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SKIES Athletic Development @evolveperformance Orientation Fall 2023



Head Coach Shane Cronin

Agenda

- History/Program Design
- Assistant coaches
- Competitions
- Competitive Intramural Club
- Expectations



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SKIES Athletic Development @*evolveperformance* Orientation Fall 2023

- History/Program Design

Coaching Timeline - (Head Coach Shane Cronin)¹

- South Suburban Parks and Recreation 2007-2014 Head Coach (19 years old)
- Cyclone Training/Evolve Performance USATF Club 2008-2014 Director of Performance
- ²Littleton High School Sprints Coach 2011
- ³Mountain Vista High Head Junior Varsity coach, Sprints coordinator 2012

¹ Head Coach/Director of Performance are interchangeable terms - Athletic Development and Sports Performance are interchangeable terms.

² Cyclone Training - Founded by Coach Cronin, renamed Evolve Performance. Evolve serves Pro, Adult recreational, College, High School, Middle School, Team Sport specific clients; SKIES Athletic Development services Middle School + High School. @*evolveperformance* is synonymous with “powered by” verbiage. 2008-2014 USATF Club - trained NCAA athletes, High School, Middle School Basketball, Lacrosse, Wrestling, Football, Track & Field, Soccer athletes.

³ Sprints Coach at Littleton High School for the 2011 CHSAA 12 week outdoor spring season. Served as the direct coach for Sprints and co-designer/co-constructed training methods, means, periodization for the 400m and 800m/1600m event groups collaborating with Head Coach Art Vigil.



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- ⁴⁵[SportExcel](#) Sports Performance Sports Performance Enhancement Specialist 2014
- ⁶Mile High Outlaws Football (Formerly Metro State University intramural Football program) Head Strength & Conditioning Coach 2019

⁴ Head Junior Varsity coach and Sprints Coordinator at Mountain Vista High School 2012 CHSAA 12 week spring season. Served as direct coach for sprints and 400m event groups, designer of training methods, means, periodization for the Sprints and 400m event groups. High Football roster turnout.

⁵ SportXcel - Cronin served under Owner and Director of Performance Erik Phillips. Phillips assisted in the design of individual and team training protocols for NASM (National Academy of Sports Medicine). The most unique training approach Cronin has experienced and Cronin's first exposure to NASM concepts/OPT (Optimum Performance Training model) with Phillips' approach influenced the Evolve Performance vision of being "the most unique performance enhancement experience in Colorado."

⁶ Mile High Outlaws Football - Football organization home based out of [Sport Stable](#) in Superior, Colorado. Football staff and roster were formerly [Metro State University RoadRunners Intramural Football program](#) Served as the Head Strength & Conditioning coach. In 2019 Cronin, piloted a pre-football practice partial load of SAQ (Speed, Agility, Quickness) program using his "50' - ¾ system" to induce adaptations from biomotor training means and methods stimuluses + excellent dynamic warm up, skill-coordination, flexibility, anatomical shifts and preparation for the football practice. TCU Football began a trend of training for speed in season using (3 x times per week) utilizing a closely monitored training load approach <https://twitter.com/sportsiren/status/1608196549028315137?s=20>



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- Chaparral High School Head Sprints Coach 2021 “Winter Track” and first half of the Spring program ⁷
- [Head Coach Biography](#)

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- History/Program Design

[Coaching Accomplishments \(full list here\)](#)

Snapshot of coaching accomplishments - CHSAA Highlight Accomplishments over two seasons at two different 5A High Schools Littleton High School (2012) and Mountain Vista High School. (LHS) Sprints Coach, 400m/800m co-designer (MVHS) Head Junior Varsity Coach, Sprints Coordinator

- 9 x School records in two seasons (2011 and 2012)

⁷ Sprints Coach at Chaparral High School for the 2021 “Winter Track” and 2021 CHSAA 12 week spring season. Completed 6 weeks of spring CHSAA season. Served as direct coach for sprints and 400m event groups, designer of training methods, means, periodization for sprint and 400m event groups.



