



Hey Everyone,

I just sent this email to the outdoor team but I thought I would share this with you as I have coached most of you at one point. The lessons that you gain from being a distance runner go with you for life. This is what the Panorama Farms Project is all about. Love you all!

Also, HAPPY BIRTHDAY Buz!! You are this program!

Here's the email:

“Hope everyone is doing well! At this point of the week, I’m usually already sitting down working on the weekly plan. Obviously that isn’t the case for today, but I still wanted to send an email out to you. Seven and a half years ago I started volunteer coaching at Albemarle high school after abruptly leaving my graduate program in structural engineering. Looking back, it’s crazy to see how much it’s changed my life. I obviously am obsessed with the sport of distance running. I also am obviously very competitive and live for the challenge of trying to lead teams to heights they never thought they could reach. But at the end of the day, I put all my energy into this team because I loved the idea that this sport can have a positive effect on all of your lives in high school and beyond. At the end of the day, it is all about the relationships.

So, what am I getting out? Over the next couple weeks there will be challenges for everyone. At this point, no one can see what these are but it is obvious that our lives are changing for at least a couple of weeks. If you have taken anything from your time with me, I hope it’s [these responsibilities that build the backbone of our program](#).

- **Discipline.** No one knows what this will entail but be ready to be the best person you can be each day. How can you “win” the day!
- **Communication.** After my last email on Friday I got a bunch of responses saying I don’t need to apologize for my emotions. That meant so much more than you can ever know. All I can say is that communicate how you are feeling to your parents and your friends. We are all here for each other right now even if we can’t be with each other in person. Over the past week, I have never talked to my parents more on the phone, and I think I have talked to my big bro on the phone more in the past 5 days than the past few years combined. Our coaching group chat has been a comforting thing for me and I have even started group chats with high school and college friends. It’s been really, really nice.

- **Positivity.** I'll just leave you with this quote from Kelly Watt, Albemarle's best runner in 2005 who died of heat stroke the summer after graduation. *"I know it gets terribly old but 'attitude really is everything.' Your attitude is one of the few parts of life you actually can control, and by thinking and acting positively, you will overcome whatever curveball life may throw you."* **Kelly Watt (2005)**
- **Belief.** Humans are resilient and amazing creatures. I keep reading from the best scientists in the world that our ability to adapt and learn has shown itself time and time again. WE will figure this out and I believe we will come out of it stronger for it.
- **Courage.** I'm not lying when I say you are the toughest group of individuals I have ever been around. Keep showing that courage each and every day.
- **Empathy.** This is the biggest one. I have found myself getting frustrated and angry over the past week. It's not healthy or helpful in any way. Remember, *"Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another."* I believe that our control will come out of this much more understanding of each other and I can't wait for it!

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Hopefully I see all of you soon. As you move forward, I keep reminding you to take care of yourself. Please keep the running in perspective and don't be afraid to dial the training back if you are feeling more tired. Please remember that training plan was made for a team going through a normal spring season."

Love you all!

Coach Lorenzoni

#PFP

# ALBEMARLE

## TRACK & FIELD

### COMMITMENT TO EXCELLENCE

Responsibilities of an Albemarle runner. These are things each of us need to work on every day:

#### DISCIPLINE

You have a responsibility to :

- ✓ Show up every day and be **disciplined** in your approach to what we are doing at practice. This applies to anything we are doing, from a recovery run to a workout to drills/strides. Every day is important and the goal of each practice is to “**win**” the day. This means you will perform every task to the best of your ability with your best attitude.
- ✓ Make sure that this discipline does not end when you leave practice but continues throughout your day to day life. Don't forget the small tasks, like hydrating, eating, stretching, rolling, sleeping, etc.  
**“Consistency is the Key”**
- ✓ Apply the discipline and consistency you apply to your running to all aspects of your life, especially your school work.

#### COMMUNICATION

You have a responsibility to:

- ✓ **Communicate** everything that deals with your running to your coaches. This includes injuries, concerns, questions, updates (missing practice/meets, etc.) And hardest of all, you should communicate any worries or doubts you might have about your own running. The coaches should understand how you are feeling going into races/workouts.

