

Boys 2018 Cross Country



Due by the 1st day of summer training!!! (Monday June 4th)

- Complete online info, see Creekside Boys Cross Country page on school website
- Submit online updated EL2 and EL3 forms (see Creekside website)
- Pay Summer training fee – 35 dollars to Defy Age Running
- Get new pair of running shoes (don't wear old running shoes!!!!)

Boys Cross Country training plan for the May 1st – June 3rd

Below you will see the first 5 weeks of your summer training. Check to see which group you are in and if you have any questions, please see Coach Frank. Each week starts on a Sunday.

Summer training is the most important part of your preparation for the cross country season. It is essential for our team that everyone completes summer training. The team is depending on you to work hard during the next 5 weeks so when summer practice starts we are all ready to roll. It is expected that junior and senior leaders organize some practices over this 5 weeks period.

Group 1 – 6:30 – 7:30 min pace – All returning varsity level XC and Track

Group 2 – 7:00 – 8:30 min pace – All returning JV XC and Track

Group 3 – 8:00– 9:00 min pace. – New to the team.

Weekly Volume - Week 1 – Tuesday 5-1 – Group 1 25-30 miles, Group 2 20-25 miles, Group 3 15-20 miles
2-3 days with 4 x strides, Core x 5 days. 1-2 days off.

Weekly Volume - Week 2 – Sunday 5-6 - Group 1 25-30 miles, Group 2 20-25 miles, Group 3 15-20 miles.
2-3 days with 4 x strides, Core x 5 days. 1-2 days off.

Weekly Volume - Week 3 – Sunday 5-13 - Group 1 25-35 miles, Group 2 25-30 miles, Group 3 15-20 miles.
2-3 days with 4 x strides, Core x 5 days. 1-2 days off.

Weekly Volume - Week 4 – Sunday 5-20 - Group 1 25-35 miles, Group 2 25-30 miles, Group 3 15-25 miles.
2-3 days with 4 x strides, Core x 5 days. 1-2 days off.

Weekly Volume - Week 5 – Sunday 5-27 - Group 1 25-40 miles, Group 2 25-35 miles, Group 3 15-25 miles.
2-3 days with 4 x strides, Core x 5 days. 1-2 days off.

Example of Core

- 3 sets of pushups- 25-30 seconds per set
- 3 sets of 6-inch killers for 25-30 seconds
- 3 sets of plank for 25-30 seconds
- 3 sets of crunches 25-30 seconds
- 3 sets of toe taps 25 on each foot
- 3 sets of lunges 10 per leg
- 3 sets of heel raises 15 in each set

**2018 Summer Cross Country Conditioning Schedule – Starting
Monday June 4th – till Thursday August 9th (10 Weeks)**

Monday – 6:30am @ Veterans Park

Tuesday – 7:00am @ Fruit Cove Fields

Wednesday – 7:00am @ Creekside

Thursday –on your own.

Friday – 6:30am–Ponte Vedra Bridge AKA Creekside Bridge (directions will be emailed)

Saturday – Senior Lead Run – 7:00am @ Fruit Cove Fields

Sunday – off

***This schedule is subject to change based on weather. Check your Twitter the day before practice to confirm location.

**The bugs get bad in St. Johns County and surrounding areas during the summer. It's recommended that you bring bug spray to each practice.

Summer Training Fee

Because of the financial burden on coaches for traveling to practices and providing Gatorade at our sweltering hot summer practices, like past summers, we will be charging \$35 per athlete to help compensate. Please make checks payable to Defy Age Running. This payment will be due at our first practice during the summer, Monday, June 4th.

Criteria for making the Cross Country Team

This year we will not have a time Criteria to make the team. Instead, you will be responsible for attending summer conditioning, working hard each day, and participating in the team fundraiser (see attached).

Paper Work

To be on the Boys Cross Country Team you must have the following forms completed and submitted online: **EL3 (Parent permission/Concussion info) and EL2 (physical)**. I will also email these out to you and your parents. If you show up to summer conditioning without these forms submitted online you will not be allowed to participate. You will also need to view the Concussion in Sports video. Visit the Creekside Athletic website for directions.

Summer attendance

Summer conditioning is not mandatory but HIGHLY SUGGESTED. Your attendance and participation in the summer program will go a long way in making you a better runner and, more importantly, your team more successful. Summer training is the foundation to a successful cross country season. The expectation is that if you're in town you make the necessary arrangements to attend practice. Work is not a reason for missing practice. If you need a ride, contact Coach Frank or Coach Navarro and we will help you find one! If you do not attend summer practice while you are in town you will not be on the 2018 Creekside Boys Cross Country Roster at the start of the season.

Water Tables and JTC meets

We will be working 2 water tables this summer. Your assistance in working at these water tables is expected, remember you get service hours and the team gets money. The date of the water tables are the morning of **7-4 and 8-4**. More info to come soon.

