

Building a Program from the Ground Up

Gary Wilson

University of Minnesota Griak Director

wilso003@umn.edu

Coaching Experience

- 6 Years-Hannibal High School, NY
- 1 year –West Chester State, PA
- 10 Years- UW-LaCrosse
- 28 Years- University of Minnesota
- 30 Years- Roy Griak Race Director

Coaching is ***VERY*** different now...

- Litigious society
- Parents
- Administrators
- And on, and on, and on...

Watch What you Wish For...

Head Coach...REALLY?!?!?

X's and O's are important, but...

Loving kids,
Passion,
and Having
fun are the
keys...



Supportive Significant Other!



How it All Started at Minnesota..



FUTURE HOME
BIG 10 CROSS COUNTRY
BIG 10 TRACK & FIELD
CHAMPIONS

First year is terrible...
Second year is better...
Third year is 😊 😊

Number One

- Decide on your values and rules
- Must be consistent
- DWI

Second

- Share your message
EVERY DAY!

Third

- Policy *WAS* don't embarrass me, yourself or the University!
- *NOW* we have a **SEVEN** page policy sheet!

Fourth

- Set the tone quickly
- Jerry Kill Week One

Getting Started

1. Where is your program right now?
2. Individual Meetings - Assessment Sheet
3. Coaches Words to Live By
4. Staff Meetings – Leave the meeting with a consistent program message

Communication

- Communicate as much as rights of privacy allow
- If you don't keep people informed they will make it up!

IMPORTANT THINGS TO DO

1. **Keep a file on everything and everyone**

follow up every meeting with an email

Syndicate your risk

2. **Be VERY organized**

Budget

Entries

Returning Phone Calls/Emails etc.

Monthly and weekly check list for yourself

3. **Policy Sheet**

4. **Parent Handbook of Expectations**

5. **Stick to your guns**

Trainers/eating disorders

6. **Consistency of Staff**

7. **Cannot wait for your boss to lead you**

Gordon Hastings-Grass Track

Other Tid Bits..

- Take 6th graders to meets
- Know each kids first and last name (UWL-250 kids)
- Spend time with your AD
- Guest Coach Program
- Facebook Page
- Zone of Discipline-
 - Life is Choices
 - I get paid every other week
 - I am going to the Big Ten Meet for sure
 - I have a longer contract than you
- No phones at Meets
- No one at the team tent, only team and staff

Random Thought

- Iron Issues

- Dr. Kim Colter- Missouri

- ***coltmenk@hotmail.com***

- Informational letter is posted on *momilesplit.com*

Thank you!

wilso003@umn.edu