



NORTH CENTRAL COLLEGE
 NAPERVILLE, ILLINOIS
 Founded 1861



RUN FOR FUN AND PERSONAL BESTS
The North Central Influence and Building Championship Distance Culture

Rob Harvey NCC '94/Wheaton Warrenville South
 Dan Iverson NCC '94/Naperville North

Illinois Track and Cross Country Coaches Association Clinic
 January 14, 2012



WHO WE ARE...

Dan Iverson

- ✦ NCC Class of 1994
- ✦ Naperville North
- ✦ Head Girls Cross Country Coach
- ✦ Assistant Girls Track & Field Coach

Rob Harvey

- ✦ NCC Class of 1994
- ✦ Wheaton Warrenville South
- ✦ Head Girls Cross Country Coach
- ✦ Head Girls Track & Field Coach



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WHY WE ARE HERE

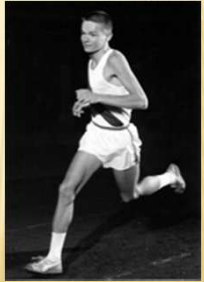

- ✦ Our experiences running for Al Carius at NCC have been profoundly influential on our lives as coaches, as teachers, husbands, fathers and friends
- ✦ We believe what Al teaches at NCC is the formula to be Champion athletes by first being Champion *people*
- ✦ We hope to convey the means by which we have attempted to apply the lessons we learned at NCC, from Al, to what we do on a daily basis in our respective programs
- ✦ Let's begin by letting Al introduce the [NCC program](#) to you...

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AL'S INFLUENCES – ORIGINS OF RFFAPB

- ✦ University of Illinois
 - + The Cemetery
 - + Fall of 1961
 - + No Scholarships
 - + Met Four Runners who loved to run



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AL'S INFLUENCES – ORIGINS OF RFFAPB



- ✦ Ted Haydon
 - + University of Chicago Track Club
 - + Always put the individual before the sport



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AL'S INFLUENCES – ORIGINS OF RFFAPB



- ✦ John Wooden
 - + The inside out approach to coaching



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AL'S INFLUENCES – ORIGINS OF RFFAPB

- ✦ Dr. Jeff Duke
 - + “Three Dimensional Pyramid of Coaching Success
 - + This approach affirmed RFFAPF to AI at the 2009 USTFCCCA Clinic



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Applying Run for Fun and Personal Bests...

WHAT IS CHAMPIONSHIP CULTURE?

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WHAT IS CHAMPIONSHIP CULTURE?

- ✦ Values – See Wooden’s Pyramid of Success
- ✦ Support System
- ✦ More Important Than Workouts
- ✦ Always a Work in Progress – Never Fully Achieved
- ✦ Art more than Science
- ✦ Can be Applied in Numerous Ways
- ✦ Provides the Freedom to Fail

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PHILOSOPHICAL INFLUENCES...COACHING

- ✦ John Wooden – *They Call Me Coach* (From AI)
- ✦ Phil Jackson – *Sacred Hoops* (From AI)
- ✦ Yeager et al – *Character and Coaching*
- ✦ Leading with the Heart – Mike Krzyzewski
- ✦ Finding a Way to Win – Bill Parcells
- ✦ Adam Goucher/Tim Catalano – *Running the Edge*

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PHILOSOPHICAL INFLUENCES...RUNNING

- ✦ Christopher MacDougal – *Born to Run*
- ✦ Chris Lear – *Running with the Buffaloes*
- ✦ Matt McCue – *An Honorable Run*
- ✦ How to Become a Champion - Percy Cerutti
- ✦ John L. Parker – *Once a Runner*
- ✦ Bobby McGee – *Magical Running*
- ✦ Adam Goucher/Tim Catalano – *Running the Edge*

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RUN THE EDGE



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**AL CARIUS:
RUN FOR FUN AND PERSONAL BESTS!**

- ✦ Simple, powerful philosophy
- ✦ Running is something you get to do, not something you have to do
- ✦ Must create in athletes a love of each other and of the sport
- ✦ EVERYONE can achieve success by this standard – you simply must buy in...

