



# Staying Connected in a Disconnected World

Ken Reeves  
LA 84 webinar

From: LA84 Cross Country Coaching Clinic Webinar 6/24/2020



# Basic Information

- Email Address
- [kenreeves@venturamail.net](mailto:kenreeves@venturamail.net)
- Link for PowerPoint
- [Clinic Powerpoints Link](#)
- Foothill Technology Website
- <https://www.foothilltechnology.org>

# Foothill Technology Website

Click on Athletics &  
then Fall Sports



## Foothill Technology High School

Parents Staff Alumni



INQUIRE



ABOUT

ACADEMICS

STUDENT LIFE

STAFF

ATHLETICS

### Foothill Tech Dragons

Student-athletes have the opportunity to compete in 11 different sports at Foothill. In the first five years of competition, Foothill athletic teams won 36 league championships, three CIF Team Championships, one CIF Individual Championship, and three CIF State Championships.



Program & Info

Spring Sports

Fall Sports

Spirit Store

Winter Sports

Congratulations CIF SS Div 7  
Champions!

From: LAMC



# PowerPoint Link

Click on More to access Clinic

Info





A silhouette of a person running on a beach at sunset. The runner is in mid-stride, and the background shows a bright orange and yellow sky over the ocean. The water reflects the sunset colors.

# Take Care of You!

- Aretha Franklin
- Be smart
- NFHS Membership
- California Coaches' Association Insurance
- Follow the Guidelines
- Verify the allowable procedures for communication
- Reminder the Dead Period Rules of SS

From: LAM Cross Country Coaches Clinic Webinar 6/24/2020

# You have a great return to play plan

8 high schools will each win \$20,000 from [#ProjectPlay](#)'s new Reimagining School Sports in America initiative. We're looking for innovative schools that make healthy opportunities available to all students.

A promotional banner for Project Play. It features a collage of four images: three female soccer players in red jerseys, a basketball player in a yellow jersey, a baseball player in a blue uniform, and a female basketball player in a white jersey. The text 'THE ASPEN INSTITUTE' is at the top, followed by 'PROJECT PLAY' in large red letters and 'REIMAGINING SCHOOL SPORTS' in blue. Below this are logos for adidas, Reebok, Dick's Sporting Goods, and HSS. The text 'Eight high schools will win \$20,000 each' is in red. At the bottom, it says 'APPLY TODAY: as.pn/schoolsports' and '#ProjectPlay'.

Reimagining School Sports in America — The Aspen Institute Project Play

A new multiyear initiative from Project Play to help high schools provide quality sports experiences and physical activity for the broadest reach of the student...

[aspenprojectplay.org](https://aspenprojectplay.org)

# NATIONAL SEARCH APPLICATION

Reimagining School Sports in America is looking for the most exemplary high schools that supply quality sports opportunities for the broadest reach of the student population. **Eight winners will each receive a \$20,000 award**, plus national attention.

One winner will be selected in each of the following eight school types based on innovative models, best practices and ideas that grow sports participation:

## **URBAN LARGE-POPULATION PUBLIC HIGH SCHOOLS**

*LOCATED IN A CITY/URBAN AREA WITH MORE THAN 1,000 STUDENTS*

## **URBAN SMALL POPULATION PUBLIC SCHOOL**

*LOCATED IN A CITY/URBAN AREA WITH LESS THAN 1,000 STUDENTS*

## **SUBURBAN LARGE PUBLIC SCHOOL**

*LOCATED IN A SUBURBAN AREA WITH MORE THAN 1,000 STUDENTS*

## **SUBURBAN SMALL PUBLIC SCHOOL**

*LOCATED IN A SUBURBAN AREA WITH LESS THAN 1,000 STUDENTS*

## **RURAL LARGE PUBLIC SCHOOL**

*LOCATED IN A RURAL AREA WITH MORE THAN 350 STUDENTS*

## **RURAL SMALL PUBLIC SCHOOL**

*LOCATED IN A RURAL AREA WITH LESS THAN 350 STUDENTS*

## **CHARTER SCHOOL**

*CHARTER HIGH SCHOOL OF ANY SIZE*

## **PRIVATE SCHOOL**

*PRIVATE HIGH SCHOOL OF ANY SIZE, INCLUDING PAROCHIAL SCHOOLS*

To apply, employees of high schools are asked to complete a short application. Qualified schools will advance to the next round, where they will be asked to complete a more comprehensive online application and, when requested, participation in an interview. Winners will be announced during 2021.

