

Cross-Country

2019

“To give anything less than your best is to sacrifice the gift.”

Table of Contents

Team Policies	Pages 3 – 6
Important “New” Policies as of 2016	Page 7
Nutrition	Pages 8 - 9
Benchmark Performances	Page 10
Paces / VDOTs	Pages 11 - 12
Practice Outline	Page 13
Warm-Up / Cool Down Procedures	Page 13 - 14
Lifting / Strengthening and Post Run Stretching	Page 15
Coach Contact Information	Page 16
Goal Setting / Agreement Sheet	Page 17

Fairfield Warde High School Cross Country Team Policies 2019

Tryout Procedure

Many teams select athletes based on skills criteria. Our selection basis is different. In fact, you select yourself by demonstrating your commitment to the team. If you want to be successful, you will be a committed member of the team. Eligibility for the team will be based on your...

1. Registering online
2. having a current physical examination. Physicals are good for one year. If you need one, please schedule it immediately.
3. setting goals and signing the sheet at the end of this document.

Substance Abuse

Any student athlete who uses any illegal drug (narcotic or alcohol) will be suspended from practice and meets for two weeks. A second offense will result in removal from the team for the remainder of the season. This rule is a 24 - hour rule and includes use beyond the school day and on weekends. The use of tobacco is also prohibited and will result in the same penalty.

Hazing

Hazing is not consistent with the goals of our program and is not allowed under any form, or circumstances. Violation of this policy will result in suspension and/or removal from the team.

Attendance Requirements

You are required to be at practice everyday. The only excused absences are illness, injury, family or religious obligation, or death in the family. All other excuses such as work, SAT courses, Driver's Education, Doctor/Dentist appointments are **not** acceptable. You are expected to schedule all appointments after practice.

Each unexcused absence may result in your sitting out for 1 meet. If you miss 2, or more meets because of attendance issues, you will forfeit your letter.

Practice

Practice will begin promptly at 2:30 pm and will be over by 4:30 pm Monday through Friday. Practice will also be conducted every Saturday morning from 8:00 to 10:00 am. We will also be running two or three meets on Saturdays during the regular season (Red and White, etc.). State Class and New England's are also on Saturdays.

Long-term commitments such as Bridgeport Symphony are excused, but if you qualify for the State or New England meets, you are expected to participate. (Read note on earning varsity status).

Daily Procedure

Report to the track for practice by 2:30 pm. We will take attendance, have announcements, a warm-up run, and stretching. All work-outs will be recorded in your log, which will be shown to one of the two coaches before you leave practice.

On easy mileage days you will be running in groups and will sign out before leaving and will sign in upon your return. Do not run any course other than the one you sign out to run.

Logs

All athletes are required to have a training log. This log will be used at each practice and will contain all of the information for the season (schedule, work-outs, logs, team policies, etc.).

Meet Procedure

Warm up run for 15-20 minutes. Stretch. Put on racing flats and do 3 x 50m strides.

Keep moving until the start of the race. You should be sweating and your pulse should be raised at the start. After your race, cool down for at least 15-20 minutes and stretch.

Meets

On days of home meets, you are required to be in the bleachers in uniform at 2:30 pm for attendance. Members of the team will be assigned a task for running the meet, such as showing opposing teams over the course. You are required to stay for the entire meet which usually ends at 5:45-6:00 pm. At the end of the meet, a brief team meeting will be conducted to discuss the team performance.

Watches

All runners must have their own stopwatch and bring them to practice every day. All workouts must be timed and recorded in your log.

Clothing

On days of meets, team captains will communicate what the team will be wearing to school. When you get on the bus for meets, you are required to be dressed in team apparel (i.e., t-shirts, warm-ups, etc.).

You will be given a uniform. You are to wear that uniform only at meets. You are to keep your uniform on for the entire meet. Do not take off your uniform after your event. This is to prevent loss and theft of equipment. When your season is completed, you are to return your uniform, cleaned and in good condition to Mr. Foster within one week of the end of your season.

