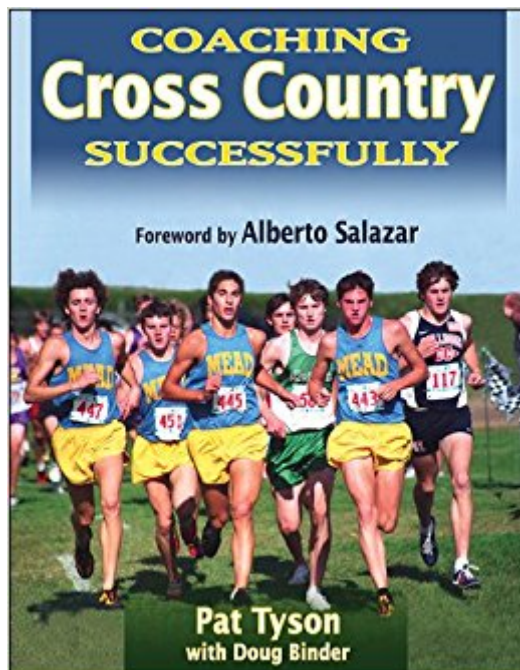


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# Coaching Cross Country Successfully



## Synopsis

In *Coaching Cross Country Successfully*, Pat Tyson shares his secrets to building one of today's elite cross country programs. While there are many instruction books on running, only *Coaching Cross Country Successfully* provides a blueprint to building a successful team:

- Establishing and communicating a coaching philosophy
- Tailoring training to individual and team needs
- Teaching running techniques and improving performance
- Preparing for meets and competition
- Evaluating individual runners and your entire program
- Working with assistant coaches, volunteers, and the community

As one of the winningest cross country coaches in the United States, Pat Tyson developed his philosophies of training and competition by associating with legendary runners and coaches. He was a teammate and roommate of Steve Prefontaine while he was running at the University of Oregon for Coach Bill Bowerman. *Coaching Cross Country Successfully* draws on this breadth of experience, showing you how to inspire your athletes and create your own tradition of excellence.

## Book Information

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## Customer Reviews

Pat Tyson developed his philosophies of training and competition while associating with legendary coaches and runners. He ran at the University of Oregon for Bill Bowerman, the coach of four NCAA champion teams and the cofounder of Nike, Inc. While at Oregon, he was a teammate and roommate of Steve Prefontaine, Olympian and winner of three individual NCAA Men's Cross Country Championships. Recognized as one of the most successful cross country coaches in the United States, Tyson currently serves as head cross country and track and field coach at Gonzaga

University, a position he has held since 2008. Before accepting his position with Gonzaga, Tyson held similar positions at the University of Oregon and University of Kentucky and spent 20 years at Mead High School in Washington while developing it into a distance running powerhouse. During Tyson's time of coaching at Mead, the Panthers achieved an impressive record of 180-8 in one of the toughest dual-meet leagues in the nation. Reaching state competition 18 consecutive years to win 12 state titles, they never placed worse than third. During that time, the Panthers had a nine-year streak when they never lost a competition. In his last three years at Mead, Tyson's teams placed third, fourth, and fifth at the Nike Cross National Championships held in Portland, Oregon. For his remarkable work with the Mead Panthers, Tyson has been named Washington Coach of the Year multiple times. He was nominated for National High School Coach of the Year when his Mead teams were ranked No. 1 by Harrier magazine. Tyson has produced nine Washington prep champions and nine Foot Locker Cross Country Championship finalists. Several of his runners have placed on the All-Time Top 100 List for the state of Washington. As a competitive athlete, Tyson ran cross country and track at the University of Oregon, where he competed in two NCAA Cross Country Championships and helped lead Oregon to first- and third-place finishes. Doug Binder is the editor of DyeStat, the internet home of high school cross country and track and field. His professional sports writing career spans 18 years, including 10 as a high school and track and field writer for Portland's The Oregonian newspaper, where he has covered numerous running championships at the high school, college, and professional levels. In 2008, Binder led the newspaper's coverage of the Olympic Trials. Before his position at The Oregonian, Binder spent three years at the Gazette-Times in Corvallis, Oregon, and two at the Daily Chronicle in Bozeman, Montana. He is a member of the Track and Field Writers of America. In 2005, Binder documented Pat Tyson's final days at Mead High School. Those interviews sparked a friendship that endures to this day.

I thought it was a good read. I think there are better true coaching books with plans but interesting to hear how a powerhouse program runs.

Great book for new and experienced high school coaches. I definitely learned a lot and feel more prepared for my first year of coaching.

Pat Tyson was Steve Prefontaine's college roommate. He became a very successful cross country coach at Mead HS. His story and his program are both inspiring and educational. I am so glad he

took the time to share it with the rest of us. This book is chock full of tidbits on training and coaching young people. I have been coaching the sport for the last 25 years and still was able to pull out a bunch of useful tips.

TERRIFIC BOOK ON COACHING, RUNNING, and CROSS-COUNTRY! I'm a current college debate coach, but for 6 years I coached high school track & cross country [and ran in HS & college]. I've read lots of books on the subject. This book is terrific. It's clear, with excellent organization, and filled with vivid examples to illustrate ideas. But it's not just a sports book. The advice on motivation is terrific for anyone in management--or parents. The style is engaging. HIGHLY RECOMMENDED!

This was such a great book that my husband purchased a second book to give to his assistant coach as a gift when he moved and became the head coach at his new school.

This book summarizes the information that I've heard Pat give to kids and coaches at cross country camp for the past several years. If you can't do a camp with Pat this is the next best thing.

nothing truly new, but still a lot of very good information. I have coached HS XC for 16 years. But I found a lot of good information. An example of the relevance for coaches of young runners is the downhill advice of 'nose ahead of toes'. Simple and understandable.

This book is very informative and easy to read with great info. I highly recommend it for any running coach. The authors are credible, sharing their years of wisdom and knowledge. You can't go wrong with this wonderful book! I give it 100 stars!

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