[APPLY NOW](#)

[CONTEST RULES](#)



# Take Care of You

- Coaching Groups
  - What I appreciate about the groups
  - Drafts-the 24 hour rule
- Contact Positive People
- Be a good example
- Time to research the sport
- 15 minute rule
- 1 hour screen time rule

From: 1484 Cross Country Coaches Clinic Webinar 6/24/2020



A vertical image on the left side of the slide shows a person running on a beach at sunset. The runner is silhouetted against a bright orange and yellow sky. The water is calm, reflecting the runner and the sky. The image is framed by a curved orange border.

## Low Tech Reeves

- No cell phone
- No social media
- After this week, no message boards
- Walt Lange Flipboard
- Key websites to check
  - CIF SS
  - CIF State
  - Eric Sondheim
  - Your own district/school
  - County office of health

From: LAA Cross-Country Coaches Clinic Webinar 6/24/2020



# Communicating with

- Athletes
- Parents
- College Coaches

From: LA84 Cross Country Coaches Clinic Webinar 6/24/2020

A silhouette of a person running on a beach at sunset. The runner is in mid-stride, and the background shows a bright orange and yellow sky with clouds. The water reflects the sunset colors.

# Methods with Athletes

- Email
- XC Stats
- Mentors
- Student Chat Groups
- Strava/Garmin
- Zoom
- Website
- Snail Mail--especially during the pandemic

From: LAA Cross Country Coaches Clinic Webinar 6/24/2020



# Email

- Team group
- Usually go BCC
- Purposes
  - Workouts
    - Read the workout---problem rule
  - Feedback
  - Links

From: LA84 Cross Country Coaches Clinic Webinar 6/24/2020





# XC Stats

- Email function/Team Communication
- Daily Logs
- Leaderboard
- Contact Mike Sherwood for far more details on XC Stats
- [mike@xcstats.com](mailto:mike@xcstats.com)

From: LA84 Cross Country Coaches Clinic Webinar 6/24/2020



# PowerPoint on Setting Up

- Powerpoint on how to set up and use your log on XC Stats

From: LA84 Cross Country Coaches Clinic Webinar 6/24/2020



## Mentors

- Who are they?
- How are they selected?
- What do they do?
  - Normal year-Signs, chalk, scavenger hunt
  - This year
- Weekly gender meetings at lunch
- Methods of contact
- Organize team chat groups
  - Coaches are not involved

From: LAM Cross Country Coaches Clinic Webinar 6/24/2020



# Strava/Garmin

- Student organized
  - Again, I don't check these
  - Have never been on Strava
- Very positive results during COVID19
- Helps with motivation
- Huge jumps and positive connection with groups

From: LAC Cross Country Coaches Clinic Webinar 6/24/2020





## Zoom/Google Chat

- Weekly team meetings
  - Secured meetings (student as host)
  - Guest Speakers
  - Team Interaction time without coaches
  - Team Zoom Core without coaches
  - What I have learned about running a meeting

From: 1484 Cross Country Coaches Clinic Webinar 6/24/2020



# Examples of Guests

- All American College runners
- Freshman in college runners
- Professional runners
- Elite runners turned coaches
- Eric Reynolds--Kinney National Champion
- Steve Scott
- Deena Kastor
- Tim O'Rourke

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## Zoom Continued

- Parent/Student Seminars (will explain later)
- Incoming Student/Parent Meeting
  - Principal
  - AD
  - Athletic secretary
  - Things I learned from this meeting
  - Lack of interaction

From: L.A. Cross Country Coaches Clinic Webinar 6/24/2020



# Website

- Teach the athletes to use the website
- [Cross Country website\\*](#)
- Meets Hosted/Schedule/Team Handbook
- Summer Training/Fall Training/Daily Practice Location
- Important Messages/Course Maps/Seminars/Results
- Top 10 Lists/College Choices/History/Student's view
- Coaching Staff/Big Bear Elite Camp





# Website-Some keys

- Summer Training
  - Training Schedules
- [Rookie Runner Summer Program](#)
- [Returning Runner Summer Program](#)
- [CIF Level Runner Summer Program](#)

From: LA84 Cross Country Coaches Clinic Webinar 6/24/2020



- Meeting dates, paperwork, permission slips
  - Rules of the Road
  - Social Media Contract
- Training locations, shoe day, XC Stats info, Sign in
- Preseason PowerPoint
  - Possible June Powerpoint for incoming students, returners and parents