Weather

Pay attention to the weather report especially on meet days. Dress for the weather. Bring sweats and rain equipment when rainy weather is predicted. Bring water bottles daily especially when the weather is hot. Cross country is a strenuous sport that is run in all types of weather. We run in the rain unless there is lightning, in

which case we will run inside the school. Practice will typically never be canceled. Exercising while it is wet is not a health hazard as is evidenced by the fact that swim team members suffer no more illness than the general population.

Safety

When you run on the roads, run in assigned groups. This is for your safety. If you have an injury or become ill, someone will be able to get help. Run the course that the coaches tell you to run. Do not switch routes on your own. If we can't find you, we may have to call the authorities. Run facing traffic. Run on the sidewalk where possible or on the grass shoulder. Run on the road only if there is no sidewalk or grass shoulder. When in a group, everyone should run on the same side-facing traffic.

Transportation

You are required to use the school bus to and from all meets. If you use transportation to or from a meet other than the school bus provided by the school, we must receive the alternative transportation form completed and signed by your parent(s) or guardian(s) *in advance of departure*. If you drive to a meet without permission, you will be ineligible to compete. Under no circumstances are students to drive other students to or from meets.

Sportsmanship

You are to behave in an appropriate and sportsman-like manner at all times. You should show respect for the members of your team and your competitors. Comments that belittle or bait team members or opponents are not permitted, and if used, may result in your dismissal from the team. If you are fouled in a race, continue the race, and we will file a protest after the race. Obscene language is not permitted and may result in disqualification.

College

If you intend to compete next year in a Division I or II college, you must register with a national clearinghouse. See your guidance counselor for details. I receive information from colleges asking me to recommend high school athletes for admission to their schools. If you want to run in college, I will send your performance record to the colleges of your choice.

Health

Most high school athletes need 8 to 10 hours of sleep a night to properly recover from their workouts. That means if you wake at 6 am, you should go to bed before 10 pm

Attention to proper nutrition is important. Some recommendations are:

- Before you work out or compete, avoid eating things that are fatty such as potato chips, things that are acidic (tomato sauce), and carbonated beverages. Drink at least 8 ounces of water before practice. Bring a water bottle with you to practice and drink frequently.
- Try to eat something with protein and carbohydrates (e.g., as soon as you finish running in order to assist rapid recovery from workouts).
- Bring your own lunch especially on days of meets. Finish eating all major meals at least 3 hours before you run.

Academic Eligibility

In order to be academically eligible, you must take at least 5 subjects and pass 4.

Injuries

If you follow our progressive workout schedule, your chances of injury are minimal. Always warm up and stretch before and after running. If you have an injury, usually ice and rest will help greatly. If your injury persists, see a qualified medical professional.

If you are injured:

- inform your coaches immediately
- if you are referred to the trainer, report to the trainer
- after the trainer has diagnosed your problem, report his/her recommendations to your coaches

Portable Listening Devices

The wearing of portable listening devices while running is prohibited. Do not carry anything with you such as a tennis ball or football that may distract your attention from traffic.

Conference and State Meets

Portable music devices and any object that could interfere with a race such as a football or Frisbee are prohibited.

Fluids

Drink generous amounts of water especially prior to working out or racing. The average person needs between 4 to 8 ounces of water per 50 pounds of body weight before a run. Dehydration can seriously impair your performances and put your health at risk. Initially you may experience some cramping. However, with continued practice your body will condition itself to eliminate the cramps. Sports drinks are very helpful. Try to finish drinking them one hour before your run. A sports drink with some protein immediately after your run may help in your recovery.

Road Races

After the first meet **you encouraged not to run in road races** until the end of the season.

Awards

Varsity Letters will be awarded to the top seven. Junior Varsity letters will be awarded to sophomores, juniors and seniors who are not top seven; freshmen will receive numerals.

In order to determine top seven, an average of your performance will be calculated for the season. You must compete in at least half of all meets (starting with Red and White) to be eligible. You must also participate in every post-season meet (FCIACS through the end of the season) to earn a Varsity letter. The only exception will be an injury.

If any athlete participates in the State or New England championship meets in place of another individual they may earn a Varsity letter either in place of, or in addition to, a member of the top seven, depending upon the circumstances.

