

The background of the slide is a blurred photograph of a cross-country race. Several runners are visible, wearing athletic gear in various colors like blue, red, and white. The motion blur suggests they are running quickly on a track or road.

# **Motivating the Motivator**

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Paxton-Buckley-Loda Junior High  
Cross Country Coach



# **PBLJH Cross Country**

- 330 Students – Grades 6 – 8
- Fall Sports – Baseball, Softball, Girls Basketball, Youth Football and Cheerleading.
- This year, 63 kids on the XC roster.
- Average of 40 every year.
- Informal summer program.



# Workshop Goal

- For each of you to take home at least one idea, regardless of how insignificant it might be, to implement into your program.



# Workshop Objectives

- To recognize that:
  - Our personal athletic experiences do effect our coaching self motivation.
  - Our motives for coaching are keenly sensed by our athletes and their families, which impact the success of the program.
  - An annual written review of 5 coaching principles can enhance you and your team.
  - Integrating FUN activities is essential for the long term success of your program.

# Know your coaching roots to understand why you coach.

- My first track meet – 1966
- Memorial Stadium – U of I
- Al Carius – Steeplechase
- Coach of the Century at NCC



# ASK, and you shall receive.

- Hey kid, what are you doing after school?  
Roger Quinlan, RTHS,  
August, 1969
- Getting a kid involved  
could change their life.
- Someone took interest  
and always  
encouraged.



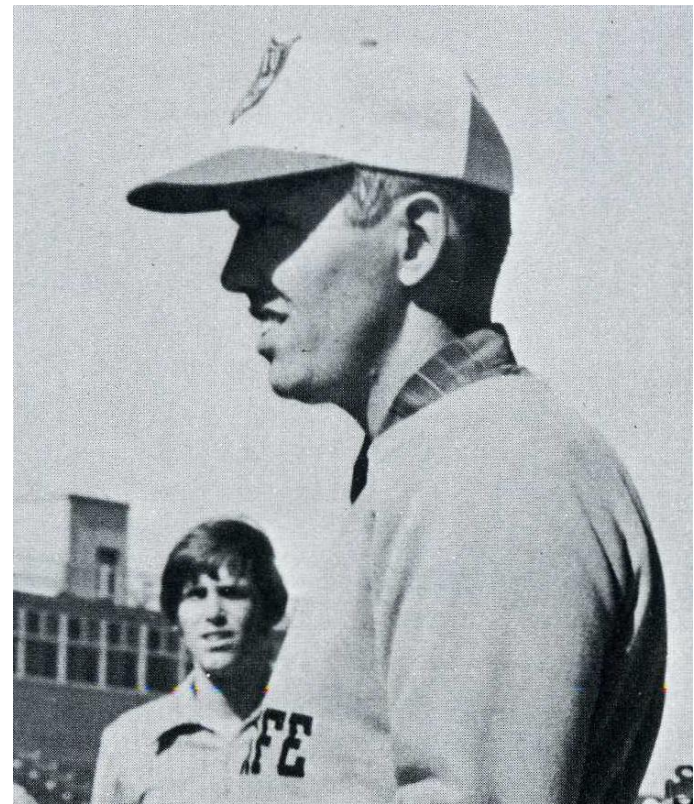
# Yen and Yang

- Max Norman and Wayne Bekaires – FHS, 1972 - 73
- Max provided an opportunity since there had never been XC at the school.
- Wayne really cared!



# The Enlightener

- Tom Woodall, EIU Cross Country Coach, 1965 – 84
- There's more to life than running.
- Get your degree.
- Keep your focus on the important things.
- FCA
- Continues to be an inspiration.





## Connect the dots

- Each of these coaches had success at varying degrees, yet their training methodology was different. So that leads one to ask the question, if it's not training, then what is it?
- They were all enablers!!



# Learned Coaching Concepts

- Carius – Example + Star Value
- Quinlan – Asking and encouragement
- Norman – Providing an Opportunity
- Bekaires – Honesty and Caring
- Woodall – Seeing the bigger picture



# Abraham Lincoln

- "It is true that you may fool all of the people some of the time; you can even fool some of the people all of the time; but you can't fool all of the people all of the time."
- And you can't fool your team in the long haul. They know why you are there!!!



## So, why do you coach?

- Condition for employment?
- A nice Christmas or vacation check?
- A way to stay in shape?
- I used to run track &/or XC so I should coach.
- I can SHOW these kids how its done!
- My child is on the team.
- No Track or XC coach has been fired for a losing record, so I don't have to do much and still get paid.