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- 1 x All-Classification Girls State record 4x400m (2011)
- 3rd Place 5A State Championship Girls Team score (LHS was the lowest enrollment school in the 5A Classification) (2011)
- 3 x 400m Finalists Girls 400m/4 x State Top-10 400m Girls Marks (2011)
- 3 x Top-Six All-Time Performers 100m in school history (2012)
- Sweep of the Open and Relay 100m, 200m, 4x100m, 4x200m school records (2012)
- 9th Grade Boy 11.52/23.19 100m/200m performances (2012)
- 9th Grade Boy 800m State Finalist (the only underclassmen State 800m) Finalist (2011)
- Only one Senior athlete among the athletes who are listed in the snapshot of coaching accomplishments (2011 and 2012)

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⁸ CHSAA coaching- Only 1 Senior of athletes highlighted in coaching accomplishments between LHS, MVHS, CHS. All members of Cyclone Training Club advanced to finals 2008 USATF Colorado Youth State Track & Field Championships but 1.



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- History/Program Design

- Coaching Influences

- Brian Kula - Littleton High School, Valor Christian High School Head Track Coach, Kula Sports Performance⁹

⁹ Brian Kula - Cronin's speed coach at Littleton High School. Formerly a 2-time All-American decathlete at the University of Northern Colorado, School record 110HH, college Football and Track & Field, UNC Hall of Fame, pupil of Team USA Olympic Multi-Events Coach Scott Hall. Standout accomplishments: High School National record Girls Heptathlon (multi-events) 2019, US # 1 100m High School Girls 2013 MaryBeth Sant All-Classification state record Girls 4x400m (US # 4), Boys 4x200m, Girls 4x200m. Trainer to San Francisco 49er Running Back Christian McCaffery 2017 Heisman runner up Stanford University # 8 Overall NFL Draft Pick in 2017. CHSAA State Team Champions sweep of Boys and Girls twice Littleton High School 2009 and Valor Christian High School 2019. Influences from Kula: "Fundamental Speed, Plyometric, Strength training principles. Similar to the NSCA (National Strength and Conditioning Association) concepts and approach. 800m-3200m speed and tempo approach. Quality efforts. Less can be more. Train SAQ and Strength often." (Cronin)



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- Peter Hauser - Littleton High School 200-400m Coach, Head Coach Kryptonite Speed Team USATF Club Head Coach, Formerly of [Baylor University Track & Field](#)¹⁰
- [Brandon Coutts](#) - University of Colorado-Boulder Sprint/Hurdle Coach, Formerly of Baylor University¹¹

¹⁰ Peter Hauser - Cronin's High School 400m coach at Littleton High School/USATF Summer track club coach. Former Baylor University and Oral Roberts 400m runner. Standout accomplishments: 4-year coaching career - helped develop 3 x High School athletes and 1 x College Sophomore 46.xx second 400m performances, 3:13.21 High School Club 4x400m 2005 USATF National Championships 3rd Place, helped developed JT Scheuerman 2006 Nike Outdoor Nationals 400m Champion, 2005 USATF Junior Olympics 400m National Champion, CHSAA All-Classification State record holder Scheuerman 46.23, (US # 1) 6.72 60m, (US Top # 5) # 2 CHSAA all-time 200m 20.73, # 2 All-time CHSAA mark 100m 10.43, 2006 CHSAA State Champion 100m, 200m, 400m, 4x200. CHSAA Girls All-Classification State record 4x200m LHS 2005. Influences from Hauser: "Money in the bank approach taken from Clyde Hart. 'Heroes/Drop it!' on the final rep in tempo workouts. Get out hard in the first 200m of a 400m. 'Perfect Storm' relative to team synergy and chemistry. Baylor and tempo workouts are effective and can produce National caliber performances in the short sprints." (Cronin)

