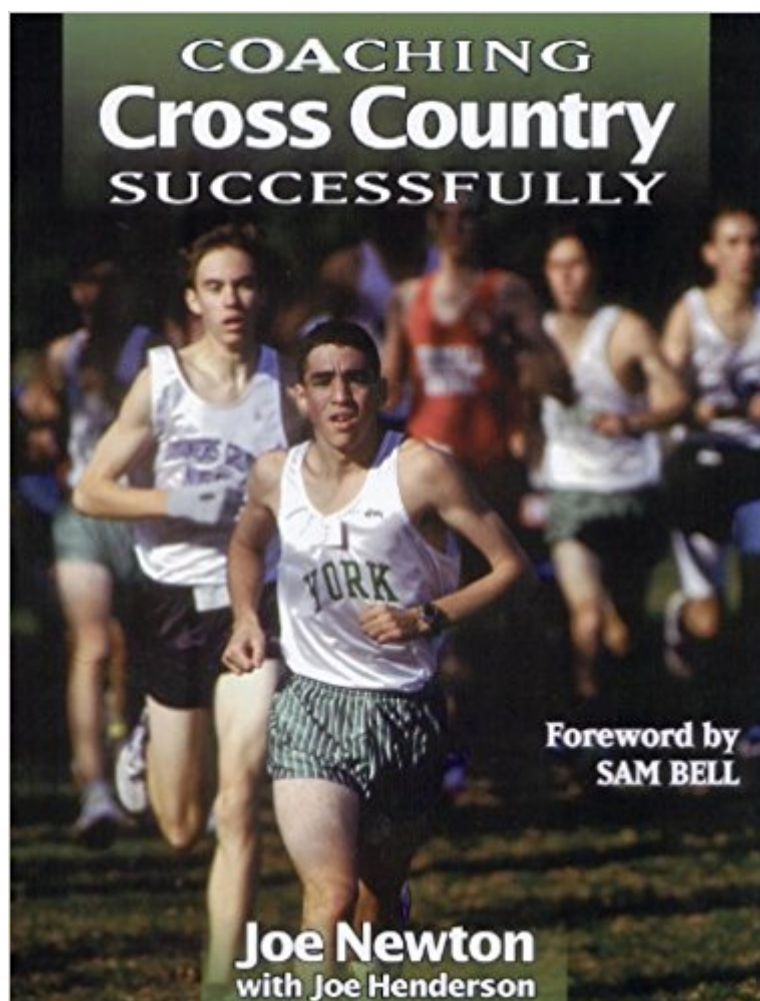


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# Coaching Cross Country Successfully (Coaching Successfully Series)



## Synopsis

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.

## Book Information

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## Customer Reviews

""Joe Newton's philosophy and methodology are time-proven through his legacy of success. Coaching Cross Country Successfully provides immeasurable insights and techniques for programs of all levels. Knowing Joe Newton, it is not surprising he is willing to share the secrets of his success. This is a must addition to every aspiring cross country and track coach's personal library."" Al CariusHead Track/Cross Country CoachNorth Central CollegeWinner of 9 NCAA Division III national championships ""Coaching Cross Country Successfully is a must read for any cross country coach and a great motivator for any cross country runner. The book is simple, sophisticated, and reflects years of passion for the sport. It simply makes me want to go out and run!"" Marius BakkenFormer member, Indiana University track teamNordic recordholder, 3,000 and 5,000 metersTop high school 2-miler in the U.S. in 1996 "

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I ordered these books for our volunteer coaches. Great books highly recommend them to help those who want to learn and those who want to teach.

Masterful! Written by a masterful gentlemen.

The author has many years of experience and many championships under his belt to prove that his methods work. The book is written in a very practical, easily understood manner. It gives lots of great examples and many charts that are useful in developing your own XC program. The book

covers every single aspect of XC so there is something for everyone. This book has been very helpful to me - a new XC coach. I highly recommend it.

I have a lot of respect for Joe Newton. This book was published in the late 90s so some advancements have been made that make this publication a little outdated. All the while, good insights into what has made Coach Newton's program as legendary as it is!

I use part of this as what I do with my team. 20years 18 District championships and 8 state trophies.

Nice to have all the history of their cross country team. Good to see these kids getting recognized. Would like to see more science explained in the program. A lot of "do as I tell you" type of training is explained. I guess that works well for teenagers.

Very good book. Has a lot of inside similar to the way I coach.

The book arrived on time in great condition just as the review stated. The book is a great resource for any one who coaches cross country!

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