



MAKE TRACK FUN!!!!

# How I got here

- Matthews Middle School 2012-2014
  - First conference title for track, 2nd overall in school history
  - 4 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

# Communication/ Social Media

<https://www.instagram.com/winstontrackxc/>

<https://www.instagram.com/palatinecc/>

[https://twitter.com/MMSTrack\\_Field](https://twitter.com/MMSTrack_Field)

Team Website

<https://ymsrunning.com/>

<https://www.remind.com/> (parent communication)

# 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
- Spikes
  - Kids should be in proper footwear
  - Dick Pond, Road Runners

# Organization is key

- Coach by event if possible
  - Distance
  - Sprints/Relays
  - Throws
  - Jumps/Hurdles
- If coaching by grade level, its nearly impossible to work on event specific technique when you have a group that includes milers,sprinters, and throwers
- Meet with coaches a few times beforehand to have set plan, there's nothing worse than not having a plan with 80+ jr high kids

- Recruit kids during lunch, make announcements/flyers
- Have an informational meeting to get paperwork out of the way, can also hand out social media information for kids to get day day announcements



# Setting up the week

- First week can be stressful
- Use this week to set up a routine
  - Attendance
  - Warm up routine
  - Announcements
- Time Trials
  - Not necessary but can be helpful to see where kids may belong
  - Can use meets to test kids out in different events
- Set up groups
  - Coaching by event
- Facilities can change your routine. Can you use parking lots, neighborhood streets. Measure out 50,100,150,200,300 meters on a street or parking lot. Do you have access to hills?

Green (Distance)	Red (A Sprint Group)	Blue (B Springt group)	Yellow (Throwers)	Orange
Ahmed Asra	Alvin Sam	Alvin Sam	Gross Marcease	Duncan Sese
Allahi Muhammad	Bratt Carlyn	Arguelles Francisco	Albino Victor	Flores Raquel
Bradley Leah	Brown JahJarie	Arguellos Joey	Bananul Amar	Garcia Aylin
Canania Olivia	Collins Demo	Bauer Kelsey	<b>Bloom Conrad</b>	Godinez Elijah
Conway Will	Curylo Brianna	Bermudez Maria	<b>Bustamante Neft</b>	Gutierrez David
Corona Jorge	Dhallwal Jasnit	Bonilla Miriam	Harun Samir	Holz Haley
<b>Curyllo Briana</b>	Edwards Mariko	Bueno Amairani	<b>Hassan Sharrif</b>	Irwin Natalia
Filichia Malcom	Frankenthore Skyler	Cardenas Atziry	Meng Stanley	Jones Gwen
Frank Andrew	Garner Darryl	Cavallo Bella	Mensch Nick	Jones Zach
Gabriel Jovany	Godsey David	Cazarres Jesus	Multon Hayley	Kleinschmidt
Garcia Andre	Hanson Darnell	Cerrasco manny	Patel Raj	Kozlowski Grant
Gill Eduardo	Haugton Tiara	Danielson Will	Perez Alonso	Krambeer Brett

	<b>Green Soto</b>	<b>Red Cutler</b>	<b>Blue Burns</b>	<b>Yellow Gronwick</b>	<b>Orange Scott</b>
<b>Wednesday</b>	2-4 miles (Reimer Park) 8x100m Strides	<b>Track Lanes 4-6</b> 6-8 x 150 4 lap cool down	<b>Track Lanes 4-6</b> 8-10 x100 Blind handoffs 3 person relay	3 laps warm up Throwing 3 laps cool down Core	8x100 w/2 shifts Walk back rest (at least 3 min) 5 min cool down <b>Parking Lot</b>
<b>Thursday</b>	1 mile wu 4-6 x400 4x200 w/ baton handoffs 1 cool down <b>Boynton</b>	Hurdle stability 30-60 meter Fly's <b>Parking Lot</b>	Hurdle Stability <b>Track lanes 1-3</b> 5x150 (30 sec. rest)All out 50 (3 minute rest)	4 lap warm up Weight Lifting Throws	Hurdle Stability 5x60 meter sprints 5x30 meter sprints <b>Track Back</b> <b>Backstretch Lanes 4-6</b>

-Hurdle Mobility can be done by the 100 meter finish area, we can have managers and kids help set those up. Cutler will run through those.

- If there is anything you're not sure of on here just let me know, most of is pretty easy. 3 Person relay is simple, I can explain that to you quickly.

-Yellow group is going to consist of mostly kids that may just want to throw but they should still be getting some cardio and strength every day

- I assigned people to groups based on what have sorta been doing, let me know if you want to change, it's doesn't have to be final

- I thought having two groups on the track would be enough since we have so many kids, I will measure the parking lot during 8<sup>th</sup>.