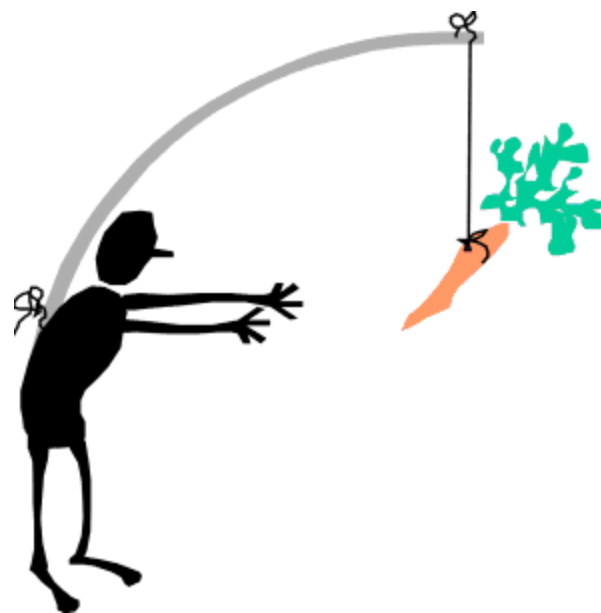
# Why should I really coach?

- Influence kids in a positive way.
- Promote a healthy lifestyle.
- Teach life lessons.
- Develop athletes to reach their potential and perhaps take it to higher levels.
- Take kids off the street and change their ways of life.

# Chase the carrot you've picked for yourself.

A few basic principles can serve a coach well for SELF MOTIVATION and provide a platform of DIRECTION for you, your athletes, and their parents.

1. Identify
2. Recognize
3. Develop
4. Implement
5. Evaluate





# Principle 1

- Identify what you want to accomplish as a coach, professionally and personally.
  - Running Culture – Run For Fun
  - The XC season is my classroom for excellence.
  - Team Goal – Panthers Do Our Best, and by doing our best that will take care of the rest.
    - Developing Championship People leads to Championship Teams.
    - Individual improvement makes the team better.
    - Sectional and State participation.
    - If you shoot at the moon and miss, you just might hit a star!
    - Mediocrity is always at its best.



## Principle 2

- Recognize the obstacles as CHALLENGES to overcome.
  - Parents – Good Communication
    - Team website and blog – [www.pblunit10.com/cougarscc](http://www.pblunit10.com/cougarscc)
  - Your kids are there for different reasons.
  - Recruitment – The talent is in the hallway – ASK.
  - Shared athletes.
  - Everything you do & say will be a point of conversation at each athlete's dinner table.
  - YOU will not be represented at that report.



## Principle 3

- Develop a sound, fundamental plan for achieving your goals.
  - As a **developmental** coach, our major priority is to enhance skills and thereby enhance self-esteem.
  - Focus on TEAM first.
  - KISAC (Keep It Simple And Consistent)
  - Praise and reward all team members.
  - MAKE IT FUN! If it's fun for the kids, it will be fun for you.

# Principle 4

- Implement your plan to the best of your ability.
  - Set your training schedule to the season, working backwards.
  - Friday Fun -Cookie/IC TT, PPP, Swirl & Hurl, Couple's CD, DQ Run/Banana/Tootsie/Gatorade/Bottle Relays
  - Rituals become habits – Daily Team Meeting, Camp Pells Park, Water Buffalo, Warm up & Cooldown, Rank has its privilege, Wednesday Hill Run.
  - Make it a point to talk to and touch each athlete daily.
  - Rewards – Shirts, Wristbands, Dum Dums, Results, Mileage, Top 10 Charts, Year end Bribe.
  - Heart rate elevation.
  - Ability grouping after 3-4 weeks.



## Principle 5

- Evaluate your results for future improvement.
  - Listen to your kids. They'll tell you the truth.
  - Talk to parents, ask for suggestions and seek their involvement.
  - Keep your office door open.
  - Continuously ask the rhetorical question, “Am I being a good coaching role model?”
  - What worked, what didn't?
  - What can we do different?



# Risk and Reward

- We get to hang out with the smartest kids in school.
- Repeat customers – Coaching athletes of former athletes. What does that say about you?
- Athletes eventually become adult friends for life.
- The fun, successes and even failures are cherished memories.
- The trophies and success on the field almost become meaningless.
- The shining accomplishment is knowing that as a coach you've played a role in the LONG TERM success of every athlete you touch.