own way.
- Over communicate:
 - Use Remind
 - Use Sign-Up Genius
 - Figure out how to get working emails

Last Word of Advice

Don't try to do the bare minimum

Love the Work that you Do!

Become a family

Always remember to be thankful