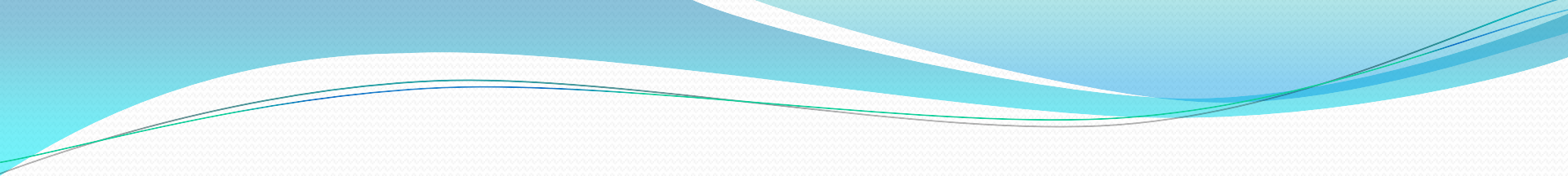


- 
- Assistance Coaches
 - Team Captains
 - Girls
 - Chloe Pampush, Markita Martin, Kara Putnam, Sage Bailey
 - Boys
 - Eulises Cruz, Gabe Lachenmeier
 - JV Captains
 - TBT

THS Cross Country has something to be excited about!

- 4th Season as XC Coach, my recruiting class
 - Made a promise 4 years ago.
- Tillamook Distance Project – March of 2011
 - Recruitment
 - Alumni/Community Involvement
 - Year Round Running
- Major progress with the running program each season. (next page),
- Goals of this season & future goals.
 - Boys Team, State Champions
 - Girls Team, Repeat as Cowapa League Champions, top 5 finish
- Uniforms sponsored by Nike, backpacks at camp, race
- Ultimook Race,
 - Over 80 Teams, Over 2,000 participants
 - Grown to 2nd largest event in all of Tillamook County

8.20.15 Mile Repeats

			State Place
2015 Boys Top 7		5:08	???
2014 Boys Top 7		5:45	7th
2013 Boys Top 7		5:32	5th
2015 Girls Top 7		7:00	???
2014 Girls Top 7		7:30	7th
2013 Girls Top 6		7:54	-
State Championship Material			
5:11 w/o #1 runner			

Coaching Philosophy

- Team First, Individuals Second.
- Every kids must have a goal and focus. My job is to hold them accountable.
- Development of a runner is done on the offseason
 - Just look at the progress. (Eulises)
- Quality Kids over Quality Athletes
 - Your kids will get a lot of “life lessons.”
- Tillamook Distance Project
 - Recruitment, alumni/community support, and year round running.
- Your kids will reap what they sow
 - Important lesson in life, more they put in, the more they will get out
 - My energy is prioritized to those kids who put in the work and give a full commitment



Contact Details

- Patrick Zweifel
- 503.812.9190 cell/text
- 503.815.3762 office
- sales@oregoncoastalfowers.com or pat@ultimookrace.com
- Facebook: Tillamook Distance Project
 - Race/Camp: Ultimook
- Website: www.mookrunning.com
- Farm/Training Address: Hydrangea Ranch, 9455 Kilchis River Rd., Tillamook, OR 97141

2015 Meet Schedule

www.athletic.net, tillamook hs xc



- Thu, Aug 27 Night Meet
- Sat, Sep 12 Ultimook Race Cross Country Invitational
- Sat, Sep 19 Oregon City XC Invitational
- Sat, Sep 26 Northwest Classic, Eugene,
- Sat, Oct 3 Paul Mariman Invitational, Philomath
- Fri, Oct 9 Sandelie - West Nine Golf Course - XC Classic, Wilsonville
- Wed, Oct 21 4A-1 Cowapa League Championships, Seaside
- Sat, Oct 31 OSAA 4A State Championships, Eugene

Other Important Notes/Dates

- 2 hour practices, championship programs look much different than average or below average programs
 - Fridays, generally 1.5 hours
 - Varsity boys encourage to run 3-5 miles easy 2-3 morning/week (individualized)
 - Top girls young yet, and not encouraged
 - The Warehouse (Rex Metcalfe) facilitating cross training 4 mornings/week
- A couple Saturday practices required for Varsity athletes
- Long runs, most important run of the week, left to the weekend, 20% of weekly mileage
- Saturday, Oct. 17th, Handicap Mile, @Hydrangea Ranch
- Later practices
 - Top of the World, Sept. 15th, 3 hours
 - 10 Mile Kilchis River Rd. Run-a-thon, Sept. 24th, 2.5 hours
 - Cape Lookout Hill Challenge, Oct. 5th, 2.5 hours
 - Highlights of your kid's high school running career

Iron

- Important issue for select few who are running year round
 - Exception, Andrew Jenck
- Silent killer of seasons, put in the work, unexplained lack of performance
- Best Recommendation
 - Ferritin blood test every 6 months
- More practically, take one iron pill per day as preventative,
 - No Calcium
 - Do not depend on multivitamin
 - Take with Vitamin C
- Eventually, year round running catches up to your Iron levels