¹¹ Brandon Coutts - Cronin's College Track & Field coach at the University of Colorado. Coutts was a 13-time All-American, 4 x NCAA Division I Champion in the 400m dash (then collegiate record) and 4x400m. Big 12 record 15 conference championships, 2002 U.S. Indoor 400m dash champion, 3-time World Champion. Former training partner to Michael Johnson. NCAA coach at Texas A&M-Commerce, University of Colorado, Tarleton State University. Coached 13 All-Americans, CU school records Men's 4x100m 2006 6th Place NCAA National Championship, Men's 200m indoor and outdoor, in 3 seasons. Influences from Coutts: "Clyde Hart tempo system can produce National caliber performances in the short sprints. Integrating traditional speed training into Clyde Hart's system, recovery within workouts in particular. Race to win." (Cronin)



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- ¹²Keven Allen alias “Speedfirst” Track & Field/Football Coach, Athletic Development, Trainer-
([Coaching Accomplishments](#))
- ¹³[LaMonte Vaughn Jr.](#) - Eastern Kentucky, Marshall University, University of Washington, UCLA, Cal State LA (Head Coach), Bethel University, Louisiana Tech University, Grambling State University (Head Coach), Formerly of University of Kentucky - ([Coaching Accomplishments](#))

¹² Keven Allen “Speedfirst” - Mentor. Former US Navy 400m 45.xx 400m runner, Head High School Track & Field coach, High School Football Assistant coach, Fitness and Performance Enhancement Specialist trainer. See Coaching Accomplishments. Influences from Allen: “Speed development is not isolated to High CNS activity. ‘Everything we do is about speed. Everything we do isn’t speed.’ Balanced multilateral training of biomotor abilities, extensive library of exercise variety, methods and means. Primacy of biomechanics. Use of a football field for training beyond 100yd. Innovation and self-creativity. Creator of a Forward/Reverse “50/50 system” locomotor activity High and Low intensities, aimed at both ends of the Speed-Power to Endurance spectrum.” (Cronin)

¹³ LaMonte Vaughn Jr.- Mentor. Former University of Kentucky 800m 1:48.xx runner, 6-time SEC 800m Finalist, 30-time NCAA qualifier 800m under coach Daryl Anderson, BA Kinesiology. See Coaching Accomplishments. Influences from Vaughn: “Balance between physiology training and neurobiomechanics development. Balance between Speed-Power to Endurance spectrum development. Clyde Hart and tempo system influenced. Race to win.”



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- ¹⁴[Ryan Banta](#) - Sprinters Compendium author, Parkway Central High School, MO, Lightning Track Club ([Coaching Accomplishments](#))
- ¹⁵[Mike Young](#) - Athletic Lab Director of Performance & Sport Science

¹⁴ Ryan Banta - Mentor. Former University of Missouri Track & Field Athlete, MA Positive Performance Psychology. Head High School Track & Field coach Parkway Central High School. See Coaching Accomplishments. Influences from Banta: “Development of all biomotor abilities. Utilization of Sport Psychology. Plyometrics expertise. Clyde Hart and tempo system influenced. A proponent of the “Critical Mass System.” “Sprinters Compendium” “Do the Right thing. In the Right way. At the Right time.” (Cronin)

¹⁵ Mike Young - Consultant. Internationally recognized researcher, coach, and educator. Research-practitioner PhD. LSU Graduate Assistant during the tenure of Pat Henry Men’s coach at LSU (current Texas A&M Head Coach), Dennis Shaver Women’s coach at LSU (current LSU Head Coach), Boo Schexnayder Jumps, Pole Vault, Combined Events Coach at LSU (current Assistant Strength & Conditioning Coach Track & Field, Cross Country). LSU Men’s National Titles: 6, Women’s National Titles: 25. (Mike Young) “Bigger than UNC Soccer. Bigger than Uconn Basketball. Bigger than Alabama Football. [LSU Track & Field National Title compilation]. Influences from Young: “Balanced multilateral training of the 5 - Biomotor abilities. “True North.” Cross-training/sport expertise. Eccentric training. Isometric training. Low-CNS training importance. Polarity of High-CNS/Low-CNS training. Mitigating the Interference Effect. 400m training methods” (Cronin)



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- ¹⁶[Allen Hedrick](#) - United States Olympic Training Center Colorado Springs, Air Force Academy, National Strength and Conditioning Association headquarters Head Strength and Conditioning Coach and NSCA Education Coordinator