We will also be working JTC meets this summer. It is mandatory that you work at least 2 meets. The Dates of the meets are below. We will need at least 15 boys at each meet during the summer. We will have a google sign up later this summer. Dates of the meets are below

Saturday June 2nd @ Bolles 3:00pm, Saturday June 16th @ Bolles 7:00am, Saturday July 7th @ Bolles 7:00am, and Saturday July 14th @ Bolles 7:00am,

Running Camp

We will be attending Brevard Distance Running Camp this summer. Running camp is a great way to build a strong, caring, and close cross country team. We are attending the week of July 15th-21st. It is not too late to sign up! <http://brevarddistancerunnerscamp.com/camp-2015/>

Summer racing

Racing over the summer is not allowed. If you have a question about this please see Coach Frank directly. We may have time trails during the summer. This will be the only time you will be permitted to run.

Summer Fundraiser

We will be doing a Run-a-thon this summer and it is expectation that all will participate. The Date of the Run-a-Thon is TBD. Each Athlete is expected to raise a minimum of 100 dollars. See the attached fundraiser/pledge sheet. Start getting those pledges or flat donations!!!

If you are unable to participate in the run-a-thon or can't get enough pledges you are still expected to fundraise \$100. Last year many athletes' mowed lawns, picked weeds, washed cars, and held bake sells to raise the money. All of these are acceptable and encouraged.

The money that we raise goes towards; team shirts, team travel expenses, entry fees, supplies, awards, uniforms, warm ups, etc.

Weekend runs and running on your own – You will be given a schedule of what to do on days we don't meet. It is the expectation of your coaches and your teammates that you complete these workouts. It is encouraged that you meet up with your teammates to complete these workouts. This is an opportunity for you to be a leader, set up a time to meet.

****Example** – Have everyone meet at your house, complete the workout/run and then eat breakfast as a team, I am sure your parents will help make a meal for you and your teammates or you can go out to eat.

It is also expected that if you are out of town with your parents that you bring your running shoes and schedule with you. You can always find time to run on vacation.

Equipment – You must have the following equipment at conditioning each day.

1. Proper running shoes. (Do not show up in last season's running shoes: you will get injured. Go to 1st Place Sports, this store has many different locations and is a great running store with very knowledgeable staff members who will assist you with your shoe needs.)
2. Proper running clothes.
3. Water Bottle and Watch. (anyone one without will do 50 push-ups)
4. Towel
5. Bug Spray
6. Running light (you will not need this until the school years starts) See below picture for example. This is an LED running light. These cost around 10 dollars and can be purchased at 1st place sports or online.



Twitter Account –

Twitter will be our primary form of communication. I will post information regarding practice, equipment needed for practice and race information. If you do not already have a Twitter account, please create an account and follow **@CreeksideCoach**. Make sure you select to receive my messages directly to your phone.

School year Practice schedule – Starting Friday August 10th.

Schedule for during the school year

Monday - 6:15am @ Creekside Track

Tuesday - 6:15am @ Creekside Track

Wednesday - 6:15am @ Creekside Track

Thursday - 6:15am @ Creekside Track

Friday - 6:15am @ Creekside Track

Team Expectations

1. The team always comes first. No one's personal goals come before the team's goals.
2. Trust. Trust your teammates, your coaches, and the training programs.
3. Be present and be on time. I know that everyone is late once and a while but being constantly late shows a lack of respect for your teammates, yourself, your team, and your coaches.
4. Runners who miss practice during the season without a valid excuse will be subject to suspension from a meet or other appropriate consequences. I expect runners to inform me if they will be absent from practice. Doctor's appt., dentist trips, etc. are understandable and expected but can be avoided. Please plan your appointments on days that we do not have afternoon practice. Proper communication with the coaches will eliminate any possible problems.
5. Conduct yourselves as gentlemen, in the classroom, on the athletic field, and in all other aspects of your life. Represent your family, Creekside High School, and your teammates in a positive manner at all times.
6. Practice won't be canceled because of bad weather. We can always do something that can make us better athletes and runners.
7. Bring water and a watch to practice each day!!!
8. Commitment. Being part of this team takes a certain level of commitment and sacrifice. Joining this team means that you are making a commitment to be present and work hard at every practice and meet starting on May 29th and ending at the state meet.

Coaching staff –

Head Coach – Eric Frank - Phone – 904-608-8799, Email – Eric.Frank@stjohns.k12.fl.us

Assistant Coach – Chris Navarro - Phone – 904-716-4548, Email - cnavswork@comcast.net

2018 Creekside Cross Country Run-a-Thon

First Name: _____ Last Name: _____

Dear Potential Sponsor,

I am participating in the Creekside Cross Country Run-a-thon. All proceeds will help fund the 2018 Cross Country Season. You can sponsor me for the amount of laps my team completes in a 2 hour period or you make a flat donation. After the run-a-thon, I will return to tell you how many laps my team completed and collect your contribution; my coach will record the amount of laps at the bottom of this sheet. You can make checks to out to Creekside Cross Country.

Thank you!

	Name -	Pledge per lap	Flat Donation		Total
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					

Amount of Laps Completed: _____

Total amount of money collected