Invitational Selection

We do participate in the Warwick invitational meet each year. We attempt to bring the top 15 boys and the top 15 girls on the team to this meet. The selection criteria follows:

On the first day of practice, you will choose to run either a timed 1600 or 3200 meter run. To be invited to Warwick, one of the following must occur:

- a. You run the 3200 meter run and break 11:40 for boys or 13:40 for girls.
- b. You run the 1600 meter run and are the top underclass male or female (only possible for freshman or sophomores)

- c. You run the 1600 meter run and break 5:20 for boys or 6:20 for girls (only possible for freshman or sophomores)

We will invite up to 15 boys and girls on the first day if they all meet the above criteria.

We will make sure we have invited at least 13 boys and 13 girls by the end of 1 week of training (by 8/31), based on attendance and performance in workouts.

Any remaining spots past 8/31 will be determined at the Red, White and Blue on 9/7.

Rationale-

The selection process has been established to help ensure that we are fair and best representing our team at this elite meet. Our goal is to reward the top 15 boys and top 15 girls with an opportunity to compete at a high level. We do take great care in choosing the 30 individuals who will be joining us on this trip, if you have any questions, please see us.

New Team Policies Implemented 2016 Season

Running off Campus

To ensure the safety of all athletes, we are formally publishing the procedure for earning a right to run off campus.

--All returning athletes who have run off campus in past seasons will meet with the coaching staff to determine if running off campus is an option.

--All new runners to the program will need to demonstrate an ability to run at least 4 miles without stopping prior to being allowed off campus. This demonstration must occur over the course of 3 consecutive "easy" workouts. In other words, an athlete will need to run 4 miles on three consecutive easy days before being allowed off campus in groups.

--All road running is to be completed in groups of at least three runners. Even if a runner is granted permission to run off campus, they will still need a group before being allowed off campus.

Any record of unsafe behavior while on easy runs, including, but not limited to, running on the incorrect side of the road, cutting through yards or across private property, swimming, hanging out at a friend's house, going shopping, etc., will result in an athletes' forfeiture of running off campus rights for the season.

Uniform Distribution

This season we are trying something new with uniforms. All athletes will have to earn a uniform before being handed one. To earn one, follow the procedure below:

- 1) All athletes need to turn in the last sheet of this packet, signed.
- 2) If you earn an invite to Warwick, or will be running in the varsity length race at the first meet, you will be given a uniform on 9-6.
- 3) If you have not been invited to Warwick, and are not on the varsity list for the first meet, you can earn one for the first meet by having perfect attendance at practice between 8-26 and 9-6. You will receive your uniform on 9-6.
- 4) If you have not been invited to Warwick, are not running in the varsity length race at the first meet, and do not have perfect attendance between 8-26 and 9-6, you can earn a uniform after the first meet by showing up at the first meet and completing the novice race. You will be expected to wear black shorts and any color shirt (either Warde gear, or a blank tshirt).

PERFORMANCE EATING FOR TRACK AND FIELD

Leslie Bonci, MPH, RD- UPMC Center for Sports Medicine



1. DRINK ENOUGH FLUIDS

MINIMUM OUNCES PER DAY = Female (70 oz.) / Male (90 oz)
ALL FLUIDS COUNT (EXCEPT ALCOHOL!)

You should drink:

- 20 oz 1 hr before exercise
- 14-40 OUNCES Fluid per hour of exercise
- 3 cups of fluid for every pound lost

While working out, you should choose sports drinks over water, and realize that not all energy drinks are created equally!

Focus on:

- Larger gulps over sips
- Swallowing fluids
- Drinking, not pouring fluids over your head
- Not overdrinking (can cause cramps)

2. ADD SALT IF NECESSARY

If you are a salt loser (salty sweat or salt residue on clothes) you need to use more!

- Eat salty foods such as pickles, pretzels
- Use salt, Soy or Worcestershire sauce

3. EMPHASIZE CARBOHYDRATES ON THE PLATE

CARBS ARE GOOD FOODS!!!!!!!

