

A photograph of two people sitting on bleachers at a track and field stadium. The person on the left is wearing light blue jeans with a large tear at the knee and red Converse sneakers. The person on the right is wearing white leggings and red Converse sneakers. They are both looking towards the camera. In the background, a red running track and a green football field with white yard lines are visible under a clear blue sky.

Creating a Long Term Vision

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A photograph of two people sitting on white bleachers at a sports field. The person on the left is wearing light blue jeans with a large tear at the knee and red Converse sneakers. The person on the right is wearing light-colored leggings and red Converse sneakers. In the background, there is a red running track and a green soccer field with white markings and goals. The text is overlaid in red on the image.

Year 1 at Lincoln

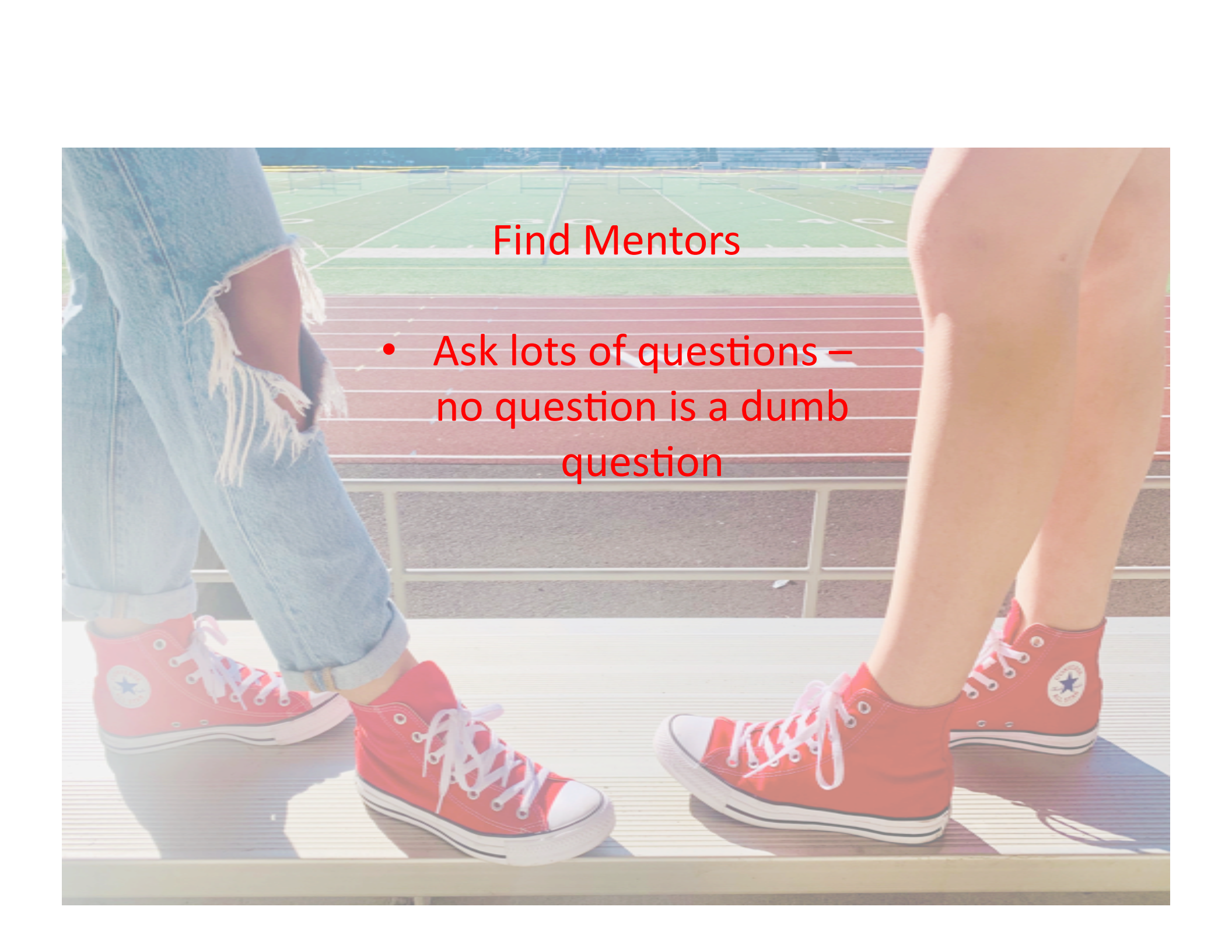
Runner 7 : 21:12

Runner 20: 23:39

Year 7 at Lincoln

Runner 7: 19:22

Runner 20: 21:15

