15 NCAA Division III National Cross Country Championships
10 NCAA Division III National Track & Field Championships

15 Second Place Finishes – 10 Third Place Finishes
4 Fourth Place Finishes
OUR PHILOSOPHY

• Building winners in life
  – Prepare athletes for life after college
    • Not going to be professional runners
  – Discipline in all areas of college life
    • Top priority is getting an education

• Run for fun and personal bests

• Culture of discipline
  – Discipline in running
    leads to academic discipline
  – Eating and sleeping right
  – Doing all the “little things”
• No individual is bigger than the team
  – Sometimes a less talented team wins
  – Stronger as a group than they can ever be individually

• 3 ways to contribute to the team’s success
  – Performance
  – Attitude
  – Helping out as good teammate
RECRUITING TO FIT INTO OUR PHILOSOPHY

• Sizing up the recruit
  – How engaged is he?
  – Does he ask questions?
  – Is he only motivated by the stopwatch?
  – Is he undertrained/untapped
    (10:44 & 10:42 two milers)
  – What is he looking for in a school and program

• Input from the team
  – Overnight visits

• Attitude

• Expectations spelled out
  – 2 per day workouts
  – Faith, family, and academics come before running
  – Running should be close behind academics
CHANGING THE CULTURE

• 2005
  – What went wrong?
  – When did it start?
  – What were the factors which led to our culture slipping?
  – What types of individuals were on the team

• The aftermath of 2005
  – What changes were made
  – How did the makeup of the team’s change
• Getting from 2005 – 2008
• 2009 team
  – Senior dominated
  – What they endured for 4 years
    • Alumni criticism
    • Rebuilding the culture
    • Taking ownership of the team and the program
  – What they meant for future teams
FRESHMEN

• 3 objectives
• Separate group in the fall
• Progressive overload
• Race as separate team from time to time
• Weekly meetings
• Same expectations as varsity
• After cross country, no longer freshmen
TRACK AND FIELD
TRACK AND FIELD

- Same Philosophy
- Same expectations
- Individualized workouts
- Teams within the team - steeplechasers, mid-distance, 5K & 10K
- Full team weekly meeting