¹⁶ Allen Hedrick - Mentor, USOC Colorado Springs, Air Force Academy, NSCA Head Strength Coach and Education Coordinator, CSU-Pueblo Head Strength & Conditioning Coach (2014 Division II National Champions Football). Leader in dumbbell training. Influences from Hedrick: “Training environment culture. How to train larger size athletes in SAQ methods and plyometrics. Dumbbell training and global athletic development utilizing Strength Training. Innovation. Speed training for football.” (Cronin)



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- ¹⁷Art Vigil - Littleton Public Schools Teacher-Coach, MA Physical Education Sciences, Head Cross Country and Track & Field Coach Littleton High School, Formerly of [Adams State College Track & Field](#) ¹⁸
- ¹⁹[Frank Wintrich](#) - Human Performance Program Manager - FBIO2X Human Performance H2F Program Director - 3ABCT / 1ADUS Army, Director of Football Performance University of California Los Angeles Director of Football Performance, University of Virginia Director of

¹⁷ Art Vigil - Head Track & Field and Cross Country coach, Distance coach at Littleton High School, Head Cross Country coach and Distance coach Columbine High School. MA Physical Education. Former Adams State Grizzly Sub-4 minute miler, Olympic Trials qualifier pupil under Team USA Distance Coach Dr. Joe Vigil, US Marine, and Youth Pastor. Helped develop Kaela Edwards at Littleton High School to CHSAA 2012 400m, 800m, 1600m state champion, College record holder in the indoor mile run, Olympic Trials qualifier. Helped develop Woody Kincaid at Columbine High School to CHSAA 2010 Cross Country individual state champion, North American record holder in the indoor 5,000m and Team USA Olympian in the 2021 Tokyo Olympics. # 3 All-Time CHSAA Girls state record 4x400m 2012. Influences from Vigil: “Develop athletes using a “push system” vs. “pull system.” Speed training integrated into distance training. Strength training integrated into distance training. Mixing the systems. AT run, VO2m max training.” (Cronin)

¹⁸ Frank Wintrich - Human Performance Program Manager for Tactical athletes and Director of Strength & Conditioning/Director of Football Performance at various NCAA institutions. Influences from Wintrich: “Culture in the weight room/gym. Tempo, demeanor, focus, intensity, team synergy, discipline, effort, passion development.”

¹⁹



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Football Performance, Brigham Young University, Director of Football Performance
University of North Texas Associate, Director of Strength and Conditioning University of
South Florida Director of Strength and Conditioning The Citadel, Assistant Strength and
Conditioning Coach Utah State University, Coaching Assistant Arizona State University

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- Assistant Coaches
 - Public and Private Sector Assistant Coach Options
 - ²⁰D1 Training
 - ²¹Elite Speed Sports Performance at UC-Health Inverness
 - ²²<https://denverlightning.wordpress.com/join/>

²⁰ D1 Training - Nationwide franchise. Offers a training experience of “A Division 1 school, with the best coaches, equipment, workout programs, and community,” and “we train the entire body for optimum performance.”

²¹ Elite Speed Sports Performance - Previously Don Beebe’s House of Speed Colorado franchise, Elite Speed Inverness is UC-Health Inverness orthopedics and spine surgery center Sports Performance Training offering.

²² USATF Track & Field Club from Denver - Mentor and friend Head Coach Steve Kiper, multiple CHSAA All-Classification state records, national champions.



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- Assistant Coaches

- Current “transaction” relationships with Coach Cronin that will benefit SKIES AD/evolve participants
- ²³Brandon O’Donnell - D1 Training Coach Colorado Springs, CSU-Pueblo Football, Utah State Football, personal correspondence coach/trainer for Strength & Conditioning, Nutrition
- ²⁴Mike Young - Athletic Lab, correspondence consulting

²³ Brandon O’Donnell - D1 Training Colorado Springs Coach, Former Utah State University/CSU Pueblo Wide Receiver BA Exercise Science. Former athlete of Cronin’s at Mountain Vista High School (2012 11.59/23.19 9th Grader 100m/200m). Pupil of Matt Yegge House of Speed/Elite Speed Sports Performance, Shane Cronin MVHS, Brian Kula Valor Christian High School, Utah State Football, Allen Hedrick CSU-Pueblo, D1 Training staff professional development. Cronin’s correspondence/remote Strength & Nutrition Coach-Trainer.

