

Coach Kendra Houghton, Oconee County

Keep great stats! I have every split of every race any of my athletes have ever run recorded :-). We refer to them ALL the time to learn what has worked, what hasn't, where improvement can be made, strategize, etc. I also keep record of every race time athletes run in an Excel spreadsheet, with a tab for every year, and share these with athletes weekly. They can look back over 20 years to see other athletes' progression in addition to their own. I also keep track of all past time trial stats and make a big deal about historical time trials run, progression of every current and standout athletes of the past (as in time trial times for freshman, sophomore, junior, and senior years) so athletes can see how others and themselves develop/progress. This is SUPER motivating to them. I think it's mostly helpful because often high schoolers can't see past the "now" and are so short-sighted. When they regularly hear from coach about past runners they admire, and what they were running at the same age, they gain healthy, realistic perspective