

# Boys 2019 Cross Country

Due by the 1<sup>st</sup> day of summer training!!! (Monday June 3rd)

1. **Complete online info**, see Forms on Athletic Home page on school website; or document attached in email that delivered this document
2. **Submit online updated EL2 and EI3 forms** (see same as [1] above)
3. Pay Summer training fee – \$35 dollars to “Defy Age Running” (bring with you first day)
4. Get new pair of running shoes (don’t wear old running shoes!!!!)
5. Watch on your wrist
6. **Read Navs Top Ten Knows** (there will be a quiz)

## **Boys Cross Country training plan for the May 1<sup>st</sup> – June 2<sup>nd</sup>**

Below you will see the first weeks of your summer training, which you should have already started. Check to see which group you are in and if you have any questions, please contact Coach Navarro. Each week starts on a Monday. 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 weeks so when summer conditioning starts, we are all ready to roll. It is expected that junior and senior leaders organize some runs over this 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** – Mileage volume guide is listed below. At least one run is to be 20-25% of total distance for the week. Each week includes 2-3 days of 4 strides after the run, core x 3-4 days, and 1-2 days off.

- Week 1 – 4/29 – Group 1 25-30 miles, Group 2 20-25 miles, Group 3 15-20 miles.
- Week 2 – 5/6 - Group 1 25-30 miles, Group 2 20-25 miles, Group 3 15-20 miles.
- Week 3 – 5/13 - Group 1 25-35 miles, Group 2 25-30 miles, Group 3 15-20 miles.
- Week 4 – 5/20 - Group 1 25-35 miles, Group 2 25-30 miles, Group 3 15-25 miles.
- Week 5 – 5/27 - Group 1 25-40 miles, Group 2 25-35 miles, Group 3 15-25 miles.

## **Core 500 in GroupMe gallery or 3 sets of below**

- Pushups for 25-30 seconds
- 6-inch killers for 25-30 seconds
- Plank for 25-30 seconds
- Crunches 25-30 seconds
- Toe taps 25 on each foot
- Lunges 10 per leg
- Heel raises 15 in each set

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## 2019 Cross Country Summer Conditioning Schedule

Monday June 3rd to Sunday August 4th (9 Weeks)

**Monday** – 6:30 am @ Veterans Park

**Tuesday** – 6:30 am @ Fruit Cove Fields

**Wednesday** – 6:30 am @ Creekside

**Thursday** – 6:30 am @ Fruit Cove Fields

**Friday** – 6:30am @ Palm Valley Bridge – Ponte Vedra (park East side under bridge)

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

**Sunday** – off

### Notes:

1. This schedule is subject to change based on weather. Check GroupMe for updates
2. Bugs are bad in St. Johns County - bring bug spray to each practice.
3. We may throw in trail days so pay attention to emails and GroupMe
4. Practices go for a strict 1-1/2 hours in the summer. Parents please be there for pick up. Fridays go for an extra 15 minutes.

### Summer Training Fee

To compensate coaches for time, travel expenses and providing Gatorade/popsicles at specific practices, like past summers, we will be charging \$35 per athlete. Please make checks payable to Defy Age Running. This payment will be due at our first practice during the summer, Monday, June 3rd. Much of this fund is returned in kind to the team via other avenues, donations, camp giveaways, etc.

### Criteria for making the Cross Country Team

We do 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 evens (water tables, etc.). The coach reserves the right to cut athletes that are not focused, disruptive at practice, and do not meet the culture this team embodies – See Navs Top Ten Knows

### Paperwork

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)**. Directions are attached to the email that delivered this document. If you show up to summer conditioning without completing these forms (and showing cleared), you will not be allowed to participate. Additional requirements (e.g., Concussion and other required courses) will need to be met and details sent as we approach the season. Note the document on registration is from last year, but separate from the dates, the process is the same.

### 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. If you are in town, make the necessary arrangements to attend practice. **Work is not a reason for missing practice.** If you need a ride, contact Coach Navarro and we will help you find one!

2019 XC – Fun, Fast, Focused!!!!

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## **Water Tables and JTC meets**

We will be working 2 water tables this summer and we work additional races throughout the year. Your assistance in working at these water tables is expected. You receive service hours and the team gets credit to pay for the Senior Designed T Shirt and the Banquet Shirt. Because it tends to be the same people at each race, we are now tracking support by athlete. If you do not work enough races, you will be asked to purchase your shirts. The date of the summer water tables are the morning of **July 4<sup>th</sup> and August 3<sup>rd</sup>**. Details will be provided as we approach these dates.

We will also be working JTC meets this summer as **fundraiser for camp travel**. It is mandatory that you work at least 2 meets if you are going to camp and the funds raised will be allocated on “work shares” earned at the meets. We will need 12-15 boys/girls at each meet. A separate email will be sent to campers with all details and a google sign up sheet. The first meet is May 18 at 1:00 PM at Bolles High School.

## **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 14<sup>th</sup>-20<sup>th</sup>. You can still sign up, but spots are closing fast, and we need final numbers soon to determine transportation. Details for signing up have been sent in earlier emails

## **Summer racing**

**Racing over the summer is not allowed.** We may have time trails during the summer. This will be the only time you will be permitted to race.

## **Equipment**

You must have the following equipment at conditioning each day.

1. Proper running shoes.
2. Proper running clothes.
3. Water Bottle
4. Watch.
5. Towel
6. Bug Spray
7. Running light (you will not need this until the school years starts)

## **Communications (Email and GroupMe)**

Formal communications are by email to Parents and Athletes. Please make sure you read all emails from me. My understanding is not all athletes read emails regularly - you need to make sure you always look for my emails. You also will be part of a GroupMe chat group with me and the rest of the team. Make sure you look for an invite to this tool, if you are new. This tool is used for me to communicate quickly with the team, provide additional instructions, answer questions, take polls, schedule key events, etc. Do not shut off notifications for this tool and keep chatter to a minimum, required need.

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**School year Practice schedule** – Starting Monday August 5<sup>th</sup> all practices, Monday through Friday, are at Creekside High School track at 6:15 AM. Showers are available in the locker room. Practices go until 8:15 AM or earlier if we are efficient and cover all activities in less than 2 hours. Practice does not end early for athletes that choose to go home to shower. That is done on your own time.

## **Team Expectations**

Below are our standard expectations. I provide detailed thoughts in my **Top Ten Knows** (as in, “you should know this”) sent with this document. I take these expectations very seriously and they form the foundation of a championship team

1. The team always comes first. No one’s personal goals come before the team’s goals.
2. 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 consequence. I expect runners to inform me if they will be absent from practice. Doctor’s appt., dentist trips, etc. are understandable but can be avoided.
5. Conduct yourselves as gentlemen in the classroom, on the athletic field, and in all other aspects of your life. Always represent your family, Creekside High School, and your teammates in a positive manner always.
6. In case of bad weather, and practice cancellation will be sent on GroupMe. Do not assume practice is cancelled, as weather changes quickly, varies from location to location; and we can always do something that can make us better athletes and runners.
7. Bring water, a watch, and a light to practice each day!!!
8. 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 June 3rd and ending at the state meet.

## **Coaching Staff**

Head Coach – Chris Navarro - Phone – 904-719-5022, Email – [coachnavs@gmail.com](mailto:coachnavs@gmail.com)

Assistant Coach – Nate Perez - Phone – 904-657-8815, Email - [nathan.sperez@yahoo.com](mailto:nathan.sperez@yahoo.com)