

## Coach Drea's Coaching Strategy

Please read the following carefully.

I train my athletes where they are to get them where they want to be.

I believe in building a foundation, meaning we run slow before we run fast. I do this through a phased approach: foundational phase, building phase, and fast phase.

Athletes are told the schedule in advance to mentally prepare for the workout. Athletes are provided with individually based goal times for each workout.

Proper recovery and nutrition are just as important as the workout. I build essential recovery days into the workout plan.

I believe strength training is essential to be fast and prevent injuries; I lack the proper facilities to offer weighted resistance training for my athletes. However, I do incorporate imperative strength and mobility drills that enhance athletes' performance and prevent injuries.

I train to peak for a specific race.

I believe it is better to be 10% under trained than 1% overtrained. To take this philosophy deeper, when training youth no one practice, race, or season is so imperative to an athlete that I will train them through injury or illness. I believe in creating and training lifelong athletes not seasonal machines.

I believe mental toughness can account for more than natural talent, and if trained properly a mentally tough athlete will see great triumph. Mental toughness and natural talent combined are what Olympians are made of. As a coach I believe it is my job to coach my athletes through the mental challenges of a race. This starts and is developed at practice.

I encourage my athletes by giving them goals to reach at each practice. Running is inherently an individual sport, but requires more grit than other sports. We need to be aware we are asking our athlete to perform at maximum capacity over a specified distance-- in other words we are asking they run with all their energy, strength, power, and will. This is no easy feat especially for a younger child or teenager who may have never experienced such a demanding physical load. (Keep in mind my athletes are not racing 100M, they are training for distances over 800M.) This mental toughness can only be derived from the will to run, not the fear of punishment. I understand as a parent it can be disappointing when your child is underperforming; however, parents will not interfere with practices. Parents/guardians will not yell, threaten, coerce, speak down to their children. Positive encouragement and cheering is permitted and encouraged.

If your views do not align with my coach philosophy I strongly suggest you find alternate coaching.

Name of Athlete: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Current School Grade: \_\_\_\_\_ Current School: \_\_\_\_\_

Name of Parent/Legal Guardian: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Please read below and initial.

\_\_\_\_\_ I have read, understand, and agree with Coach Drea's Coaching philosophy to that I will not interfere with coaching or practices. I will not threaten, coerce, speak down to any athlete training with Coach Drea to include my own child.

\_\_\_\_\_ The training program is composed of phases. It is essential that the athlete participates in as many practices as possible, each workout is intentionally designed to build on one another. Failure to attend practices could heed no improvement or injury.

\_\_\_\_\_ Coach Drea is not responsible for selecting or registering any athlete for meets, races, or competition. Coach Drea is not required to be in attendance at said meets, races, or competition.

\_\_\_\_\_ In order to ensure optimal training plan, please provide Coach Drea with date(s) of races, meets, or competition at earliest convenience in order to ensure training plans are tailored to the athlete. If dates unknown, it is the parent guardian/athlete's responsibility to communicate competition intentions to Coach Drea to ensure the best possible performance.

\_\_\_\_\_ Coach Drea will not provide uniforms.

\_\_\_\_\_ Despite injury prevention precautions, injuries may still occur. Should the athlete choose to withdraw from training due to INJURY for the month billed, a refund can be requested if the injury occurred on/before the 7<sup>th</sup> day of the month billed.

\_\_\_\_\_ The following items are **required** in order to practice:

- Clearance from a certified medical provider to participate in sports (dated within 12 months of final race, meet, or competition)
- \$40.00 -- Monthly fee paid in full to Coach Drea NLT the 1<sup>st</sup> of the month. Failure to pay results in removal from the program \_\_\_\_\_
- Completed registration packet (Run Club Registration and Waiver)

\_\_\_\_\_ Items required to have on hand at practice (for questions or recommendations on brands please contact Coach Drea):

- Water / sports hydration drink
- Proper running attire
- Properly fitted running shoes

Recommended items:

- Watch
- Cross country/distance spikes (typically worn once a week for specified track workouts)

\_\_\_\_\_ Coach Drea retains the right to terminate services if any of the aforementioned is not upheld in accordance with this agreement.

Your signature below is an acknowledgment that you have read, understand, and agree to the information contained herein.

Printed Name of Parent/Legal Guardian: \_\_\_\_\_

Signature of Parent/Legal Guardian: \_\_\_\_\_

Date: \_\_\_\_\_