100-400 meter events: 3-4 grams carbohydrate per pound body weight

800-1000 meter events: 2-3 grams carbohydrate per pound body weight

2/3 of the plate as rice, pasta, potato, bread, cereal, fruit, vegetables

Carbs are the fuel for your muscles during activity and fuel for the brain during exercise

4. EAT ENOUGH PROTEIN FOR MUSCLE GROWTH AND A HEALTHY IMMUNE SYSTEM

0.5 x body weight (pounds) is the MINIMUM number of grams of protein a day

1 x body weight (pounds) is the MAXIMUM number of grams of protein a day

1/3 of the plate as chicken, fish, meat, eggs, cheese, soy foods nuts, seeds, beans

Body doesn't really care what type of protein as long as you eat enough!

Body needs carbohydrate and protein to build new muscle

Too MUCH protein usually means Too LITTLE carbohydrate!

5. FAT IS AN ESSENTIAL FUEL FOR EXERCISE

Add some as part of every meal as a spread, peanut butter, salad dressing, or in a food such as cheese, meat, or even a fried food

There is no need to cut fat out of the diet

Limit right BEFORE exercise as they can upset your gut!

6. TIMING IS EVERYTHING

Try to eat every 3-4 hours to give your body maximal energy over the day

Eat something within 15 minutes of exercise such as sports drink, cereal bar, or trail mix to help your body recover

Try for 12-15 grams of protein with 35 grams of carbohydrate before resistance training to optimize muscle growth and repair

Protein sources (g)

- 2 TBSP peanut butter- 14
- 8 oz yogurt- 10
- 12 oz low-fat chocolate milk- 12
- ¼ cup nuts- 10 grams
- 2 hard cooked eggs- 14 grams

Carbohydrate sources (g)

- ½ of a bagel- 25 grams
- 8 oz yogurt- 40 grams carbohydrate
- 12 oz low-fat chocolate milk- 30 grams
- 1 cup cereal- 30 grams
- 2 slices of toast- 30 grams

7. HANDLING GUT ISSUES

To prevent upset stomach, diarrhea, heartburn before competition:

TRY TO LIMIT

- Fatty foods: bacon, sausage, pepperoni, fried chicken, French fries, chips
- Caffeine
- Chocolate
- Spicy foods
- Lactose containing foods
- Lot of fiber
- Fructose in fruits/fruit juices

LAST SOLID MEAL 3 hours before competition

To HELP with diarrhea

- Oatmeal
- Bananas
- Tea
- Rice
- Liquids between, not with meals
- Include sports drinks to replace what the body loses

8. FOODS TO INCLUDE RIGHT BEFORE AND DURING MEETS

- | | |
|---------------|----------------|
| Honey sticks | Sports drinks |
| Jello | Honey packet |
| Sugar cubes | Crackers |
| Dry cereal | Gels |
| Chex mix | Individual gel |
| Mini pretzels | shots |

Benchmark Performances Boys 5,000 Meters

	<u>Freshman</u>	<u>Sophomore</u>	<u>Junior</u>	<u>Senior</u>
Good	21.30	19.00	18.00	17.00
Very Good	19.59	18.00	17.10	16.48
Exceptional	18.35	17.35	16.50	16.30
Top 3 Since 1987	Alex MocarSKI (17.11)	Ren Provey (15.56)	Ren Provey (15.27)	Harry Warnick (15.35)
	Bryan Stephan (17:21)	Ren Provey (16.02)	Ren Provey (15.33)	Matt Kane (15.35)
	Norberto Zapato and Nick Gans (17.29)	Ren Provey (16.02)	Ren Provey (15.44)	Harry Warnick (15.38)

Benchmark Performances Girls 4,000 Meters

	<u>Freshman</u>	<u>Sophomore</u>	<u>Junior</u>	<u>Senior</u>
Good	18.59	17.23	17.05	16.45
Very Good	18.15	16.59	16.40	16.25
Exceptional	17.23	16.40	16.25	16.05
Top 3 Since 1987	Lexi Hoadley (15.50)	Sarah Radziewicz (15:18)	Cate Allen (14.20)	Meg Ryan (14.03)
	Sarah Radziewicz (15.53)	Gabi Galletta (15:19)	Meg Ryan (14.38)	Cate Allen (14.33)
	Hannah Dougherty (16.01)	Holly Harring (15.43)	Carly Birkhold (15.06)	Cate Allen (14.36)

