

Coach's Top 10 Tips for Success
Great performances come to those who "Earn It:."

1. Consistency – every workout, 6 days a week - 8-16 weeks
2. Proper sleep, nutrition, hydration, and energy bar or choc. milk within 20 min. of w/o.
3. Proper training, warm up, warm down, core, stretching, strides
4. Mentally prepare for the next workout
5. Learn from your last race, prepare for your next
6. Become a student of your sport. Know why we do what we do and take ownership.
7. Communicate with your coaches. Be part of your training plan.
8. Log your workouts, log your goals and have step to achieve them.
9. Get a stopwatch or better yet a GPS watch
10. Make the team and your teammate better because you are on the team