

Building a Program and Positive Relationships with young Athletes

Coach Kyle Stanton
Custer County District High School
Miles City, MT



Coaching Background

- Grandpa Jim Stanton, Coached multiple sports
- Uncle Jim Stanton, Multi State Champion football coach at Billings Central, MHSA Hall of Fame
- Uncle Rob Stanton, State Champion football coach, multi state champion track and field at Billings West, MHSA Hall of Fame
- Uncle, Pete Stanton, 3 time NAIA National Champion Men's Track and Field at DSU, 10 conference championships in a row DSU football
- Dad, Dan Stanton, 2 time State Champion football coach, head coach for boys basketball and track and field
- Other major Coaching influences:

John Polich

Jeff Regan

Kasey Stanton

James Stanton, Michael Stanton and Tyson Racht

My staff at Custer County



Coaching Staff

Head Coach: Kyle Stanton (100-400, Relays, High Jump)

Assistant Coach: John Tooke (Javelin & Discus)

Assistant Coach: Josh Boeder (Pole Vault)

Assistant Coach: Miles Muscha (Hurdles)

Assistant Coach: Dalton Reid (Long Jump & Triple Jump)

Assistant Coach: Kevin Layton (800, 1600, 3200)

Assistant Coach: Connor Hubbard (Shot Put)



Background Continued

- Graduated from CCDHS in 2011
- Played football at DSU (Coach Biesiot)
- Began coaching football in the fall of 2015 at CCDHS
- Junior high track head coach 2022-2023
- CCDHS head track coach 2023-present



Taking Over a New Program: Where to begin?

Evaluate where you are at as a program

What should we change/what should we keep?

Program numbers- 2022 team finished with under 45 total athletes

Where is our excitement level? - Ours was low- Who cares about track?

Who is involved? - coaches/current athletes

(Do we want them involved?)

Who do we have coming up? -Jr high program

What is our definition of success? As coaches and our athletes.

Do this before every season!



What is success?

Define this early

- Can change every year/self reflection
 - Athlete PR's, trophies at Divisionals/State, points, records?
 - What makes you a good coach?
- Each athlete will have a different version of success
 - these can vary wildly from athlete to athlete
 - talk about this with your kids regularly/the non stars



What do we need to change?

- Little things make a big difference to high school kids!
- Ask the kids! Meet with your seniors. What worked? What didn't? What should we change? Find kids you want to lead your program! Who do you want in your fox hole?
- Talk with other program coaches
- Booster Club



<https://docs.google.com/document/d/1Cez1EHKQNf7wUUWdaKk09-Swf6yozvXjySrSJfg1ZG4/edit?usp=sharing>

What do we change?

- Coaches expectations-
<https://docs.google.com/document/d/1N9K281JXspb7OhkGccwUhMO30QqzOs5NMNpaxrLcVjA/edit?usp=sharing>

Pre-Season meeting/stay in touch

- Athletes expectations-
<https://docs.google.com/document/d/1hP5WBonhs9rMx-NidaewOJJy3i3tOLkXoAmNpdZA9xl/edit?usp=sharing>

Meet in November-Meet after winter sports if you can

- Get kids on Remind or some type of way to communicate with them
- Parent involvement?



Program Numbers and Building Excitement

- Increased numbers from 45 - 80 in the first year
- Over 90 the next two years

How?

- Recruit, recruit, recruit...
- Kids want to be told you want them out competing
- Kids want to be praised (feed their ego)
- Be involved and interested in other sports/work with other coaches
- Social media <https://www.instagram.com/mctrackandfieldmt/>
- **Make practice the best part of a kids day**

-Music, "Olympic Day", competition



Athletes who shaped our current program



Gage Gunther class of 24

400- 51.76 (6th)

800- 1:57.06 (5th)

"will miss this team so much and all the new energy that got brought in this year"



