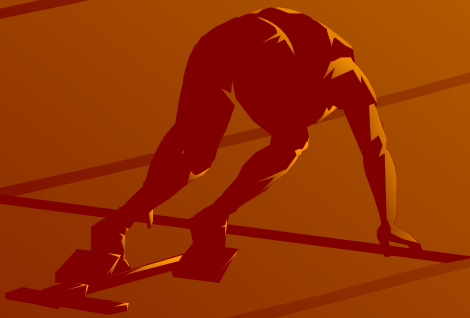


Coordinating the High School and Middle School CC Programs




Rodney Wellmann - A&M Consolidated HS
Mel Hall - College Station Middle School

Agenda

- ◆ Intro
- ◆ Characteristics of a Good MS Coach (from the HS coach's perspective)
- ◆ Characteristics of a Good HS Coach (from the MS coach's perspective)
- ◆ Building the MS Program
- ◆ How the HS / MS work together to build the total program
- ◆ Summary

Characteristics of a Good Middle School Coach

- ◆ Love for the sport
 - ◆ Interest in the kids & future success
 - ◆ Recruiting
 - ◆ Working with multi-sport athletes
 - ◆ Communication
 - ◆ Organization
 - ◆ Make it fun
- 

Characteristics of a Good High School Coach

- ◆ Know who your MS coach is!!
- ◆ Communication
- ◆ Assist in scheduling
- ◆ Be a resource
- ◆ Have a summer track program
- ◆ Involve your MS coach
- ◆ Recognize your MS coach

Building the Middle School Cross Country Program

- ◆ Love what you do!
- ◆ Recruit
- ◆ Work with the multi-sport athletes
- ◆ Communicate
- ◆ Get organized
- ◆ Build ties to the community
- ◆ Make it fun
- ◆ Follow up on your kids in high school

Name	Div	Mile	2 Mile	Place
Stafford	8 Boy	5:27	12:30.34	2
Ben	8 Boy	5:49	12:52.29	5
Jose	8 Boy	5:55	12:53.88	7
Jesse	8 Boy	5:55	13:00.32	9
Matt	8 Boy	5:51	13:05.37	10
Taylor	8 Boy	6:05	13:14.24	11
Kyle	8 Boy	5:55	13:25.19	14
Hillary	8 Girl	5:56	13:21.14	3
Michelle	8 Girl	5:59	13:56.98	5
Lyndsee	8 Girl	6:09	14:12.98	7
Johnie	8 Girl	6:28	14:40.11	10
Shannon	8 Girl	6:33	14:49.85	13
Jessica	8 Girl	7:03	15:33.68	21
Sarah	8 Girl	7:03	15:49.51	24

TEAM TOTALS:	GIRLS	BOYS
# OF RUNNERS IN RACE:	50	36
CSMS TEAM PLACE:	1	1
POINTS:	38	40
1st PLACE TIME:	AMC 13:15	12:13 Brenham

