

## **Coach Kendra Houghton, Oconee County**

**Practice meet day:** I'm a big proponent of teaching & reviewing in practice how to conduct oneself at a meet, and then trusting the athletes to follow through on meet day. You'll never see me chasing athletes around on race day reminding them to warm up or check in or cool down. My athletes come prepared to handle all of that on their own. We review the process at practice, and then practice it through time trials. Everything from what to do when you get off the bus, to eating throughout the day, to when to start warm-up, to when to check in, to what each call means and what they should do at each call, to spikes, striders, etc. This empowers them with responsibility, and allows the meet day to run smoothly and allows me all day to coach, collect data, etc. Coaches are not babysitters or parents, we are coaches!