A photograph of two people sitting on white bleachers at a sports field. The person on the left is wearing light blue jeans with a large tear at the knee and red Converse sneakers. The person on the right is wearing light-colored leggings and red Converse sneakers. In the background, there is a green sports field with white yard lines and a red running track. The text "Find Mentors" is overlaid in red at the top center, and a bullet point with the text "Ask lots of questions – no question is a dumb question" is overlaid in red in the middle.

Find Mentors

- Ask lots of questions – no question is a dumb question

Coaching Staff

- What skills do I lack and find coaches who offer what I can't



A photograph of two people's legs and feet. They are wearing red high-top Converse sneakers with white laces and white soles. They are standing on a light-colored wooden bench or platform. In the background, there is a red running track and a green soccer field with white yard lines. The person on the left is wearing light blue jeans with a large tear at the knee. The person on the right is wearing shorts. The text "What is our Vision?" is overlaid in red at the top, and a list of two items is overlaid in red in the center.

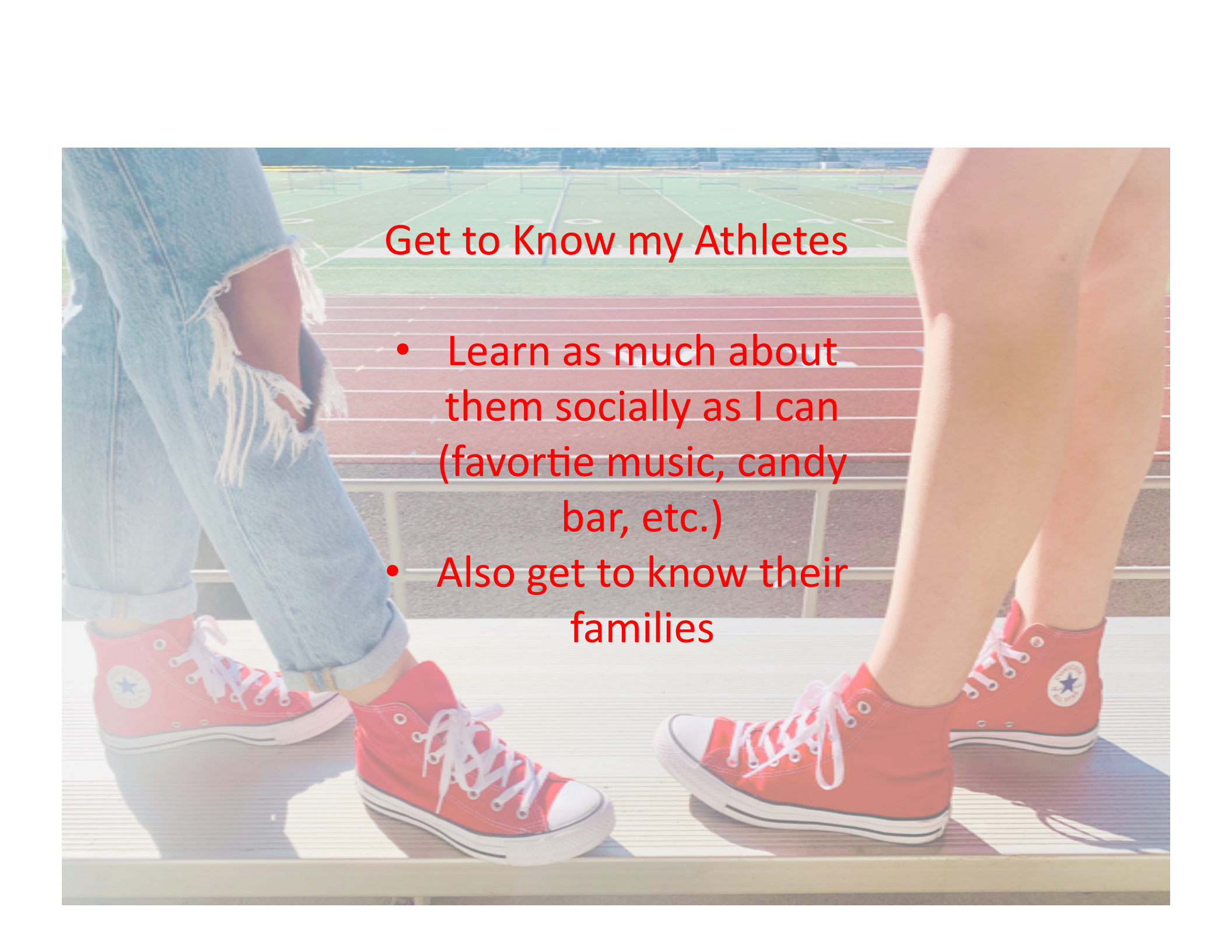
What is our Vision?