Benchmark Performances Girls 5,000 Meters

	<u>Freshman</u>	<u>Sophomore</u>	<u>Junior</u>	<u>Senior</u>
Good	22.00	20.25	20.00	19.40
Very Good	21.00	20.00	19.40	19.20
Exceptional	20.25	19.40	19.25	19.00
Top 3 Since 2000	Colleen Rogers (20.42)	Sarah Radziewicz (20:12)	Cate Allen (19.02)	Cate Allen (18.17)
	Sarah Radziewicz (20.54)	Sarah Radziewicz (21:26)	Cate Allen (19.03)	Meg Ryan (18.23)
	Hannah Dougherty (21.00))	Gabi Galletta (20:29)	Meg Ryan (19.06)	Meg Ryan (18.33)

	Race		Easy Pace		Tempo Pace			Interval Paces				Repetitions			
VDOT	Mile	4k	5k	E/km	E/mile	T400	T1000	T1600	I400	I1000	I1200	I1600	R200	R400	R800
30	9.11	24.02	30.40	7.37	12.16	2.33	6.24	10.18	2.22	5.50	6.42	9.38	1.07	2.16	4.32
32	8.41	23.00	29.05	7.16	11.41	2.26	6.05	9.47	2.14	5.36	6.28	9.08	1.03	2.08	4.16
34	8.14	21.55	27.39	6.56	11.09	2.19	5.48	9.20	2.08	5.21	6.13	8.41	1.00	2.02	4.04
36	7.49	20.51	26.22	6.38	10.40	2.13	5.33	8.55	2.02	5.07	5.58	8.16	57	1.55	3.50
38	7.27	19.55	25.12	6.22	10.14	2.07	5.19	8.33	1.56	4.54	5.45	7.54	54	1.50	3.40
40	7.07	19.04	24.08	6.07	9.50	2.02	5.06	8.12	1.52	4.42	5.32	7.34	52	1.46	3.32
42	6.49	18.17	23.09	5.53	9.28	1.57	4.54	7.52	1.48	4.31	5.21	7.16	50	1.42	3.24
44	6.32	17.34	22.15	5.40	9.07	1.53	4.43	7.33	1.44	4.21	5.10	6.59	48	1.38	3.16
45	6.25	17.14	21.50	5.34	8.58	1.51	4.38	7.25	1.42	4.16	5.05	6.52	47	1.36	3.12
46	6.17	16.55	21.25	5.28	8.48	1.49	4.33	7.17	1.40	4.12	5.00	6.44	46	1.34	3.08
47	6.10	16.36	21.02	5.23	8.39	1.47	4.29	7.10	1.38	4.07	4.54	6.37	45	1.32	3.04
48	6.03	16.18	20.39	5.17	8.31	1.45	4.24	7.02	1.36	4.03	4.49	6.30	44	1.30	3.00
49	5.56	16.01	20.18	5.12	8.22	1.43	4.20	6.55	1.35	3.59	4.45	6.23	44	1.29	2.58
50	5.50	15.44	19.57	5.07	8.14	1.42	4.15	6.51	1.33	3.55	4.41	6.17	43	1.27	2.54
51	5.44	15.28	19.36	5.02	8.07	1.40	4.11	6.44	1.32	3.51	4.36	6.11	42	1.26	2.52
52	5.38	15.12	19.17	4.58	7.59	98	4.07	6.38	1.31	3.48	4.33	6.05	42	1.25	2.50
53	5.32	14.57	18.58	4.53	7.52	97	4.04	6.32	1.30	3.44	4.29	5.59	41	1.24	2.48
54	5.27	14.43	18.40	4.49	7.45	95	4.00	6.26	1.28	3.41	4.25	5.54	40	1.22	2.44
55	5.21	14.29	18.22	4.49	7.38	94	3.56	6.20	1.27	3.37	4.21	5.48	40	1.21	2.42
56	5.16	14.15	18.05	4.45	7.31	93	3.53	6.15	1.26	3.34	4.18	5.43	39	1.20	2.40
57	5.11	13.49	17.49	4.40	7.25	91	3.50	6.09	1.25	3.31	4.15	5.38	39	1.19	2.38
58	5.06	13.39	17.33	4.36	7.19	90	3.45	6.04	1.24	3.28	4.10	5.33	38	1.17	2.34
59	5.02	13.25	17.17	4.33	7.13	89	3.43	5.59	1.23	3.25	4.07	5.29	37	1.16	2.32
60	4.57	13.13	17.03	4.29	7.07	88	3.40	5.54	1.22	3.23	4.03	5.24	37	1.15	2.30

