

Coach Kalsbeek's Coaching Guide:

1. IT'S ALL ABOUT THE KIDS

If as a coach if you are in it to get something out of it for yourself and your own glory, you are in it for the wrong reasons and very really are NOT a "COACH". My job is simply to help a whole bunch of kids accomplish their goals and to feel good about themselves. It's their team!!

"Hard working talented athletes sure make a coach look good!"

2. BE WILLING TO DO IT WITH THEM

If I make them do it, I must also do it for as long as I am possibly able. At the very least they need to know I used to be able to. They will only respect you more if they know, you know, what they are going through and are willing to jump in and do it with them.

"You can't lead someone somewhere you have not been, or are not willing to go yourself"

3. THEY MUST KNOW THAT YOU CARE

You need to show them in your words, actions, and from your heart that you care about every part of their lives, and that you will be there for them, if they ever need you, for the rest of their lives.

"They don't care how much you know until they know how much you care"

4. ALWAYS BE WILLING TO LISTEN & LEARN

You will never know it all! Always be willing to listen & learn from others, as well as from your athletes.

5. IT'S REALLY NOT THAT IMPORTANT

Our calling in a recreational activity is to simply: Work hard using the gifts God has given us, be positive, have a humble spirit & a servants heart, build up & encourage others, be a good witness in the way that we conduct ourselves, have fun, and do it all for the Glory of God!

*In XC and in everything I do in this life: **"I will run my very best, nothing more, nothing less."**