1. Love your Teammates
2. Be the Best Version of Yourself

Team Culture

- Create environment that kids, coaches and parents want to be apart of.



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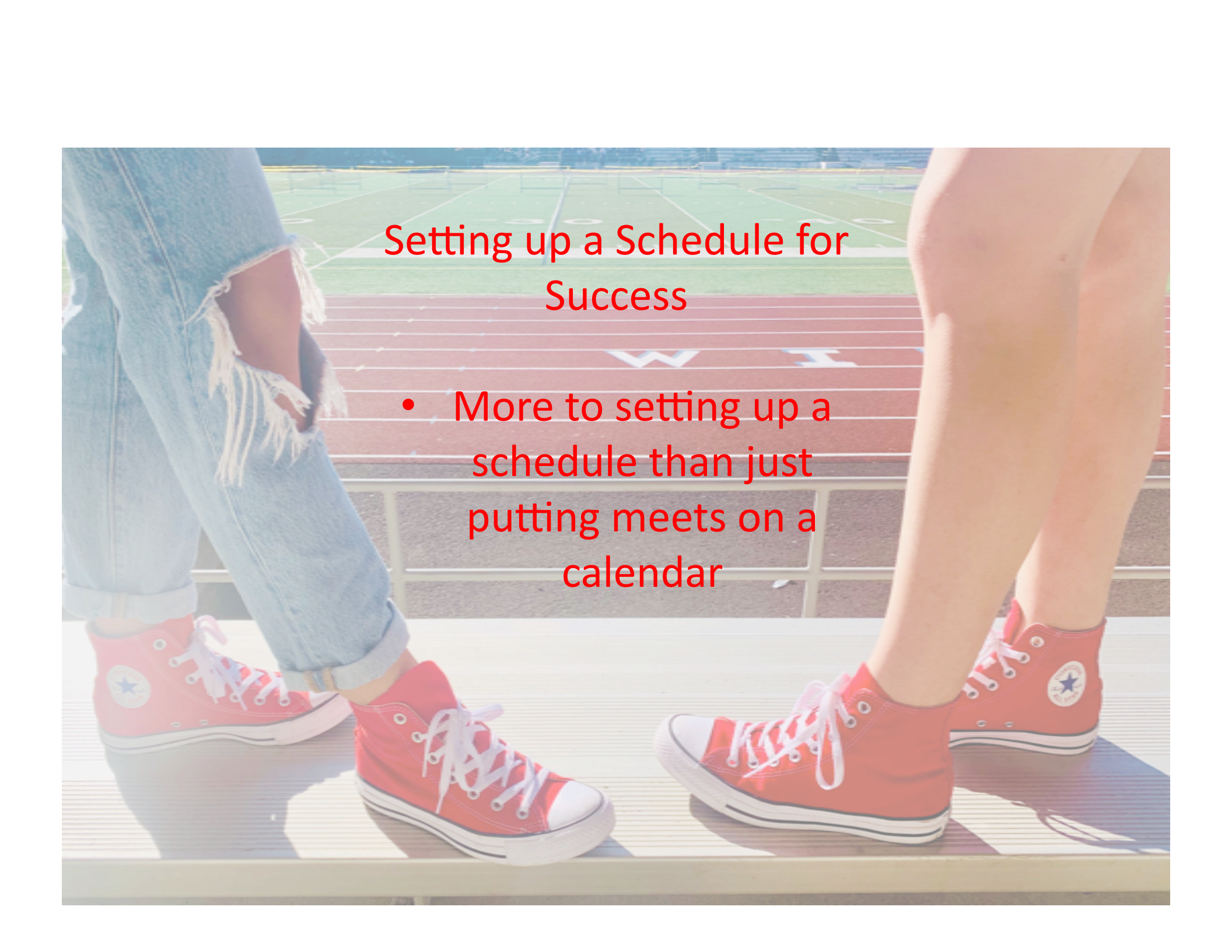
Get to Know my Athletes