Team Rules

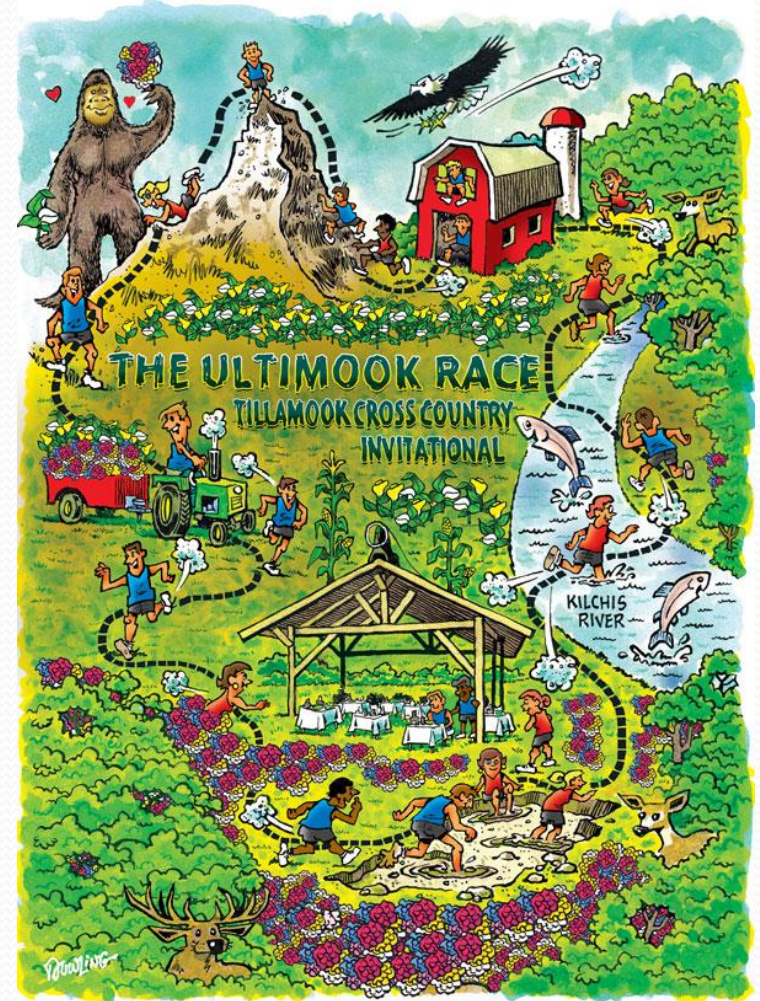
- No free-lance training allowed. Only one warning.
 - Includes Racing
- Mandatory practices start the 1st day of school. Miss a practice anytime that week because of unexcused absence, you will not participate in the next meet.
- Miss a meet because of an unexcused absence, you will not compete in the next meet. Miss 2 meets due to unexcused absences and you are no longer part of the racing team.
- Be on time to practice. Practice will start at 3:45 pm and will last generally for two hours. 2-3 days/week we will be traveling for quality & variety of workout. I don't want to be pressured into cutting your kids short of what they require to be their best.
- No alcohol, drugs, or smoking is allowed. The first offense is your last offense on this team.
- Be examples of good kids in school. Stand up for those less fortunate than yourself.
- Everyone must have a goal and take the necessary steps to accomplish those goals. You may be dismissed from the team for not trying to reach your goals.

Mentoring Program

- We have most of the smartest kids in the school.
- 2014 Girls Varsity, highest GPA in all of athletics.
- Lower classmen will be paired with upperclassmen. It is the responsibility of the upperclassmen to check up with teachers, projects, tests, etc. of the underclassmen and be sure he/she is kept on track. Some kids have to be taught how to be responsible and I want to aid in this process.

Fundraisers

- 10 mile run-a-thon
 - Pledge per mile, expectation of \$100/athlete
- Ultimook Race
 - One weekend
 - My expectations
 - Your expectations
- No car washes, etc.



Main job responsibilities

- Volunteer Coordinator
- Course Marking – Scott Bailey
- Race Logistics – Scott Bailey
- Shirt sales/gatorade
- Tech/Timing
- Friday coordinator
- Course Officials
- Finish Line/Finish Shoot
- Hot Showers, \$2.00
- Team Greeter
- **Volunteers meet at 7:30 underneath the bell**
- Encourage your neighbors/friends/family
- Fun for everyone
- No concessions, no food provided?
- Volunteer t-shirts

Kids

- Monday, Labor Day work day on the farm.
- Thursday, Sept. 10th
 - Making of flower bouquets after practice—bussette
- Friday, Sept. 11th
 - Preparing race numbers and team packets—bussette
- Saturday, Sept. 12th
 - Be prepared to help after race
 - Hot Showers\$2.00/shower