Long Term Plan

 As we consider our team goals for this season, I want us all to think about this as a two year process. As it stands right now, we do not have any seniors on the team. With that said, our team, as it is now, will not change next year with the exception of those that join us from the junior high team. I believe that our goals must be lofty for both boys and girls teams.

 The girls team goals are a bit harder to set because we haven't had a full team since the girls team qualified for the Semi-State in 2007. My first goal in the two year plan is to score as a team in every meet. The second year is a different story. I want each of the girls to really be pointing toward making it to regional meet in 2012. That is a lofty goal given we haven't competed as a team for so long but I believe it is achievable.

 The boys team goals are certainly easier to think about because we have last year as a frame of reference. We surpassed many of our team goals last year while enduring some adversity. We certainly do not know what the future will hold with injuries and the improvement of other teams. One thing we do know is that we have control of what we do on a daily basis. The big goal for the 2011 boys team will be to make it to Semi-State. This won't be easy but it is certainly attainable. There are many steps along the way to achieving that goal that we will discuss once official practice has started. The 2012 goal for the boys is to make it to the State Meet. As with the girls 2012 goal, this is a lofty goal but again I believe it is attainable. I have seen many good signs in the last 8 months that indicate to me that this is a legitimate goal for us.

 Neither of these long term (2012) goals will be attained without each member of the team putting in the work. Simply put, if I do the work I am assigned, and the one next to me does his/hers, and the one next to him/her, and so on....then we, as a group, will have been successful in our efforts toward meeting the aforementioned lofty goals.

 The 2011 and 2012 seasons will end and we will look back over the two years and evaluate our success. Both seasons may end with us meeting our goals but they may also end with us falling short of our goals. Are we successful only when everything goes as planned? As we learned last year, No. The journey toward these goals is much more important than achieving these goals because the journey is what brings importance to the goals. If we do not commit to the training needed to achieve these goals then the journey will be filled with much disappointment. If we train as needed, then the journey will be one we all enjoy no matter what.

 What is my role as a coach in this plan? Well, first and foremost, I will make sure that I am putting together workouts that prepare each individual to be their best. Second, I must share my knowledge and understanding of the mental approach to running and racing. Third, I must hold all of you accountable to certain standards that are necessary in building team success. Fourth, I will treat you with respect. Finally, and most importantly, I will be a cheerleader for each one of you.

 I am excited about our potential and I am waiting with much impatience for the season to start. I hope that you are equally excited but keep in mind no long term goals are achieved without meeting our daily goals.

 The following Bible verse was on our team t-shirt in 2007 and I think it provides encouragement as we embark on this two year journey.

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. I Corinthians 9: 24-27