- ✓ Be **honest**. This means you need to be honest with your coaches, honest with your teammates, and honest with yourself. Your coaches need to trust you, your teammates need to trust you, and you need to trust them, but more than anything else, you need to trust yourself.
- ✓ Hold yourself **accountable** for all your actions, no matter how negative or positive they are.
  - *“You can make mistakes, but you aren't a failure until you start blaming others for those mistakes. When you blame others you are trying to excuse yourself. When you make excuses you can't properly evaluate yourself. Without proper self-evaluation, failure is inevitable.” - John Wooden*

#### POSITIVITY

- *“I know it gets terribly old but 'attitude really is everything.' Your attitude is one of the few parts of life you actually can control, and by thinking and acting positively, you will overcome whatever curveball life may throw you.” Kelly Watt (2005)*

You have a responsibility to:

- ✓ Approach everything we do in track with a **positive** attitude. At times things might not go the way you hoped/planned, but your responsibility is to see how you can learn from the situation and move forward in a positive manner.

- ✓ Look forward and try to improve. That being said, it is essential that you learn from past experiences and use them to make you and the team better. **Self reflection** after each race is important, no matter how good or bad the race was there are always ways to improve and learn in a positive manner.

#### BELIEF

- *“The toughest players and teammates believe in what their coaches and their teammates are striving to accomplish, and what they are capable of doing together as a team. Great teammates choose to commit fully to the team's goals and understand in the big picture what is required of each individual” Jay Bilas, excerpt from his book “Toughness”*

You have a responsibility to:

- ✓ Believe in the goals of the team and how the team is trying to accomplish them.
- ✓ Believe in your coaches, in your teammates, and in yourself.
- ✓ Believe that you can accomplish extraordinary things.
  - *“Every single day, in every walk of life ordinary people do extraordinary things. Ordinary people accomplish extraordinary things.” Jimmy Valvano*

## COURAGE

- *“To me, courage isn’t the absence of fear or doubt. Rather, courage is overcoming it. Everyone, in any endeavor, has moments of doubt, fears making mistakes or losing. But when you can overcome those fears and doubts, you can perform with a free mind, and get out of your own way.” Jay Bilas, excerpt from his book “Toughness”*

You have a responsibility to:

- ✓ Not be afraid of failure.
  - *“Failing doesn’t make you a failure. Failing makes you a competitor. Every competitor fails. If you lay it on the line, you will come up short at times. Failure is a part of competing, and embracing that fact is an important component of toughness. Tough people fail, but tough people are not failures.” Jay Bilas, excerpt from his book “Toughness”*
- ✓ Push yourself farther than you ever believed you could. Know that you always have another gear.

## EMPATHY

- *“Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another.”*

You have a responsibility to:

- ✓ Treat other teams, coaches, race officials with the utmost respect. We will be the classiest of classy teams.
- ✓ Learn to **relate** to each other. Understand that each of your teammates are going through different things in their life, and because of that they react to situations differently than you or your teammates might react. Don’t be quick to judge and spend time reflecting on how you handle different situations.
- ✓ Treat this team like it is your family. We are all working towards the same goals and going through the same successes and struggles.
- ✓ **Care** for each other and the overall success of the team. Your goal should be that when you stand at the starting line with your teammates around you, you care more about how your teammates and your team does than you do individually.

## Through Commitment You Can Achieve

**TOUGHNESS:** You will become tougher than ever before. Through this you will be able to handle the ups and downs of a cross country season, and more importantly, you will be able to handle the ups and downs of life better than ever before.

**PERSONAL GROWTH:** You will grow as a runner leaving the season much fitter/stronger than you were going into the season. Your character will grow allowing you to achieve goals that you set for yourself outside of track.

**TEAM GROWTH:** We will become a family that will work together each day in commitment to Albemarle track. As a team, we will get fitter and faster. We will handle whatever ups and downs the season throws at us, and we will leave the season being proud that we gave everything we had in pursuit of our goals.

**Love this!:** *“Gentlemen, we are going to relentlessly chase perfection, knowing full well we will not catch it, because nothing is perfect. But we are going to relentlessly chase it, because in the process we will catch excellence. I am not remotely interested in just being good.” Vince Lombardi*

**Lastly, some wisdom from LeBron James as he discusses the team environment of the Cleveland Cavaliers (2016 NBA Champions):** *“It takes sacrifice. That’s the ultimate thing, and that’s the thing that everyone talks about, but no one sees it when things are hard. We know we have guys that we can rely on and our guys are really committed to sacrificing everything for them personally and for the good of the team. If you can do that and all 15 guys are on the same page and it doesn’t matter what you’re doing individually, it’s all about team, making the next play for your teammate, covering for your teammate, playing for your teammate then you will succeed. Doing everything. Living, waking up for your teammate. To become a champion, you got to do it. I think that’s the ultimate.”*