8th Grade times							7th Grade times						
3200 M	Time	Meet		1600 M	Time	Meet	3200 M	Time	Meet		1600 M	Time	Meet
Kenda	13:14.62	Navasota		Taylor	6:04.98	Bryan-SFA	Kenda	13:49.49	Navasota		Taylor	6:17.45	Navasota
Krysten	13:55.99	Bryan-SFA		Kenda	6:06.20	Bryan-SFA	Erica	14:02.49	Navasota		Kristen	6:27	Tigerland
Taylor	13:56.45	Tigerland		Kristen	6:14.68	Bryan-SFA	Taylor	14:29.21	Bryan-S.F.A.		Tori	6:31.18	Navasota
Halley	14:03.74	Bryan-SFA		Abby	6:30.78	Navasota	Kate	14:49.04	Navasota		Halley	6:33.47	Navasota
Erica	14:28.33	Navasota		Halley	6:32.78	Tigerland	Sarah	14:56.64	Navasota		Abby	6:51.92	Tigerland
Abby	14:58.53	Waller					Erica	15:03.59	Tigerland		Sarah	6:57.36	Navasota
							Tori	15:44.09	Tigerland		Kenda	6:57.83	Waller
400 M	Time	Meet		800 M	Time	Meet	Abby	15:52.95	Waller		Erica	7:04.08	Tigerland
Abby	65.95	District-Waller		Katherine	2:36.00	District-Waller	Jessica	17:14.07	Bryan-S.F.A.		Kate	7:10.51	Bryan-S.F.A.
Katherine	67.83	Tigerland		Kate	2:44.01	District-Waller					Jessica	7:55.44	Bryan-S.F.A.
Kate	68.60	District-Waller		Erica	2:44.30	Bryan-SFA	400 M	Time	Meet				
Courtney	68.90	Tigerland		Abby	2:47.13	Tigerland	Katherine	69.05	District		800 M	Time	Meet
Courtney	70.31	Tigerland		Courtney	2:51.23	Navasota	Ashley	70.00	District		Halley	2:52.66	District
Erica	71.43	Navasota		Brittany	2:53.76	Navasota	Kate	71.96	District		Erica	2:55.06	Waller
Ashley	72.47	Waller		Halley	2:55.61	Tigerland	Erica	72.08	Bryan-S.F.A.		Abby	2:55.49	Tigerland
				Susanna	3:02.00	Waller	Jennifer	72.82	Tigerland		Susanna	2:56.26	Waller
				Courtney	3:02.78	Navasota	Tori	73.00	Tigerland		Brittany	2:57.18	Tigerland
							Abby	74.29	Bryan-S.F.A.		Kate	2:57.77	Navasota
							Brittany	74.73	Waller		Katherine	3:03.63	Bryan-S.F.A.

➤ Prospect info

- **Abby** great prospect; hurt her knee late in April playing soccer, but is recovering
- **Ashley** has had some trouble with grades, but a great kid, loves track
- **Brittany** her sister is a swimmer, so I don't know if she'll go that way; could be decent if she worked harder
- **Erica** could not get her passing this year; didn't run xc because she didn't want to get up, but needs to; good support from Mom
- **Erica** great prospect; loves to run; is a space cadet
- **Halley** can't decide what she wants to do; drives ya crazy, always around; didn't progress like we'd have liked this year; weight may be a problem
- **Jennifer** has a brother that is life skills she has to take care of in the pm; don't know about commitment
- **Jessica** slow as molasses; didn't run this year; will probably go tennis
- **Kate** big soccer player; Mom works at Venture; doesn't like her daughter doing too much other than soccer
- **Kate** parents are diving coaches at TAMU; will probably go that way in HS; eating disorder?; great runner
- **Katherine** awesome kid; you'd love her; Mom is great; is on student council
- **Kenda** great runner, loves it; very social; great kid
- **Kristen** great runner; soccer player; will do awesome for you; a little flighty
- **Sarah** good runner last year; has had knee problems all year; hates it because wants to run; may have surgery this summer
- **Susanna** could be a good runner if works harder; ran xc this year; had a freak accident mowing over a wire-in her leg
- **Taylor** great runner and competitor; you'll absolutely love her
- **Tori** good runner last year; got hurt in soccer right before track season (achilles); has been out of commission since
- **Courtney** good runner; good support from Dad; doesn't do anything else that I know of
- **Courtney** will probably go softball in HS; only ran this year, but did very well

Building the Middle School Cross Country Program

- ◆ Love what you do!
- ◆ Recruit
- ◆ Work with the multi-sport athletes
- ◆ Communicate
- ◆ Get organized
- ◆ Build ties to the community
- ◆ Make it fun
- ◆ Follow up on your kids in high school

Fun Sources

- ✦ Coaching clinics – learn from your peers

- ✦ Books

 - Training Games: Coaching & Racing Creatively, 3rd Edition by Eric Anderson and Andrew Hibbert

- ✦ Use your imagination or have the kids come up with something

How the HS / MS work together to build the total program

- ✦ Be involved in each other's programs
- ✦ Communicate
- ✦ Recruiting – use the info from the MS
- ✦ Schedule at least one meet so they see each other run, if possible
- ✦ Resources – equipment, contacts, etc
- ✦ Have a summer track program

Summary

✦ Coach Wellmann

