

Creekside Girls Cross Country

Our first official running event is Running of the Knights 5K on May 10th. 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 to run the 5K. Remember that this, like every race we run, should be your best effort and 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 28 to July 28 (Practice starts July 29)

We meet Sunday-Friday throughout the summer. Daily meeting places will be communicated in weekly emails. Unlike previous seasons, daily meeting places will change. Make sure to read and know where we will be meeting. We will start at 6:30 am and finish by 8:00 am unless otherwise communicated.

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, 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. Be on time and ready to start at 6:30 am. We will not wait for late arrivals. If transportation is a concern for any practice, please contact me.

Eligibility

Everyone must Register as an Athlete BEFORE attending Conditioning. Instructions on how to Register your Athlete are found here: <https://www-chs.stjohns.k12.fl.us/athletics/forms-el2/>.

Pursuing Victory with Honors is our Student Athlete Code of Conduct. This is something that you should read and understand. As an Athlete and a Parent of an Athlete you are asked to acknowledge that you will adhere to these expectations of conduct.

<https://www-chs.stjohns.k12.fl.us/athletics/wp-content/uploads/sites/11/2016/06/2016-17-PVWH.pdf>

Running/Training Log

As an athlete it is very important to keep track of your training. Once conditioning begins, I expect each of you to record your training for the week. This should then be texted or emailed to me by Saturday at noon. 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 (1st 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 14-20. When registering, please select the "Villages" for housing. 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. *

Communication

I email weekly training plans to the athletes and parents on Saturday evening.

I will also set up a Groupme with the athletes to communicate more urgent information.

Please make sure I have your correct email address and cell numbers.

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 Yourself 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 Tuesday May 28th and concludes with the State Meet on Saturday November 9th.

Coach Mandy

Cell: 614-327-3452

Email: mandyccrnr@hotmail.com

Twitter: @mandyccrnr

Team Twitter: @ckxcgirls

