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..

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!

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