

MAKING THE MOST OF WHAT YOU HAVE

How to adjust year to year to fit your team

BOZEMAN HIGH SCHOOL

- 2018 Student Enrollment of ~ 2200
- 130-40 XC runners
- 2019 Bozeman added 2nd HS
- After split student Enrollment of ~ 1200
- 75-85 XC runners
- 60-65% female in recent trends

WHAT CHANGE CAN HAPPEN?

- Team size/depth
- Culture
- Competitiveness
- Goals
- Leadership
- Athlete Development

TEAM DEPTH

- Graduation
- School Split
- Class size
- Lack of depth (Varsity)
 - I tend to take less risk
 - Don't want to risk injury

TEAM DEPTH

- 2019 vs 2024 (65 kids vs 85 kids)
- Competition with Club Sports
 - Soccer & Nordic Ski
- Dual Sport participation
- Can we come back to this?
- Weston/Nathan vs Tula & Necia

TEAM CULTURE

Culture – the shared set of values, beliefs, attitude, and behaviors that define how team members work together.

- How can we maintain a consistent culture?
 - HARC Camp sets this stage for us
 - Driven by the athletes and captains
 - We as coaches communicate and set our expectations

COMPETITIVENESS

- Graduating a larger motivated group (2020-21 Girls Example)
- Top Individuals
- Nathan Neil (University of Washington) Hayley Burns (NAU) Weston Brown (Princeton) Camila Noe (MSU) KJ Popiel (Mercy) Miles Halvorsen (Colorado State), Duncan Hamilton (MSU – Nike), Piper Meuwissen (Adams State)
- Adjust travel and meet plans (Brooks PR, HOKA, NON, NIN)
- Adjusting training levels and workout to fit your current team & top individuals

GOALS

Adjust goals each year that make sense for your team

2016 vs 2017 for BHS Boys

Goals for teams had to adjust after the school split

The little wins over the course of the season (7 v 7)

We want all of our athletes to be enjoying the sport well
beyond the HS years

Alumni Run

BHS GOALS

- Win State for Boys and Girls
- Boys Top 7 under 16:30
- Boys Top 20 under 17:30 (lettering standard)
- Girls Top 7 under 20:00
- Girls Top 20 under 21:45 (lettering standard)
- Team pre-meet lunches (led by captains)
- Team movie nights/dinners (led by captains)

LEADERSHIP

- Captains
- Younger athletes may be asked to step up
- Coaching changes
- Team leaders (influencers)

ATHLETE DEVELOPMENT

- Control Training Levels
- Adjust as needed
- Clear communication with athletes on this progression
- Knowing your athletes and making the correct coaching call
- Girls vs Boys

ATHLETE DEVELOPMENT

MEETING LOCATION	BHS	BHS	BHS	Gallatin Meet	BHS	Grass Field
	10/13/2025	10/14/2025	10/15/2025	10/16/2025	10/17/2025	10/18/2025
Level 1 & 2 22 miles	4 Mile Easy Run	<i>Washer Workout</i>	4 Mile Easy Run	Gallatin Meet	4 Mile Easy Run	
Level 3 30 Miles	4 Mile Easy Run	<i>Washer Workout</i>	4 Mile Easy Run	Gallatin Meet	4 Mile Easy Run	
Level 4 30 Miles	4-5 Mile Easy Run	<i>Opening 400, 1600m @ Tempo, 2 X 1000m @ RP, 400m finish pace</i>	4-5 Mile Easy Run	Gallatin Meet	4-5 Mile Easy Run	<i>Opening 400, 3 x 1600m @ Tempo, 200m finish pace</i>
Level 5 45 Miles	5 Mlle Easy Run	<i>Opening 400, 1600m @ Tempo, 3 X 1000m @ RP, 400m finish pace</i>	5 Mlle Easy Run	Gallatin Meet	5 Mlle Easy Run	<i>Opening 400, 3 x 1600m @ Tempo, 2 x 200m finish pace</i>

CAMILA VS HAYLEY

- Camila - constantly had to pull the reigns back
 - Overran easy runs, long runs, and workouts
 - Finally had a breakthrough late in her career as I was able to get her to ease up
- Hayley – Showed up to everything, but had to really motivate her to push workouts
 - Didn't over run anything, etc

THANK YOU

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