

Cross Country Philosophy

Coaching Philosophy

The Flagler Palm Coast High School Cross Country Program functions under some basic tenets and philosophies. We believe the benefits of participating and competing in sports programs at the high school level is an invaluable life long experience. The coaching staff is well versed in not only the physical aspects of training, but in the psychological and neurological effects that training has on young people. We also believe very strongly in the socialization process that students experience with their team. Cross Country gives students multi-cultural interaction within their own team as well as the travel and cultural experiences associated with meets.

The Flagler Palm Coast High School Cross Country Program functions as a cohesive unit. The "team" concept is stressed first and foremost. Students are taught that team concerns come before individual ones. The team and the program are only as strong as its weakest link. Students have the opportunity to compete at either the Varsity or JV level.

The Flagler Palm Coast High School Cross Country Program is tough both mentally and physically. The coaching staff tries to refrain from making any negative comments. We utilize positive reinforcement in the form of praise, awards, or other incentives. We encourage the students to seek intrinsic motivation and enjoyment besides the usual extrinsic motivators. Goal-setting is also a big part of our program that is utilized on a daily, weekly and seasonal basis.

As a coaching staff we try to develop and cultivate the "whole-person" concept in each student-athlete. This means working on all elements of their person: mental, physical, and social. We look for them to prioritize all of the aspects of their life: family, church, academics, and then sports. We hope that each student will leave the program as a confident, healthy, socially aware, self-sufficient, productive young adults.

Training Philosophy

The Flagler Palm Coast High School Cross Country Program's training philosophy is based on sound scientific training principles. The staff is trained in and utilizes the theories and methods put forth in the USA Track and Field Coaching Education Curriculum. The Flagler Palm Coast High School Cross Country Program is designed to develop the "total" athlete.

Periodization is one aspect of our philosophy. It is the continuous cyclic structure of training to achieve optimal development of performance capacities. It consists of periodic changes of the objectives, tasks, and content training. It can be further explained as the division of the training year to meet specific objectives, these objectives are:

1. Preparation for optimal improvement in performance.
2. Preparation for a definitive climax to the competitive season.

Other principles used in our training are the Law of Overload, the Law of Reversibility, the law of Specificity, the SAID principle, and Progression. The Program also places emphasis on the importance of proper nutrition and prevention. Prevention means the ability to avoid injuries, illness or burnout during training. Methods of prevention that we emphasize are: weight training, flexibility training, ice therapy/bath, proper shoes, proper hydration, and good nutritional habits. The following sections in this program contain articles and readings that take a more in depth look at these methods. The Flagler Palm Coast High School Cross Country Program desires that its athletes will become students of their sport.