Beck Whicker class of 25

400- 49.27

4x400- 3:25.98



Jake Phalen class of 26

PV- 13'6



Deegan Tvedt class of 25

110H- 16.25

Both Relays

Injury comeback

Athletes who shaped our current program



Liam Lancaster class of 26

3 sport athlete

Great leader

Hard worker



Izak Ziebarth class of 25

3 sport athlete

4x100- 43.70

20' plus LJ



Zach Phipps class of 25

School leader

Baseball player



Evan Pauley class of 26

Hard worker

Glue Guy

Athletes who shaped our current program



Trenton Smith class of 25

your encouragement every day
of track was what made me
believe i could run in college



Samuel Peila class of 25

Maybe those 200 meter repeats
weren't so bad....
[#missitalready](#)
[#samuelsighingout](#)



Peyton Frame class of 26

Great runner/even better person
your identity does not lie in how fast
you can run in a circle but to count
every bit of it joy. Its such a blessing
to have been apart of this team.

MC Track and Field Practice Structure

- 4:15pm - 4:20 pm- Team Meeting - Positive Vibes
- 4:20-4:30 - Team Warm up - start on the whistle - get the music bumpin

Knee Pull to Chest

Quad Pull

Side Lunge

Calves

High Knee Walk

High knees

(Reverse High Knees)

A Skip

B Skip (up-kick)

C Skip (up-out)

Windmill

Big Skips

Box Jumps (bounce/knees to chest)

Pogo Hop 2 feet

Pogo R ft/ L ft

Low Scissors

High Scissors-Prime time

Knee Cross over (focus on knee drive, not speed)

Backward Bound (drive/extend knee)

50-75-85-100



Practice Examples

Monday -Team Wickets to start-Distance/Sprinters together

Break into groups (speed/acceleration)

Ex. 4-5 - 30-40m fly's

Indy Work

Tuesday (typical work day) -

100m-200m sprinters- 3x40m out of the blocks-2x60m - 4-5 minute break

300m-400m sprinters - 3x150m - 8-10 minute break in between!

Always have a rest day after a work day! Meets are a work day!



LINK to 100 Meter Sprint Workout

<https://docs.google.com/document/d/14XrrPw0PZLg9Keku6nXqTwEVDIFdgtXOkhmDGQwelgl/edit?tab=t.0>

Other 300m-400m workouts

- 24 second run (26 girls)
2 sets - all out - 10 minutes in between. Needs to be everything you got!
- Sprint 75m - pause 30 seconds - sprint 75m
Variations of this! Often includes coming around the curve
Want to simulate the final stretch (It will suck! Get used to it!)
- Build up 30m - sprint 70m - maintain 30m - all out (kick it) 40-50m
- 2x200m 8-10 min rest

Always give a lot of rest - it is not a sprint workout if they are breathing heavy when they start



800m - 3200m Workouts

Wednesday, April 22: All Energy Systems

1. Team Warm Ups
2. FLUX
 - a. 3:00 Min 800s x 2
 - b. Easy 2 Laps
 - c. 40 Second 200s x 2
 - d. ON-THE-CURVE
 - i. Wickets
 - ii. 40-60 Meter FLY's ALL OUT
 - e. Easy 2 Laps
3. Mini Bands: A March, Leg Ext, Fires, Air Squat
4. Med Balls: Squat Toss, Quick Slam, Block Starts
5. 5-Min Core
 - a. Plank
 - b. Russian Twist
 - c. Bicycles
 - d. Butterfly Kicks
 - e. Butterfly Sit Ups
6. D-Squad Cool Downs
7. Strides
8. Clap It In

Monday, May 18: Long Run

1. Team Warm Ups
2. Real Plyometrics
 - a. Run & Jump care free no pattern
 - b. Gallops 1,2 same leg in air
 - c. Skips
 - d. Hops 1 leg
 - e. Bounds
3. Hospital Loop 2.5 Miles
4. Wickets & Fly's
 - a. Leap Frog
 - b. Bicycle Jumps
 - c. Quick Returns
 - d. Pogos
5. Strides
6. Med Balls
7. Mini Bands



Practice Philosophy

Best part of a kids day!

