The Long Green Line

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Psychological Parameters of the Program
Tradition

- 51 National Titles (Cross Country/Indoor and Outdoor Track and Field Men and Women)
- 1500 All-American (Cross Country/Indoor and Outdoor Track and Field Men and Women)
- 208 Individual National Champions (Cross Country/Indoor and Outdoor Track and Field Men and Women)
- Tradition doesn’t make you run faster, but it does help athletes with their confidence & faith
Expectations

• Extremely high
• Expected to win National Championship in cross country
• The current athletes learn the program as well as its history and want to make their own mark on its legacy
Work Ethic

• Athletes believe in the program and are committed to the process of hard work
• Athletes are confident going into races knowing that they have worked extremely hard
• Unshatterable Belief!
Something Bigger Than Yourself

- Running for your team, coach, community, family, not just yourself
- When it gets tough!
- Who/How do athletes justify performance?
Responsibility to Program

- Athletes feel responsible to contribute to their team goals
- Responsible for keeping and adding to the tradition
- Responsible to each other
- Responsible to develop their own God given talents
- Do you lack knowledge or motivation, which is a greater failure?
Lifestyle

• Not the typical college student
  – High Academic Standard
• Going to bed early (9 to 9.5 hours of sleep) and not taking part of the typical college activities (polypeptides)
• Proper nutrition and hydration
• Taking care/listening to your body
Running Environment

- 7,544 ft. elevation
- Easy access to trails and dirt roads all around town
- Small Town
- Minimal distractions
Women vs. Men

- Menstrual cycles - (birth control pills used to regulate period - can cause weight gain)
- Hard work – Testosterone levels
- Strength work – maintain and continue longer
- Why they run? Survey number one question to high school boys and girls cross country runners after race.
Traditions

• Run for something bigger
• Chants
• Drawings (Sharpie Tats)
• Home Meet Tradition
• National Meet Tradition
• Women athletes need to know they are part of something important
  something they believe in
• Puzzle
Coaching

• Have confidence in yourself and your program
• Let them know you care about them as a runner and as a person
• Individual race plans
• Hold them accountable
• Be direct & stern when needed, but not all the time
• Coach the emotional side
Hard Work

• Pay attention to overtraining “better to be 1% under-trained than 1% over-trained”

• Live a Spartan lifestyle (Ernst Von Aiken quote) “eat as if you were a poor man, do endurance training daily, and don’t let your mind go to seed”

• Teach competitiveness – “The Hungry dog fights best”
Nutrition/ Supplements/ Body Weight

- Eat well balanced diet
- 4 to 5 meals a day in smaller portions
- Hydration
- Liquid Iron Formula

- Weight loss nutritional program
- Weight maintenance program
- Weight gain program
- Female Athlete Triad
- Stress Fractures
Injury Prevention

- “Cross country running has the highest rate of injuries of all high school sports. The injury rate is even higher for girls than for boys.”

by Gabe Mirkin MD
Cross Training for Injured Athletes

- Alter G Treadmill
- Eliptical
- Bicycle
- Race Walk
- Aqua Jogging
- Stair Climber
- Cross Country Skiing