- Learn as much about them socially as I can (favortie music, candy bar, etc.)
- Also get to know their families

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Goal Setting

- Helps athletes to create goals – they may not understand what they are capable of
- 1-1 with all athletes before season starts

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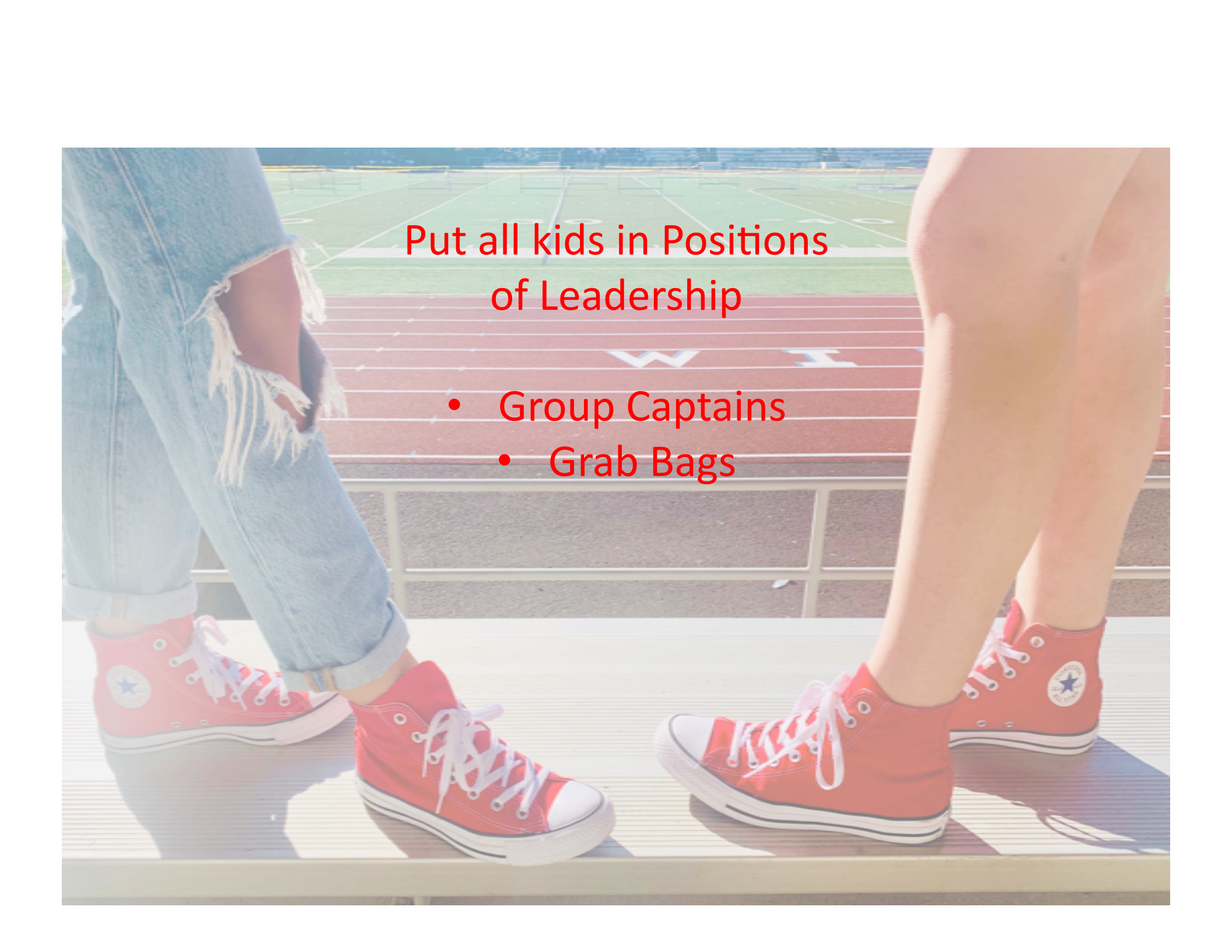
Setting up a Schedule for Success

- More to setting up a schedule than just putting meets on a calendar

Tell Stories

- Running background doesn't matter, kids just want to know you experienced it too
- Be extremely honest with your athletes