Fun atmosphere - still going to work hard

Support one another

Team oriented! Make it about us - not “I”- How can I help my team?

80 percent in shape but 100 percent healthy

Peak at the right time! Divisionals and State!

If you are hurting - sit out!

400m Athlete Production

2024:

Beck Whicker: 50.6 (11)	Peyton Frame: 58.44 (10)
Gage Gunther: 51.76 (12)	Great Tooke: 1:03.16 (11)
Easton Dighans: 54.21 (11)	Jaclyn Dighans: 1:04.81 (9)

2025:

Beck Whicker: 49.27 (12)	Peyton Frame: 56.84 (11)
Easton Dighans: 52.57 (11)	Odessa Glade: 59.87 (10)
Andrew Morris: 53.85 (10)	Javon Dutton: 1:01.16 (10)
	Jaclyn Dighans: 1:03.71 (10)

2026:

Jake Phalen: 52.54 (12)	Peyton Frame: 57.39 (12)	Jaclyn Dighans: 1:01.06 (11)
Lincoln Niece: 53.12 (10)	Odessa Glade: 1:00.48 (11)	Lindy Dighans: 1:02.22 (9)
Colter Paxson: 55.53 (10)	Javon Dutton: 1:00.61 (11)	Molly Donnelly: 1:04.41 (11)



300m and 4x400 production

2024:		4x400
Easton Dighans: 45.07 (10)	Perri Sloan: 48.49 (9)	Jaclyn Dighans, Perri Sloan, Greta Tooke,
Kyzer Ziebarth: 45.42 (9)	Graley Beardsley: 50.46 (9)	Peyton Frame: 4:07.27 (5th at state)
Liam Lancaster: 45.84 (10)	Molley Donnelly: 51.74 (9)	
		Beck Whicker, Easton Dighans, Andrew
		Morris, Gage Gunther: 3:29.39
2025:		
Liam Lancaster: 42.56 (11)	Perri Sloan: 48.47 (10)	Jaclyn Dighans, Javon Dutton, Odessa
Glade,		
Deegan Tvedt: 43.03 (12)	Graley Beardsley: 49.49 (10)	Peyton Frame: 4:02.61 (1st)
Easton Dighans: 43.78 (11)	Alli Glasscock: 49.78	
		Jake Phalen, Easton Dighans, Deegan
Tvedt		Beck Whicker: 3:25.22 (4th)

Continued..

2026:

Liam Lancaster: 42.84 (12)

Kailyn Robinson: 49.32 (9)

Kyzer Ziebarth: 43.40 (11)

Graley Beardsley: 49.56 (11)

Caden Muscha: 44.54 (10)

Molley Donnelly: 50.62

Odessa Glade, Javon Dutton, Jaclyn Dighans, Peyton Frame: 4:00.40 (1st)

Liam Lancaster, Milo Isaacs, Faron Deason, Lincoln Niece: 3:32.64

Top 5 School Record Athletes the last three years

<https://docs.google.com/spreadsheets/d/1gBwMmalaw3NeUBv5JtvHSPRdwC1pPUcMbolBGQy5Ru8/edit?usp=sharing>



Off-Season



Winter Strength and Speed

3 days a week - indoor meets

Summer Strength and Speed

4 days a week

Get kids to compete in other sports!

<https://docs.google.com/document/d/1jT7fqCtdq0yGT-oOINywt-5Cxjq9tkU4g1eg7Q9QhmQ/edit?usp=sharing>

Addition of overnight trip out West

T-Shirt fundraiser

Concession Stand Volunteers

Overnight in Bozeman

Compete in Hamilton and Return home

-Kids loved it, new competition, preview for state, used to staying in a hotel/different meals, team bonding! New experiences

Let's get a centralized all class A meet in 2027!!! Helena, Bozeman, Belgrade?





- Staff Relationships
- Recruit the kids you want
- Keep them healthy
- Have fun! Sports should be fun!
- Compete!
- Let the kids know you care about them, you can't fake it!

Questions?

Email: kstanton@milescity.k12.mt.us

Phone: 406-853-4447

