

Creekside Girls Cross Country

Welcome to Creekside Girls Cross Country!

Please read the information included in this letter to make sure you understand what is expected and where to find information.

2022 Conditioning Monday June 6 to start of official season on August 1, 2022

There is no required or mandatory practice until the official season starts. There will be group runs and conditioning sessions starting Monday June 6th. It is strongly encouraged to attend because attendance and participation will directly influence your personal performance and your contribution to the team. If anyone is having symptoms of sickness or fever **DO NOT ATTEND** the group run. Please message the coach if you are not feeling well.

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 **6:30am**. 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 be some conditioning sessions where coaches are not present and Senior Athletes will lead the practices. These days will be communicated ahead of time via email. 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/11/2021/05/2021-22-Athletic-Clearance.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 (1st 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 6th:

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 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 are planning to attend Brevard Distance running camp. We will be attending week 1 and will be staying in the villages. Please make sure to register as soon as possible to secure your spot.

<http://brevarddistancerunnerscamp.com/>.

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 June 6th and concludes with the State Meet on Saturday November 5th.

Coach Mandy

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