Staying Connected in a Disconnected World

Ken Reeves
LA 84 webinar
Basic Information

- Email Address
- kenreeves@venturamail.net
- Link for PowerPoint
- Clinic Powerpoints Link
- Foothill Technology Website
- https://www.foothilltechnology.org
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.

Congratulations CIF SS Div 7 Champions!
Click on More to access Clinic Info

FOOTHILL TECHNOLOGY CROSS-COUNTRY
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
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.

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
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
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 Sondheimer
  - Your own district/school
  - County office of health
Communicating with

- Athletes
- Parents
- College Coaches
Methods with Athletes

• Email
• XC Stats
• Mentors
• Student Chat Groups
• Strava/Garmin
• Zoom
• Website
• Snail Mail--especially during the pandemic
• Team group
• Usually go BCC
• Purposes
  – Workouts
    • Read the workout---problem rule
  – Feedback
  – Links
XC Stats

• Email function/Team Communication
• Daily Logs
• Leaderboard
• Contact Mike Sherwood for far more details on XC Stats
• mike@xcstats.com
PowerPoint on Setting Up

- Powerpoint on how to set up and use your log on XC Stats
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
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
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
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
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
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
– 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
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.foothilltechnology.org/athletics/program-info](https://www.foothilltechnology.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](#)
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 sent 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
CROSS-COUNTRY

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
College Coaches

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

- Students
  - Received this article the day after the clinic
  - https://medium.com/@coachbrett/5-tips-to-enhance-coach-athlete-communication-o1b37b00b2
  - 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