61	4.53	13.01	16.48	4.25	7.01	86	3.37	5.50	1.21	3.20	4.00	5.20	36	1.14	2.28
62	4.49		16.34	4.22	6.56	85	3.34	5.45	1.20	3.18	3.57	5.16	36	1.13	2.26
63	4.45		16.20	4.18	6.50	84	3.32	5.41	1.19	3.15	3.54	5.12	35	1.12	2.24
64	4.41		16.07	4.15	6.45	83	3.29	5.36	1.17	3.12	3.51	5.08	35	1.11	2.22
65	4.37		15.54	4.12	6.40	82	3.26	5.32	1.16	3.10	3.48	5.04	34	1.10	2.20
66	4.33		15.42	4.09	6.35	81	3.24	5.28	1.15	3.08	3.45	5.00	34	1.09	2.18
67	4.30		15.29	4.05	6.30	80	3.21	5.24	1.14	3.05	3.42	4.57	33	1.08	2.16
68	4.26		15.18	4.02	6.26	79	3.19	5.20	1.13	3.03	3.39	4.53	33	1.07	2.12
69	4.23		15.06	3.57	6.21	78	3.16	5.16	1.12	3.01	3.36	4.50	32	1.06	2.12
70	4.19		14.55	3.54	6.17	77	3.14	5.13	1.11	2.59	3.34	4.46	32	1.05	2.10
71	4.16		14.44	3.51	6.12	76	3.12	5.09	1.10	2.57	3.31	4.43	31	1.04	2.08
72	4.13		14.33	3.49	6.08	76	3.10	5.05	1.09	2.55	3.29	4.40	31	1.03	2.06
73	4.10		14.23	3.46	6.04	75	3.08	5.02	1.09	2.53	3.27	4.37	31	1.02	2.04
74	4.07		14.13	3.44	6.00	74	3.06	4.59	1.08	2.51	3.25	4.34	30	1.02	2.03
75	4.04		14.03	3.41	5.56	74	3.04	4.56	1.07	2.49	3.22	4.31	30	1.01	2.02
76	4.02		13.54	3.39	5.52	73	3.02	4.52	1.06	2.48	3.20	4.28	29	1.00	2.00

Practice Outline

We have two types of work-out days, easy road running and track work-outs. The following is an outline of how practice will work for all athletes:

Easy Days (typically Monday, Wednesday, Friday)

- 2:30- Meet as a team at track
- 2:45- Sign out with coaches to run
Upon return you should complete your striders and then stretch out
- 4:00- Abdominals and Back as Team
- 4:25- Lifting (mandatory for varsity athletes on Wednesday and Friday)

Hard Days (typically Tuesday, Thursday and Saturday)

- 2:30- Warm-Up led by captains
- 3:00- Track Work-Out
- 4:00- Hills
- 4:10- Cool Down and Stretching
- 4:25- Track Strengthening as Team (Abs, back, and others)

Warm-Up Procedure

Warm-Ups will be conducted every day we run a track work-out and at meets. It will be organized in the following manner:

- 1) Warm-Up Run
 - 2) Static Stretching
 - 3) Active Exercises
- 1) Warm-Up Run:
 - a. This is a 1 mile run, which will be completed as a team on the XC course
 - 2) Static Stretching- Each should be held for 15 seconds:
 - a. Calves (Toes up on fence, heel on ground)
 - b. Quads (Grab foot, pull behind)
 - c. Hamstrings (Hurdler Stretch)
 - d. Abdominal Stretch (Arm over Head)
 - e. Hips (Pretzel and Leg on Knee)
 - 3) Active Exercises:
 - a. Side Leg Swings on Fence (10 per side)
 - b. Front Leg Swings (10)
 - c. Back Leg Swings (10)
 - d. A / B / C Drills
 - i. Walk 50 down for A and then jog it back
 - ii. Walk 50 down for B and then jog it back
 - iii. Jog 50 out and back for C
 - e. Karaoke (50 meters out and back- always face same way)
 - f. Bounds (50 meters out and back)
 - g. Butt Kicks (50 meters out and back)