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Quotes and Ideas that Form the Building Blocks of "Run for Fun and Personal Bests"

ELEMENTS OF A CHAMPIONSHIP CULTURE

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JOHN WOODEN...THE ESSENTIAL VALUES...

Success is a peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.
John R. Wooden, Head Basketball Coach, Emeritus, UCLA

THE PYRAMID OF SUCCESS

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MAYA ANGELOU

“...I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

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JIM MACNIDER

“The main reason I continued to run after college was that I wanted to model that approach to my high school teams. Al loves running. I enjoyed running before NCC, I loved running when I left and I wanted to make sure the athletes I coached knew that.”

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JEFF STILES (NCC '98)

“If everyone (slowest to fastest) buys into run for fun and personal bests, it will have a powerful impact.”

“Encouraging running becoming a part of our lifestyles is essential and reinforces his run for fun and personal bests.”

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JOHN WEIGEL (NCC CLASS OF '96)

Run for Personal Bests.....what does that really mean? It is more than a "time" kids are shooting for. What Al was trying to get across was getting kids to buy into his philosophy of doing what you can to be the best runner you can be.....making a commitment.....sacrificing certain things most people are unwilling to do for that cause.....working hard...fine tuning races over the course of the season and years. The whole idea is really doing everything you can to maximize your potential. The Fun part comes in taking pride in that. It becomes a lot of fun and satisfying when you put everything you can into something.

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JON MACNIDER

"His running program made me feel like a belonged to something worth my effort to become a part of. His run for fun philosophy that guided the program made me see how a positive attitude about something difficult would see me through all facets of my life."

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HENRY DAVID THOREAU (NOT AN NCC GRAD)

"I went to the woods because I wanted to live deliberately, I wanted to live deep and suck out all the marrow of life, to put to rout all that was not life and not when I had come to die, discover that I had not lived."

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JOE NEWTON

“It’s nice to be great, but
it’s greater to be nice.”

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Tangible means of cultivating a Championship Culture in any program...

**APPLYING “RUN FOR FUN AND PERSONAL BESTS”
TO OUR PROGRAMS...**

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**RUN FOR FUN AND PERSONAL BESTS IN ACTION
AT WHEATON WARRENVILLE SOUTH**

- ✦ The Spirit Stick
 - + The Search for the Great Spirit Stick
 - + Blackwell Forest Preserve
 - + After our first hill workout



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RUN FOR FUN AND PERSONAL BESTS IN ACTION AT WHEATON WARRENVILLE SOUTH

- ✦ The Sticks
 - + Alumni Picnic
 - + 12 Inch Stick
 - + Buying into a Team-First Culture - Responsibility
 - + Lets the Team Express their Individuality



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RUN FOR FUN AND PERSONAL BESTS IN ACTION AT WHEATON WARRENVILLE SOUTH

- ✦ Run the Hill and Senior Moments
 - + The Last Full Team Blackwell Workout



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RUN FOR FUN AND PERSONAL BESTS IN ACTION AT NAPERVILLE NORTH

- ✦ Camping Trip
 - + Target and Goal Discussion
 - + A Common Direction



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RUN FOR FUN AND PERSONAL BESTS IN ACTION AT NAPERVILLE NORTH

- ✦ Red Eye Relay



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RUN FOR FUN AND PERSONAL BESTS IN ACTION AT NAPERVILLE NORTH

- ✦ Big Sister/Little Sister
- ✦ Quote Book/Campfire Discussion
- ✦ Senior Letters

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THE NCC HILL WORKOUT: RFFAPB IN ACTION

- ✦ "The Hill Workout" is a weekly fixture of the NCC season (3-5 mile tempo run/hills/3-5 mile tempo or pick-up run)
- ✦ Workout is tough, but is MUCH more about building Championship Culture than about physiology (not that physiological effect is not important)
- ✦ John Weigel's Hill Story




