



Miles Make Smiles :)

How I got here

- Matthews Middle School 2012-2014
 - First conference title for track, 2nd overall in school history
 - 10 IESA state medals (only one before)
- Round Lake Middle School 2012-2014
 - Started XC program as a volunteer coach
- Palatine High School 2013- Present
 - Assistant coach
- Winston Jr High- 2014-2016
 - 10 school records
- Sundling Jr high 2016- Present
 - Volunteer XC and track
- Winson and Sundling not in IESA

ENERGY and FUN!!

- There are no secret workouts to have a successful Jr High program
- Jr High kids will feed off of you even when it seems like they think something is lame
- Its ok to compete
 - “Better kids” will ask to do more, how do spread your energy for them and “slower kids?”
- Being energetic and expectations doesn't mean more work
- Have a focus each day and make sure kids know it
- Practice with kids if possible
- Have fun, play games
 - Commando
 - Sharks and minnows
 - Scavenger hunts
 - Dress up days

Team expectations

- We practice every day, rain or shine. Unless building space prevents this
- Do your best every day
- Be a good teammate, everyone matters
 - You must say good job to at least 2 new teammates every day
- You must ride the bus to and from meets unless parents talk to coach
 - No leaving early from meets unless it's for a doctor's appt or family emergency
- **MAKE SURE PARENTS KNOW EXPECTATIONS**
 - Have a parent meeting to go over team rules, and inform parents what goes on during a track season

Basic terminology/Equipment

- Static stretching
 - After workout or race
- Dynamic Drills
 - Before workout or race
- Strides
 - Short bursts of quick running
 - Done before a race/workout
- Tempo Run
 - A pace that is faster than moderate but not exactly hard
 - Do once a week, get kids used to running hard during practice
 - Can do the last half of long runs. Easy on the way out, hard on way back
- Spikes
 - Kids should be in proper footwear
 - Dick Pond, Road Runners

It all starts in the summer

- Early bird camp
- Does your high school have one?
- If not can you combine with your high school or start one?
- Palatine H.S Early bird
 - Runs through Palatine Park District
 - Meet at 6 AM at PHS
 - 5th graders through adults
 - XC alumni and college students will coach jr high kids
- Palatine Running Club
 - 9 AM at Hamilton Park
 - 3rd-8th grade
 - Ex palatine parent and Seniors help



Everyone matters

- Don't care if you're slow, all I care is that you come very day, you try hard and you have fun
- Get them to work together!! Jr high kids will want to "win" practice

How much do kids need to run?

6th graders can handle 10-15 mpw

7th graders 15-20 mpw

8th graders 20-25 mpw (They can handle this! They must work up to it though)

- Scaffolding to high school
- Most freshman will be running 25-35 mpw
- Add a long run
 - 3-7 miles (kids that ran in summer will be able to do more)
- Have a few set routes that are marked
- Can you run with them? If not, bike! Kids will enjoy running with their coach, it's a great opportunity to get to know kids outside of the school setting

Week Layout

- Monday (Long Run)
 - 2-5 miles
 - 6-8x 100 strides
 - Stretch
- Tuesday (Easy)
 - 2-4 miles (concentrate on group running)
 - Finish with sharks and minnows
- Wednesday (Speed Work/Fartlek)
 - 1 mile warm up, 1 mile cool down (easy way to sneak in miles)
 - 300's, 400's
 - Card Fartlek
- Thursday (Easy)
 - Run to course if possible, work on tangents
- Friday (Game Day)
 - Comando, Sharks and minnows
 - 2-3 mile warm up to get some miles in

Workouts

- Tempo 800's
 - 4x 800 @ tempo
 - Great way to build aerobic capacity in a controlled area
 - Put them in groups and instruct them to run hard but stay together, use voices and encourage each other
 - Can modify by doing 400's or 600's for beginners
 - Finish with 2x200 to simulate finishes
 - 1 mile warm up, dynamic drills, 1 mile cool down.
- Card Fartlek
 - 10-14 cards with times that vary from 30 seconds to 2 minutes
 - Add "fun" cards ex: sign a son, core, wheelbarrow race

Give kids opportunities to get better

- **THIS IS HOW WE ARE GETTING BETTER, WE ARE NOT PART OF IESA**
- [Mag Miles](#)
- [NXR](#)
- Community Races
- Winter Running Club
- Palatine Relays
- Summer Running
- Communicate with your high school team. They want to know what their jr high kids are doing.



Winter Running

- Gives opportunities to continue running
- Many kids who run XC will not do other sports, this could be the only place where they feel like they belong
- 2-3 days a week
- One day can be a game day
- If gym space is available leave time to play games, dodgeball, knockout etc....



Fun things to do

- Scavenger Hunt
- Commando
 - Tag game. Make boundaries, if you get tagged you join as a tagger. You must run the entire time
- Shark and Minnows
- Theme days
- Dodgeball
- Get to know your kids!! Be silly, have a dance off to start practice, make silly bets.
- One of my best moments was when one of my kids got yelled at for running across the field after his 4x400 leg to cheer his teammate. He got yelled at for being a good teammate! Adults ruin the fun of track sometimes, we should be making it fun to increase participation!

Rules:

- You must be in teams of no more than 8 (2 7th G boys, 2 7th G girls, 2 8th boys, 2 8th Girls)
 - You must run on sidewalks at all times (5 point penalty)
 - You must cross the street at crosswalks (5 point penalty)
 - You will get points for each task if you have proof of it, NO EXCEPTIONS
- NO HORSE PLAYING, PROFANITY OR INAPPROPRIATE BEHAVIOR WHILE OUT IN THE NEIGHBORHOOD
 - YOU MUST BE BACK TO SCHOOL BY 3:35 TO BE ELIGIBLE TO WIN
 - ONLY ONE PERSON WITH A CELL PHONE
 - Your team must stay together throughout the entire scavenger hunt

- 1) Get a picture in front of the Richard Boker track sign (1 point)
- 2) Bring back a rock that looks like a heart (3 points)
- 3) Bring back a banana (2 points)
- 4) Take a picture with a parent dabbing (3 points)
- 5) Get a video of your whole team doing the running man for 10 seconds (4 points)
- 6) Take a picture of your team doing a running pose and tweet it out to the team twitter @winstontrackxc (2 points)
 - 7) Take a video of your team running the bases on a baseball field (1 point)
 - 8) Take a picture with the street sign Rowling in the background (1 point)
 - 9) Take a video of one teammate long jumping in the old long jump pit (1 point)
 - 10) Take a picture of one teammate throwing a shot in the shot put ring (1 point)
 - 11) Take a video with a coach playing thumb war (3 points)
 - 12) Take a video of your whole team doing the macarena (3 points)
 - 13) Take a picture with your team in front of Jane Adams Elementary (4 points)
 - 14) Take a video of your whole team going down a slide (3 points)
 - 15) Take a picture with the street sign Winston Dr. in the background (2 points)
 - 16) Take a picture with your team on a bridge (3 points)
 - 17) Take a video of your team doing a relay race on the track using anything but a baton as your baton (2 points)
 - 18) Take a video of Juan Parra saying GO CUBS GO!!!! (5 points)- 19) **This one is just for Juan Parra ** Get a video of you saying THE CUBS ARE THE BEST TEAM IN THE WORLD!!! Your team gets 5 points
 - 20) Write down Coach Carlins Birthday _____(5 points)
 - 21) Take a picture with a speed limit sign in the background

“When you have
confidence,
you can have a
lot of **fun**. And
when you have
fun, you can do
amazing things.”

Joe Namath

Contact

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