

## Coach Kendra Houghton, Oconee County

- **When coaching high level athletes who always lead the entire group in practice:** try what I call "chase order" sometimes. It's stressful and a heavy load to carry when a top athlete has to lead every interval, every day, every week, all season. Mentally and physically draining. Sometimes I mix things up and start them behind other parts of the group so they actually have someone else leading for a change. We discuss not needing to hard core chase them down and catch immediately, but to use the person ahead as a mental break from leading, and a beacon to work toward, and also helps them to be reasonable/mature with chasing someone down while still protecting the quality of the entire interval. This also helps for when they get in races with other top athletes who are faster than them.