

## Creekside Girls Cross Country

Our first official running event is Running of the Knights 5K on May 12<sup>th</sup>. Meet the rest of the team at the Creekside Track at 5:45pm. As a team, we help with the Mile Fun Run which starts at 6:15pm. We then will warm up and head to the start line as a team.

Remember that this, like every race we run, should be your best effort and also enjoyable! Parents and Family members are encouraged to participate in the 5K or the Fun Run also!

**There are a few weeks between the end of track/school and the beginning of Cross Country Conditioning. During these weeks you should be doing some running, see below for suggestions:**

**Your goal mileage should be as follows:**

Returning runners who have been running track or run on their own: 20-25miles/week.

Returning runners who did not run track/have not been running this spring: 15-20 miles/week.

New Runners: 12-15 miles/week.

Make sure to take at least 2 days off from running each week. Biking, Swimming and Yoga are all great alternatives to running. You should bike/swim at least 30 minutes-45 minutes. The goal of cross training is to get your heart rate up and reduce the stress on your legs from the road.

**Core completed 3 days/week. (30 seconds-60 seconds/set & 10 minutes per day)**

Examples of Core:

Pushups/Burpees/Plank

6-inch Killers

Lunges

Pull-Ups

Calf Raises

Crunches

Toe Taps

**Summer Conditioning: TUESDAY May 30 to Beginning of August (exact date TBA)**

Sunday-6:30 am Long Run

Monday- 6:30 am Creekside Track

Tuesday-6:30 am Julington Creek Plantation Park (meet at the bathroom pavilion)

Wednesday-6:30 am Creekside Track

Thursday-6:30 am (Junior/Seniors Lead) check twitter for location

Friday-6:30 am Ponte Vedra Bridge

## **Summer Attendance**

Summer conditioning is not mandatory, but strongly encouraged! Attendance and participation will directly influence your personal performance and your contribution to the team. I will email the details of our weekly running plans each week by Saturday evening. If you are going out of town or have a conflict, I expect you to let me know that you will not be at conditioning. You will have your workout and running expectations, therefore, even if you cannot make it to conditioning, you should still be able to complete your training. If transportation is a concern for any practice, please contact me.

## **Forms**

In order to participate in Summer Conditioning, each athlete must have proper forms on file. I need to have an EL2, and EL3 form before you will be able to attend conditioning with the team. Please bring them to our first conditioning practice.

## **Communication**

Once conditioning begins, I expect each of you to email or text me your completed training for the week by Saturday afternoon. I review training to make sure I adjust our workouts each week to best suit how your training is going. I really need to know how you are feeling during and after your running. If you are experiencing PAIN at any time, I need to know so I can adjust workouts and training to avoid injuries. Soreness is expected, but pain is not something to ignore. I am always willing to speak with you. Please call me on my cell or text me if there is something we need to discuss.

## **What to bring to practice?**

Running Shoes (1<sup>st</sup> Place Sports has knowledgeable staff who will help you find the right shoe)

Water Bottle

Watch

Towel

## **Running Camp**

We will be attending Brevard Distance Running Camp this summer. Running Camp is a great way to train in a new location on different terrain, share time with other runners and make closer relationships with your teammates. We are attending camp the week of July 16-22. When registering, please select the "Villages" for housing if that is an option. Please let me know when you have registered. <http://brevarddistancerunnerscamp.com/>.

\*the price of registration does not include transportation. We will be renting a bus and traveling as a team. \*

## **Expectations:**

We are a team. A good teammate is a friend who tries to understand, encourage and appreciate other members of the team. Open communication and feedback is expected. A team who works together will perform well together.

Be on time and ready to run at the time practice is scheduled.

Absences are to be communicated to Coach Mandy as soon as possible via text or email.

Attendance is expected at all practices. Absences jeopardize eligibility to participate in races.

Be at your best at all times. You represent the Team, your Family, Creekside and Yourselfes in everything you do.

Follow the rules of the road. Always run on the sidewalk if one is available. If you have to be on the road, run on the left side facing traffic, single file.

Get enough rest. When training, our bodies need 7-9 hours of sleep daily. This is when the body repairs itself. This is a commitment just like showing up to practice, you must make rest a priority.

Nutrition and Hydration are also a commitment. Our body needs proper nutrition to make it work. Water is the best way to hydrate. Make sure to carry a water bottle with you throughout the day and drink it!

Our season begins with conditioning on Sunday May 28<sup>th</sup> and concludes with the State Meet on Saturday November 4<sup>th</sup>.

### **Head Coach**

**Coach Mandy**

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**Team Twitter: @CKXCgirls**

### **Assistant Coach**

**Coach Toner**

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