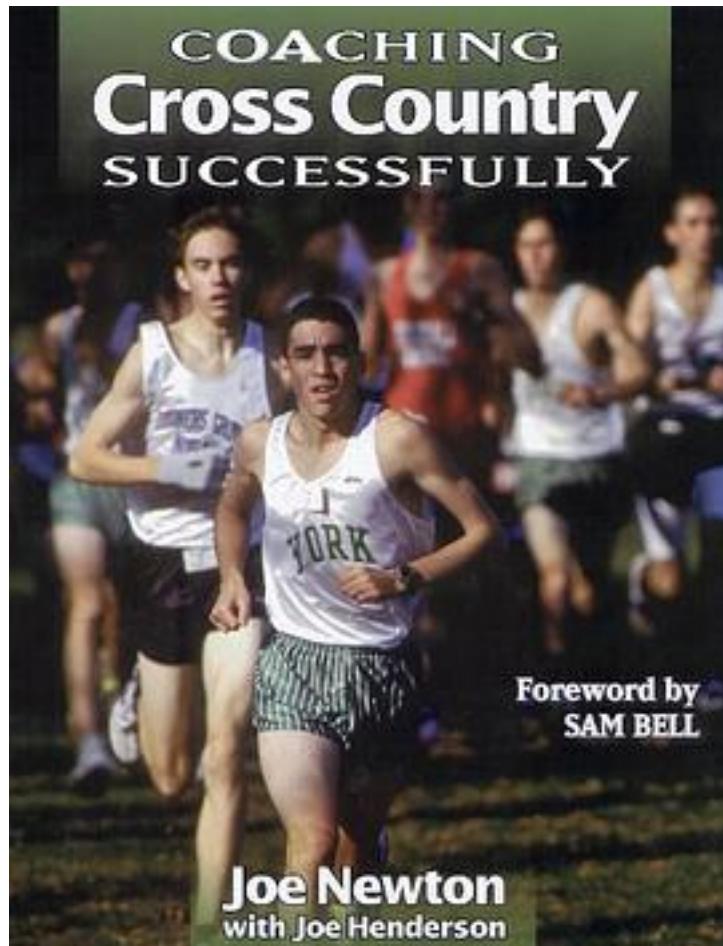


Coaching Cross Country Successfully



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One look at Joe Newton's record and it's easy to see why he's achieved near-legendary status as a cross country coach. During 48 years at York High School in Elmhurst, Illinois, he has dominated like no other cross country coach ever has, leading his teams

to 19 national titles and 24 state titles. At home, his squads have been nearly invincible, winning 98% of their meets. Now in "Coaching Cross Country Successfully," Newton shares the secrets to his unmatched success. With this complete guide, you'll get a firsthand account of how to teach, train, and motivate like the master. You'll learn not only how Newton built his running dynasty but also how you can apply his principles of discipline, dedication, and teamwork to create your own winning cross country program. Combining straightforward instruction with dozens of personal anecdotes, Newton shows you how to: - recruit athletes within your school, - teach the basics of distance-running technique, - develop winning race strategies, - prepare for meets, and- evaluate runners and your running program. You'll also find dozens of time-tested workouts and a copy of Newton's 12-week practice schedule for title-winning performance. In addition, "Coaching Cross Country Successfully" provides you with a look at Newton's mastery of the intangibles of running a cross country program. Learn how he uses his enthusiasm and communication skills to motivate his athletes and build support for his program within the school and community. Best of all, Newton tells you how to do these same things in your program. "Coaching Cross Country Successfully" is part of the Coaching Successfully series, a resource in the American Sport Education Program's SportCoach curriculum.

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