- h. Lunge Walk (30 meters out and back)

Cool Down Procedure

Cool downs will be conducted every track work out day. It will be organized in the following manner:

- 1) Cool down run
- 2) Static Stretching

- 1) Cool down run
 - a. 1 mile jog completed as a team

- 2) Static Stretching
 - a. Calves (Toes up on fence, heel on ground)
 - b. Quads (Grab foot, pull behind)
 - c. Hamstrings (Hurdler Stretch)
 - d. Abdominal Stretch (Arm over Head)
 - e. Hips (Pretzel and Leg on Knee)

Lifting / Strengthening / Post Run Stretching

Lifting:

If you are a member of the varsity team, or aspire to be a member of this team, you will be required to lift on Wednesdays and Friday. This is not a punishment, but rather an opportunity to help build muscle. The two day program you will be asked to complete is as follows:

Day I:

- Lateral Raise (2 x 10 reps)
- Bench Press (2 x 10 reps)
- Plate with Squats (2 x 8 reps)
- “Pull-Up”- inverted row (2 x 8 reps)

Day II:

- Triceps (3 x 10 reps)
- Biceps (2 x 10 reps)
- Shoulder- Military Press (2 x 10 reps)
- Push-Ups (3 x 8)

Strengthening at Track:

The following exercises will be completed on a 3-day rotation out at the track. Consult with your work-outs to determine which should be completed each day. These will only be done on Tuesdays, Thursdays and Saturdays.

Day I:

- Lunge (2 x 30 seconds each leg)
- Wall Sit (3 x 30 secs)
- Glut Isolation (Clam Shells)
- Shin Walks (2 x 30 meters for all 3 walks- toes straight, toes in, toes out)

Day II:

- T / Y / I (2 x 10 for each)
- Hand Walk (10 walks)
- Calf Raises (2 x 15- do not bounce)
- Shin Walks (2 x 30 meters for all 3 walks- toes straight, toes in, toes out)

Day III:

- Alphabet (bare feet- all letters)
- Extension / Flexion (Toes out and then Toes in 2 x 10 reps each way)
- Outside Foot Toe Raise (2 x 15- do not bounce)
- Shin Walks (2 x 30 meters for all 3 walks- toes straight, toes in, toes out)

Post Run Stretching

You should do all static stretching after all work-outs.

Race Results:

All Cross Country information can be found at:

www.warderunning.com

All notifications of new postings will be communicated through IC this season

Coach Contact Information:

While all of you coaches look forward to hearing from you as the season progresses, we are asking that any comments or concerns from you, or your family members, be directed to Mr. Tim Foster. Below you will find a list of all the coaches along with Tim's contact information.

Assistant Coaches:

Jack Foster

Sarah Janisch

Head Coach:

Tim Foster

Email- tfoster@fairfieldschools.org

Phone- (203)-521-1609

Goal Setting (This sheet must be printed, filled out and turned in prior to receiving a uniform).
Goal setting is an essential aspect of life. If you do not have goals, you have nothing to actively work toward. What we are asking of you today is that you consider why you are on this team. There is no correct response here, as all of you are here for different reasons.

Please take a minute to consider your motives and fill in the following two sections.

Personal Goal: I, _____, have established a personal goal for myself this XC season and it is to.....

Team Goal: I, _____, have considered the potential success of my team this year and have decided that I would like to see the team accomplish the following before the season is over:

Successful Receiving, and Reading, of this Packet:

I have received the cross country policies and procedures and will adhere to them throughout the upcoming season.

And, as an invested member of this team, I will ensure that my parents receive this hand-out and are given an opportunity to read and understand the team’s policies in case they have any questions about the upcoming XC season.

Student-Athlete Name: _____

Student-Athlete Signature: _____ **Date:** _____