

# AVON LAKE CROSS COUNTRY'S

## *"Meet Cheat Sheet"*

Cloverleaf  
Saturday 9.21.13

### **A TEAM OF INDIVIDUALS THINKING 'TEAM' WILL DEFEAT A GROUP OF SUPERIOR INDIVIDUALS THINKING OF THEMSELVES**

For the Cloverleaf Invitational, we are going to run our top open runners and rest our typical team runners. We're doing this for a number of reasons, but one of the things we talk about is how, at the SWC Championship, there is no TEAM/OPEN race...there's just one race. So, in short, we're going to need more than just the top 7 to help us achieve our goals. This race allows us the opportunity to prove that we're deeper than 5 or 7 runners.

Coach Dean Smith of North Carolina was one of the greatest college basketball coaches of all-time. He coached some great players during his tenure at UNC; most notably, Michael Jordan. One of my favorite sayings of his is listed above. Another is: **"Good people are happy when good things happen to someone else."** It's easy to tear something—or someone—down, it's much harder to build something—or someone—up.

One of Coach Smith's coaching strategies was to put his bench players into games during critical times of the game. Most college basketball coaches would only put bench players into games after the game was already decided or when they were getting blown out. Coach Smith would put his bench players in at key points in the game, when the outcome was still in question. This strategy created a greater sense of morale, ownership, and overall trust in each player and in the team as a whole—everyone owned a piece of the team because everyone got the opportunity to contribute. This is a concept we want to duplicate with our team! We aren't a team of 5 runners or 7 runners—we're deeper than that! Our open runners' results at Tiffin, our strong showing at Wadsworth, our Cloverleaf roster today are all examples of how strong our team is from top to bottom. At SWC's we'll get the chance to run as one entire team, let's start thinking as one team!

### *"Team Racing Goals"*

- **Get a good start, practice good form, and finish through the chute!**
- **Pack running is good, as long as you talk to each other to let each other know how you feel!**
- **Surge!**
- **Stretch all week, at home, on Sundays, after each practice!**
- **Stay positive in all thoughts and actions—keep this up!**
- **Reflect on our racing! Talk about racing with your teammates!**

### *"Keep our SEASON GOALS in mind"*

#### **#1 Promote a healthy lifestyle**

Healthy diet, healthy choices, positive outlook

#### **#2 Ownership**

Take care of myself, my team, and let my team take care of me

#### **#3 Collective Responsibility**

Two are better than one when two can act as one