

# Creekside Girls Cross Country

## Welcome to Creekside Girls Cross Country!

2020 Conditioning will be different than in past summers. Please read the information included in this letter to make sure you understand what is expected and where to find information. This summer we will be adjusting our schedule and training as we are guided by the school district concerning social distancing and safety measures. Please be understanding while we adopt these practices to make sure everyone stays healthy and safe.

### Tuesday May 18 to July 26 (Practice starts July 27)

There is no required or mandatory practice until July 27<sup>th</sup>. There will be group runs and conditioning sessions starting Monday May 18<sup>th</sup>. It is strongly encouraged to attend because attendance and participation will directly influence your personal performance and your contribution to the team. We will be practicing social distancing recommendations from the CDC. If anyone is having symptoms of sickness or fever **DO NOT ATTEND** the group run. (this is always the case, even when not in a global pandemic)

We meet Monday-Saturday throughout the summer. Daily meeting places will be communicated in weekly emails that are sent out on Saturday evenings. 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. Daily meeting places will change. Make sure to read and know where we will be meeting. Be on time, and ready to start at **7:00am** (until June 15<sup>th</sup>, then we move to 6:30 am). We will start on time and finish on time. Practices last 1 and ½ hours unless otherwise communicated. **We will not wait for late arrivals.** If transportation is a concern for any practice, please contact me.

There will not be any coaches present at conditioning until after June 15<sup>th</sup> because of regulations from the school district. Please make sure to work together as a team, respect one another and be safe at all times.

### 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/wp-content/uploads/sites/11/2020/04/2020-21-FHSAA-Athletic-Clearance-Instructions.pdf>

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>

## 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

Shirt

Post Workout Snack (protein bar, shake, or something else with carbs/protein)

## Your goal mileage until June 15<sup>th</sup>:

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

## Running/Training Log

This year we will all use Strava, an app used for tracking workouts. We will have a private group to share our training data. The athlete needs to get the Strava App, then request to join the club "CKXC Girls" I will accept the request. In the past I have asked for the team to log training manually and submit logs weekly. Only a few athletes were dedicated to keeping logs, the majority did not. This is a way for me to review training and adjust workouts appropriately. When the athletes submit their training on the app I will be able to see it. I still ask that each athlete communicates with me verbally or via email/text about how they are feeling, and especially if they are experiencing PAIN. Soreness is expected, but pain is not something to ignore.

## Running Camp

We usually plan to attend 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. **UNFORTUNATELY THIS YEAR THE CAMP HAS BEEN CANCELLED.** Please find details about next year and refund policy on the website:

<http://brevarddistanцерunnerscamp/>.

## **Communication**

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

We have a whatsapp for coaches and 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 Monday May 18<sup>th</sup> and concludes with the State Meet on Saturday November 7<sup>th</sup>.

**Coach Mandy**

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