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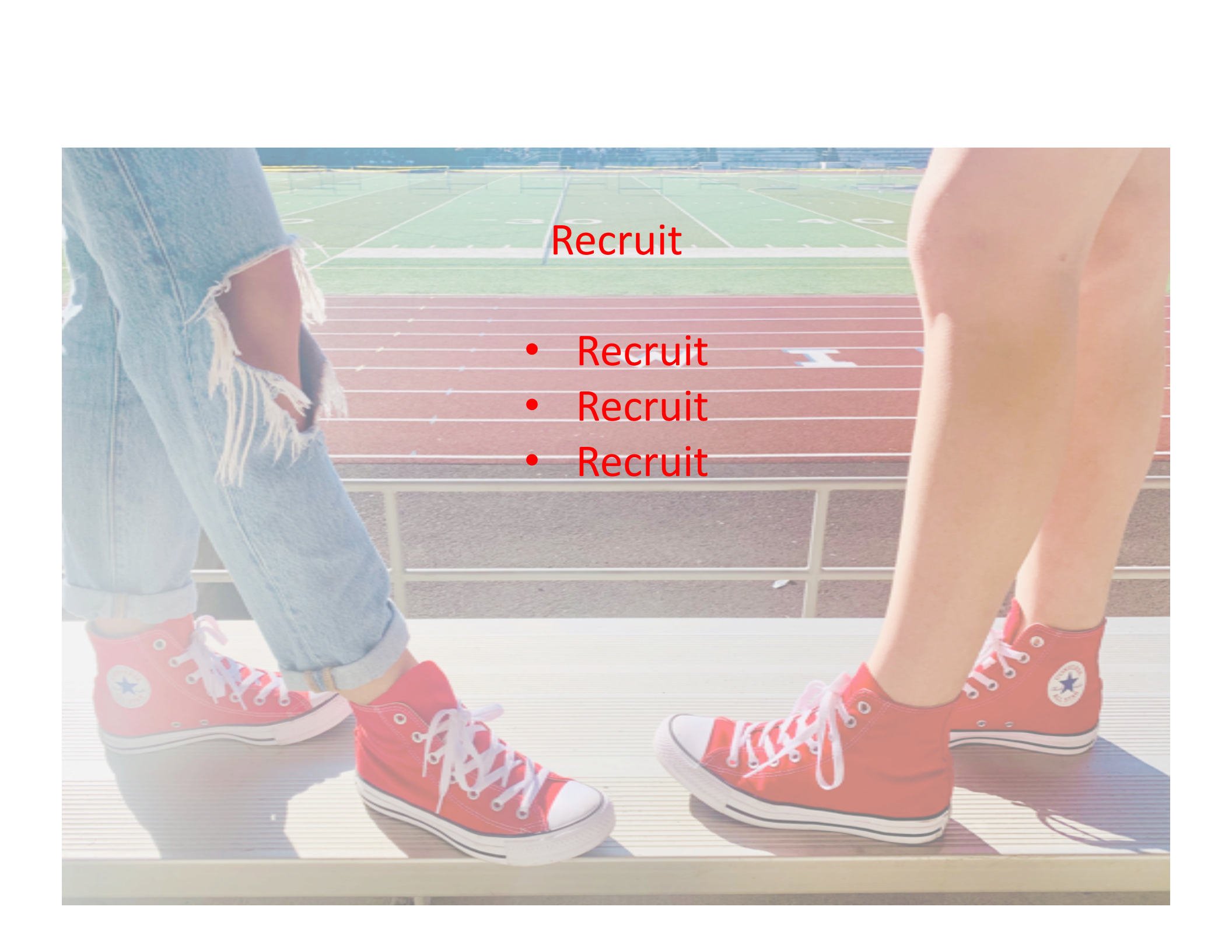
Put all kids in Positions of Leadership

- Group Captains
- Grab Bags

A person is sitting on a light-colored wooden bench. They are wearing blue denim jeans with a large, frayed tear on the right knee and red high-top Converse sneakers with white laces and white soles. The person's legs are spread apart, and their feet are resting on the bench. In the background, there is a green sports field with white yard lines, a red running track, and a blue sky. The text "Emotions" is written in red in the upper center of the image.

Emotions

- Don't get overly disappointed about the bad things but get really excited about the good things

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Recruit

- Recruit
- Recruit
- Recruit