

## Coach Clementson's Track and Field Philosophy

I love the sport of track and field and I love helping kids improve mentally, physically and personally. It excites me to have the chance to help you be successful in all areas of your life.

As your coach, I expect you to strive for your best in all that you do. The great thing about track is that everyone is able to be successful. Your success can be determined in more ways than just winning an event. In a meet situation, I believe you are successful if you meet or exceed your goal in an event and/or beat your personal best (PB). You can also be successful by being part of a great team effort. You will be guided with training, advice from coaches, and goal setting, but you ultimately control your success through your own hard work and determination. Your hard work and faith in yourself and your team will be the cornerstones of our success as a team.

Everyone is welcome to compete on the track and field team at PCHS, and we will try to match events with each athlete's area of interest. However, due to reasons of safety, team discipline, and competitiveness, the coaching staff will have the final say in which events each athlete practices for and competes in. In all that I do, I will strive for what is best for the team. My goal is to position the team to perform well in the Great River Conference (GRC) meet. It is also my goal to advance as many individual athletes and relay teams on to the Section and State meets.

Each coach on our staff is experienced and knowledgeable in the sport of track and field. We set up your workouts to make you the best that you can be. We ask that you follow these prescribed workouts and check in with us when they are finished. Be mentally and physically prepared to perform the demands your event coach asks of you. If done correctly, these workouts will help drive your success.

You are a valued member of our team. You will be respected by your coaches and your teammates and for that reason we expect that you will give the same respect back to your teammates and coaches. You will need to keep your coaches informed of any issues, problems, and/or concerns throughout the season. Communication is very important in keeping a positive experience for all.

Goal setting is a very important part of track and field. When setting goals you will need to set both short and long term goals for yourself and for the team. You should be making, setting, and thinking of your goals on a daily basis. Your goals should also be shared with your event coach so that we can better understand how to guide you through your practices.

Have faith in your coaches, teammates, and most importantly yourself. PCHS track and field puts a big emphasis on the team, but in order to have a successful team we need to have many individuals working toward their team and individual goals. YOU are the only one that can get yourself to the end of the workout or competition. If you put in the time and hard work, you will succeed!