## Other Website Information

- Proposed Budget
  - [2020 Proposed Cross-Country Budget](#)  
(very tentative at this time)
- Colleges
  - [College Choices of FTHS CC Graduates](#)
- School Records/Top 10 Lists
  - [Link for course records and top lists](#)

From: LA84 Cross Country Coaches Clinic Webinar 6/24/2020



# Website Continued

- History
  - [All Time Letter, All League, All County, All CIF, All State, Academic Awards, 4.0 and Team Awards list \(click on appropriate tab\)](#)
- Student Parent Seminars
  - [Summer Seminar Link](#)
- Team Handbooks
  - [2020 CROSS-COUNTRY HANDBOOK](#)





## Other Responsibilities

- Paperwork
  - <https://www.footballtechnology.org/athletics/program-info>
- Social Media Contract and Permission Slips
  - [All Permission Slips](#)
  - Social Media Contract in team handbook
- When are you not a cross-country runner
- Possibly virtual freshman academy
  - [CROSS-COUNTRY ACADEMY LINK](#)

From: LA84 Cross-Country Coaches Clinic Webinar 6/24/2020



# Social Media Contract



Please Print Student Name: \_\_\_\_\_

## Ventura USD Student Athlete Social Media Agreement

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status or post that you or your friends put online is forever part of your digital footprint. You never know when a posting may come back to hurt or help your reputation during the recruiting/college admissions process, a new job, or other important areas of your life.

Recognizing the above: Please check all boxes

\_\_\_\_\_ I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.

\_\_\_\_\_ I will not degrade my opponents at any time.

\_\_\_\_\_ I will post only positive things about my teammates, coaches, opponents and officials.

\_\_\_\_\_ I will consider "Is this THE ME I want you to see?" before I post anything online.

\_\_\_\_\_ I will ignore any negative comments about me and will not retaliate.

\_\_\_\_\_ If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team coach.

\_\_\_\_\_ I am aware that I represent my sport(s), school team, family and community at all times and will do so in a positive manner.

Student Athlete Signature: \_\_\_\_\_

Parent's Printed Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

# Website Links

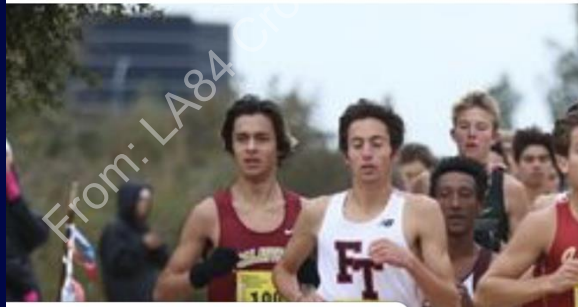
Click on Cross-Country



FOOTHILL TECH  
COLLEGE

CROSS-

- FTHS Sponsored Me...
- 2020 CC Schedule
- CC Team Handbooks
- Summer Practice an...
- Fall Practice Inform...
- Daily Practice Locati...
- Important Messages
- Course Maps and M...
- Parent and Student ...
- ☒ CC Results
- Top 10 Lists and Sch...
- History of Program...
- College Choices by ...
- Students' View of Cr...
- Coaching Staff
- Big Bear Elite Camp





# Communication with Parents

- Teach to use the website
- Sign up form
- Weekly Email
- XC Stats opportunity
- Seminars
- Zoom Introductory meeting
- Shoe Day/Virtual fittings
- Momnet/Parent Coordinator/Mentoree

From: LAU Cross Country Coaches Clinic Webinar 6/24/2020



## College Coaches

- Athletes reach out
  - Email
  - Old school snail mail
- High School Coaches Reach out
- Virtual visits
- Now is the time

From: LA84 Cross Country Coaches Clinic Webinar 6/24/2020



## Connect with

- Students
  - Received this article the day after the clinic
  - <https://medium.com/@coachbrett/5-tips-to-enhance-coach-athlete-communication-a1b37b00b2>
  - Interesting article coach/athlete communication tips
- Parents
- Colleagues-Weekly school email
- College Coaches-Newsletters
- Administrators-All documents and events
- Mentors-Weekly meeting





## Wrapping it up

- Something motivational
- Something positive
- Something helpful
- Something Fun
- Links
- "Sometimes the moments that challenge us the most, define us." Deena Kastor
- Questions
- [kenreeves@venturamail.net](mailto:kenreeves@venturamail.net)