²⁴ Mike Young - Athletic Lab, Cronin is a current enrollee in Athletic Lab Coaching Academy offering a Certified High Performance Coach (CHPC) education pathway. Young and Cronin engage in correspondence, both written and video, consulting on all topics.



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- ²⁵Jeremy Gonzales - [D1 Training](#) Head Coach Greenwood Village 2022, SKIES Athletic Development assistant coach

- Competitions

- [Meets and Combines](#)
- Scrimmage - [South Suburban Parks and Recreation](#) and [Denver Lightning USATF Club](#)

²⁵ Head Coach Jeremy Gonzales assisted SKIES Athletic Development in the 2022 Fall season who has worked with NFL athletes Darrin Sproles and Drew Brees and Biomechanics Enhancement specialist Tom House. Gonzales and Cronin co-created workout programming, drills, strength training, direct coaching of neuromechanics.



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- ²⁶[USATF Winter Indoor Track & Field / Summer Outdoor Track & Field](#)
 - Mix and match relays sanctioned by USATF for Non-SKIES Athletic Development members
- ²⁷Combines - D1 Training Facilities
- ²⁸[CARA Track & Field and Cross Country](#)- Fall XC and Summer Outdoor Track & Field
- ²⁹"Record, Rank, Publish" "[Feed the Cats](#)"

²⁶ USATF is the equivalent of AAU for Track & Field. Most competitive league to enter.

²⁷ Enter athletic measurement combines with local combines. D1 Training explored this option with SKIES Athletic Development Spring 2023.

²⁸ Recreational Track & Field. Participating agencies train 2-4 times per week.

²⁹ Measuring repetitions, bests, publishing them.



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- Competitive Intramural Club

- Culture and pace
- Top 10% Program in the country
- Optimizing the athletic potential of top levels of commitment and drive
- Training and Biologic training ages
- Clock - All blocks of sessions are performance enhancing
- Time and place - Warm up, stretching, full recovery periods
- No cuts - Participants HAVE dropped out of the club



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- SKIES Athletic Development and Evolve Performance links
 - [CSA Community Expectations and Athletic Development Expectations](#)
 - <https://coloradoskiesacademy.org/wp-content/uploads/2019/11/CO-Skies-Academy-Family-Handbook.pdf> (p.8)
 - No focused warm up and stretch, no participation in training activities
 - No picking and choosing participation in methods and means
 - Coaches have final say in shutting down training
 - [Evolve Values](#)
 - (1). Program Goals
 - Make Captains for outside teams out of as many people for those outside teams and programs as we can
 - Set Personal Bests and Achieve Fitness Goals
 - Win Conference Championships. Break School Records
 - Set Program All-World List Marks



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- Get as many people to college walk-on opportunities or more as possible
- Have participants academically eligible through the NCAA Clearinghouse. Use an academic service if needed
- Get participants to be qualified for admissions to the school of their choice
- Participants are able to garner a good personal reference/letters of recommendation for a career, recruiting, academic admissions and other endeavors from program staff to inquiring parties

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- SKIES Athletic Development and Evolve Performance links, inbounds, newsletter
 - [Official team email, website, twitter, facebook, YouTube, Linkedin, inbounds, newsletter](#)
 - shane.cronin@coloradoskiesacademy.org
 - <https://www.evolveperformance.org/> (Use desktop site for optimal viewing, Mobile site editor tool publishing errors)
 - <https://twitter.com/Speedwins400><https://www.facebook.com/speedwins400>
 -  Inbound # 1 Summer 7_12_2023.pdf
 -  # 1 Turbo Newsletter 3-27-2023
 - <https://www.youtube.com/@sharktrinity/videos> (Unofficial page)
 - <https://www.linkedin.com/in/shane-m-cronin>
 - [SKIES Athletic Development Flier](#) (QR code is dated on flier with the former website. Up to date site is [evolveperformance.org](https://www.evolveperformance.org))

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