

2014 West Coast SuperClinic
February 1, 2014 at Sacramento City College

"Distance Running at Jesuit High School: Useful Tools for Effective Coaching"
presented by Walt Lange, Jesuit High School

1. above all, coach is a communicator
 - a. John McDonnell
 - b. Jim O'Brien
 - c. Pat Tyson
 - d. Bill Bowerman

2. the importance of talent: "great athletes make great coaches"
 - a. The Sport Gene vs The Outliers

3. Jesuit High School: brief program history: teams, individuals, records

4. Trends: national 3200 times as an indicator, 1960's to the present

5. 3200's times by state

6. the Arcadia Invitational 3200
 - a. 1986: dirt track, all-Californian
 - b. 2013: all-weather, 4 Californians, 24 others from 10 other states, announcer urging all to break 9:00

7. Why the increase in quality performances & performers?
 - a. The Great Collaboration
 - i. [Born at the Right Time](http://tinyurl.com/lze3x7d) (<http://tinyurl.com/lze3x7d>)
 - ii. the Web: FloTrack: WOW, event streaming, race videos, interviews, etc.
 - iii. PrepCalTrack, DyeStat, athletic.net, NXN, live webcast, Mt. SAC webcasts, the armory.com, etc., Arcadia Invitational
 - iv. [Daniels Running Formula](#)
 - v. technology: Marc Andreessen: in 3 years no dumb phones will be made, there will be 5 billion smartphones on the planet

8. the importance of a coaching staff at Jesuit: assistants are invaluable

9. The team "lockerroom": The Woodlands, Mead, Jesuit

10. The training program and environment
 - a. American River Parkway
 - i. training courses: upstream and downstream gives variety
 - ii. pace charts
 - iii. intervals on the grass at Arden Bar

11. Workout planning tools
 - a. using Daniels vDOT system for non-aerobic training
 - b. using attackpoint.org for assigning vDOT values--after a cross country meet
 - c. color-coded workout groups
 - d. using Purdy's Computerized training program for intervals: the interval workout calculator

12. XCStats.com and Google Docs as coaching tools: results, training logs (iPad entry), e-mail, file (map) storage, web pages, calendar, roll call

13. The Summer Running Camp

14. Video!
 - a. JesuitTrack channel on YouTube: race videos, playlists, favorites: analysis and motivation
 - b. sample xc analysis: 2005 state meet
 - c. sample track analysis: 2011 state meet 800 prelim

15. Maps!
 - a. excellent tool for planning practices, and preparing for races (cross country AND track)
 - b. setting up training courses:
 - i. In the beginning: gmap-pedometer.com
 - ii. enter Garmin
 - c. next: Google Earth: elevation profile, the flyover tour
 - d. next: the video/map tour (with gps layover and voiceover)
 - i. [De La Salle preview](http://tinyurl.com/pkucsaf) - http://tinyurl.com/pkucsaf
 - ii. [Haggin Oaks Preview](http://youtu.be/13gSYwNn8WM) - http://youtu.be/13gSYwNn8WM
 - e. Web tools
 - i. suffervision (<http://suffervision.appspot.com>), biketelemetry.com, [gps4sport](http://gps4sport.com), [RouteShoot](http://RouteShoot.com)
 - ii. great potential: [Garmin VIRB Edit](http://GarminVIRBEdit.com)
 - iii. sample tours:
 1. [Suffervision tours](http://preview.tinyurl.com/mzv78pt) - <http://preview.tinyurl.com/mzv78pt>
 2. [biketelemetry.com tour](http://biketelemetry.com) - <http://tinyurl.com/mbhh6r8>
 3. VIRB Edit
 - iv. rating the course "hilliness"

16. talent identification and recruitment
 - a. most sports (not track/cross country) have developed talent i.d. strategies long before candidates enter high school
 - b. talent i.d. is mostly left to chance, previous sources have dried up (p.e.).
 - c. exception: Christian Brothers Academy, New Jersey; school with no football and a freshman mile race
 - d. numerous stories of talent identified almost by chance in other sports areas (Andrew Wheating, David Torrence, Mastalir twins, Kaapema Yelpaala)
 - e. the ideal: student body runs 800 test, winner gets a new car. In place of that, coaches must adapt and sell their product tirelessly, relentlessly
 - f. at Jesuit: Open House, flyer to incoming frosh, PAL, soccer mile, P.E. class fitness tests