



Being all you can be as a Coach...

A Philosophical Approach to Successful  
Coaching

# Understanding who you are!

Why do we make the decisions we make?

## **Family** and **Childhood**

development plays a major role in the decisions that we make and how we deal with situations.

# COACHING IS NOT FOR EVERYONE!

1. Are you a giver?
2. Do you have patience?
3. Do you love people?
4. Can you RESPECT loosing?
5. Do you have a family life that supports the coaching lifestyle?



Respect the Science of the Sport

THERE ARE A 100 WAYS TO SKIN  
A CAT, BUT IT BETTER FOLLOW  
THE SCIENCE!

# Influences in your life

There are signs everywhere throughout our lives, but sometimes we choose to ignore them for different reasons.

# Major influence in my career

- 1968 Vince Lombardi (General Manager)
- San Francisco (lost: 27-20)  
Kezar Stadium

**“DON'T MISS THE LESSONS AS  
YOU GO THROUGH YOUR  
JOURNEY”.**



# Major influence in my career

- 1972 Stan Dowell  
(High School Coach)  
Silver Creek High School  
in San Jose, California

**Train with Pain ... 400m ...** LEE EVANS Stan Dowell

Everytime you sprint 400 meters your personal character will be challenged. Four hundred meters is nothing more than a sprint with PAIN at the end. Train to live with this pain.

My main concern is to start the development of ANAEROBIC and AEROBIC sources of energy which relate to 400 meters. SPEED STAMINA is the building foundation for a successful 400 meter sprinter. An attempt must be made to gradually adapt the body to the stress of running. I recommend a period of long distance running (2-6 miles, daily) in October to help develop a solid foundation of endurance. Long distance running develops basic strength and endurance, but it does not develop leg speed. With this in mind I always try to incorporate some type of leg speed tempo.

I divide a 400 meter season into 3 periods; EARLY (Oct.Nov.Dec.), MIDDLE (Jan.Feb.Mar.), and RACING (Ap.May June).

NOTE: Weight training must start with the first week of running in early October. The 400 meter sprinter must develop his upper and lower body. Arm strength will help to propel the body during the racing season. Weights two days a week.

(1.) EARLY SEASON (Volume to develop endurance - Oct.Nov.,Dec.)

October:

- M. 5 mile run
- T. 2 miles - 8x50m
- W. 4x800
- Th. 3 miles
- F. 2 miles - 6x100m

M. 6 miles - 6x100m  
T. 3x900m  
W. 3 miles  
Th. 2 miles of 50m strides.  
F. Easy 4 miles

November/December:

- M. 6x800m in 2:23.0
- T. 2 miles - 6x150m
- W. 6x100m - 4 miles
- Th. 2 miles in 15:00
- F. Easy 3 miles

M. 2 mile run with a 50m sprint every 400m.  
T. 3 miles 8x50m  
W. Easy 4 miles  
Th. 2 miles - 8x50m  
F. Race 4 laps of 50m(sprint-Jog)in 6:00.

\*\*These are just some of the varied examples of the different weeks used in the early months.

# Major influence in my career

- 1976 Bert Bonanno  
(JC Coach)  
San Jose City College  
in San Jose, California





# Major influence in my career

- 1978 Steve Miller  
(College Coach)  
Cal Poly San Luis Obispo  
in San Luis Obispo,  
California



# Major influence in my career

- 1980 Lance Harter  
(First Head Coach)  
Cal Poly San Luis Obispo  
in San Luis Obispo,  
California
  - Work as a FULL-TIME  
volunteer for 7 years



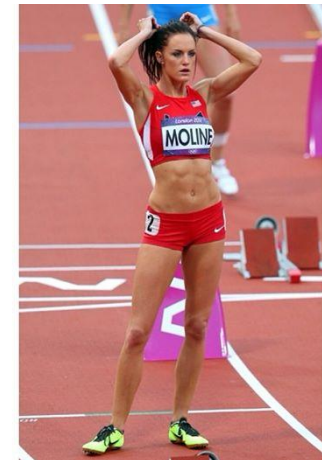
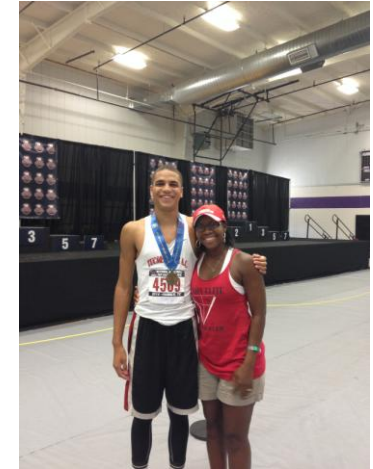
# Major influence in my career

- 1987 Dave Murray  
(First paying coaching job)  
University of Arizona in  
Tucson, Arizona  
- 15 years as an assistant  
coach.



# Why do you coach?

- - For the money
- - For the fame
- - For you
- - For others
- - For your athletes



# UNDERSTANDING YOUR ROLE!

- Being the assistant
  - Do your job!
- Being the Head Coach
  - Who is this about?