[Running Times Article](#)

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THE NCC HILL WORKOUT: RFFAPB IN ACTION

- ✦ Adapted by both NN and WWS



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SAMPLE CROSS COUNTRY WEEK AT NCC

- ✦ Monday – 4 x 1600 or 6 x 800 at Lincoln Park
- ✦ Tuesday – Buffer Day! Stress-Free Day!
- ✦ Wednesday – Blackwell Hill Workout/Four Lakes
- ✦ Thursday – Distance Aerobic Run and Building Strides
 - + Nothing Anaerobic on the Distance Run
- ✦ Friday – Race or Pre-Meet
- ✦ Saturday – Race or Long Run
- ✦ Sunday – Church on your own.
- ✦ Morning Run
 - + Monday through Friday as well as Saturday if there is a meet.

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SAMPLE CROSS COUNTRY WEEK AT NNHS

- ✦ Monday – 25 minute running circuit (approx. 300m run/~1min exercise continuously)
- ✦ Tuesday – Distance Run/Strides/Squats/Core Work (AM Plyo Workout)
- ✦ Wednesday – Hill Workout (Only Direct NCC Link – all other links are philosophical)
- ✦ Thursday – Distance Run/Strides/Core Work/Hurdles
- ✦ Friday – Short Distance Run/Strides
- ✦ Saturday – Race or Long Run

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SAMPLE CROSS COUNTRY WEEK AT WWSHS

- ✦ Monday – 4 x 1200 Meter or 6-8 x 600 Meter Repeats
- ✦ Tuesday – Recovery and Team Meeting
- ✦ Wednesday – Blackwell Hill Workout
- ✦ Thursday – Tempo/Threshold
- ✦ Friday – Pre-Meet or Short Recovery/Strides/Core - Short Team Meeting
- ✦ Saturday – Race/Long Run
- ✦ Sunday – Short Recovery on their own or Rest.

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JOHN WEIGEL (NCC CLASS OF '96)

At the junior high level, I can empower the kids [to choose this philosophy.] On interval days once per week my last two intervals are always optional. If we are doing 4 for everyone, I will always have 6 as an option. Part of this is for me to see what kids are willing to do “extra” but part of it is for kids to feel like they got to make a decision that is in the best interest of them becoming better.

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JON MACNIDER

One of Al's biggest influences on me was to set goals. Al taught us to set goals that were concrete, that could be measured. He also taught us that goals needed to be incremental and realistic, but at the same time don't be afraid to dream.

I always preached to my girls to set 3 goals for each race, the 1st was one that you were fairly confident you could achieve, one that you would have to excel to achieve and one that I called the back flip goal. That was the one the if you would hit you would be so happy you would do a back flip!

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CONCERNS REGARDING RFFAPB

- ✦ Confusing “showing up” for “your best”
- ✦ Defining “your best” in terms of intrinsic criteria
- ✦ Overcoming distractions faced by young people from a variety of sources; they can detract from an athlete’s ability or willingness to “buy in”
- ✦ Understanding that “Run for fun and personal bests” is a means to a Championship; it is NOT indifferent to Championships!

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CLOSING THOUGHTS ON APPLYING RFFAPB

- ✦ Goofy is OK
- ✦ Activities should combine both fun and badass hard work
- ✦ Artificial divisions of any kind within the team ought not to be permitted (i.e. freshman “hazing”)
- ✦ Whenever possible, activities should be unique to your program
- ✦ Applied properly, RFFAPB results in Championship People winning Championship Races
- ✦ It’s NOT the workouts!

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QUESTIONS?

WE’LL DO OUR BEST TO ANSWER THEM!

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CONTACT INFORMATION

- ✦ Rob Harvey
+ robert.harvey@cusd200.org

- ✦ Dan Iverson
+ diverson@naperville203.org