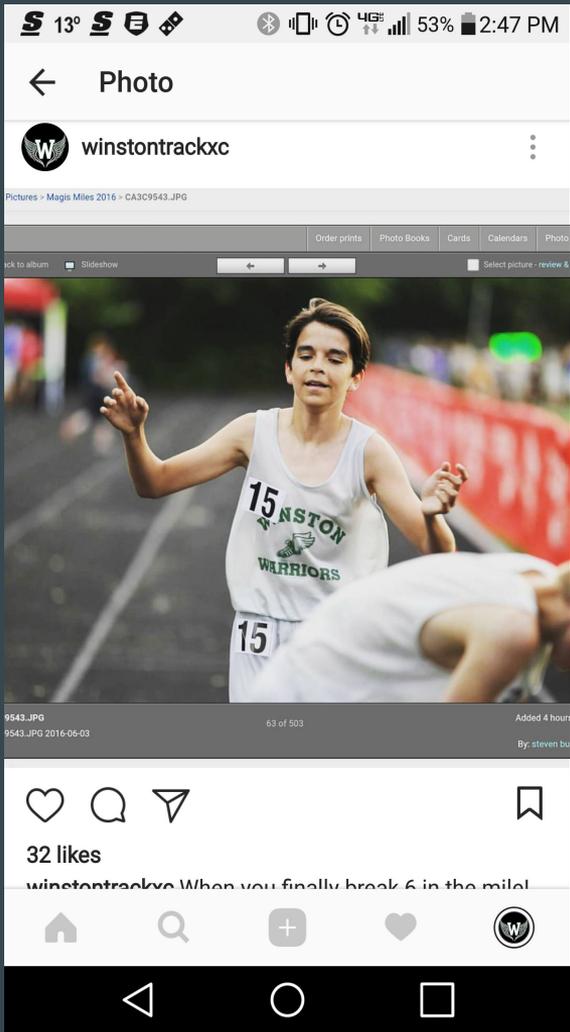
	Green Soto/Scott or keubler	Red Cutler	Blue Gronwick	Yellow Burns	Orange Keubler
<b>Monday</b>	2-4 miles (Twin Lakes) Strides Core	<b>Track</b> Hurdle Mobility 30m repeats	HJ-Gronwick?? LJ-Keubler???  Kids choose which one to go, can switch halfway if needed. Or we can have one group go to one event and then switch halfway too.	3 laps warm up Throwing 3 laps cool down Core	HJ-Gronwick?? LJ-Keubler???  Kids choose which one to go, can switch halfway.
<b>Tuesday</b>	1 mile wu Whistle Fartlek on grass 30,45,60,75,90 x3 1 cd	Hurdle stability Hurdle run troughs  <b>(Cafeteria Hallway if inside)</b>	Hurdle Stability <b>Track lanes 1-3</b> 5x100 (30 sec. rest)All out 50 (3 minute rest)  <b>Stations if inside</b>	4 lap warm up Weight Lifting Throws  <b>Throwing on stage if inside</b>	Hurdle Stability 5x60 meter sprints 5x30 meter sprints <b>Track Back Backstretch Lanes 4-6</b>  <b>Stations if inside</b>
<b>Wednesday</b>	Pre meet 2-3 miles Open handoffs	LJ HJ	Hurdle Stability Blind handoffs	Shot Put	Hurdle Stability Blind Handoffs
<b>Thursday</b>	Track Meet	Track Meet	Track Meet	Track Meet	Track meet

# Weekend practices

- Is this allowed by your school?
- Make this optional for kids
- Do your coaches buy in?
- Matthews
  - 9 AM Distance/Sprints
  - 10:30 AM Hurdles/ Field Events
- Have incentives
  - Ice Cream
  - Games
- Make practice a place where kids want to be at!

# Give kids opportunities to get better

- **THIS IS HOW WE ARE GETTING BETTER, WE ARE NOT PART OF IESA**
- Magis 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.



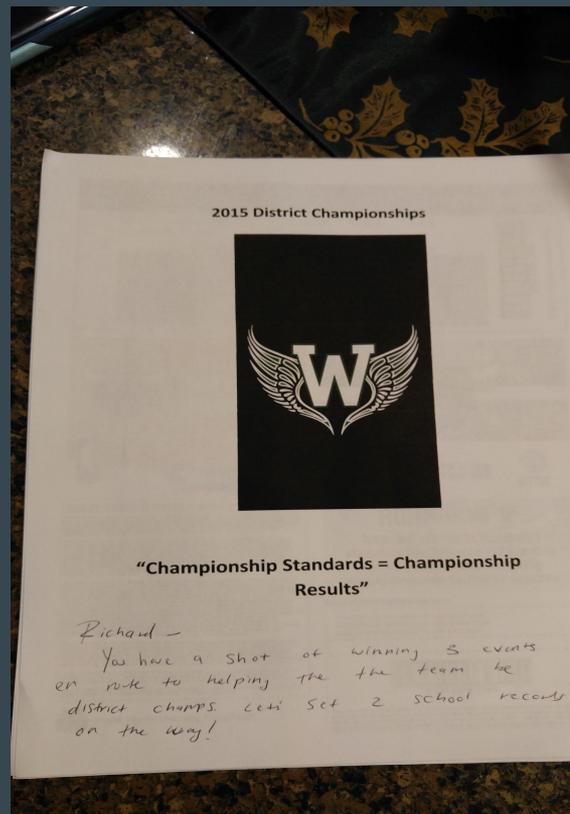
**Kyle:** 4:57.9 (15 second PR)  
**Aarron** 5:03.4 ( 41 second PR  
 7th grade)  
**Richard:** 4:43.9 (13 sec. PR)

14 boys under 6  
 3 under 5:05, 2 sub 5  
 3 girls under 6:50  
 1 under 6



# Write to Kids

- Before big meets or last meet
- Social Media makes it easier
- Have weekly awards
  - Runner of the week
  - Most improved
  - Kick of the week (KOW)



*Winston Campus Junior High  
Track & Field*

“**Workhorse Award**”

this certificate is awarded to

**Elena Porrata**

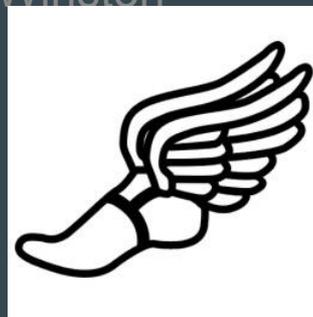


In recognition for your commitment, leadership, athletic prowess, and positive attitude as a member of the Winston Campus Junior High Track team.

2013-2014

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



“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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