



# Creekside Cross Country



## Welcome to Creekside Cross Country!

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

**2023 Conditioning Monday June 5<sup>th</sup> to start of official season on August 1, 2023**

There is no required or no mandatory practice until the official season starts **BUT** summer conditioning is strongly encouraged because attendance and participation will directly influence your race performance and contribution to the team. If anyone is having symptoms of sickness or fever, please do not join a group run. Please message the coach if you are not feeling well.

Specific details and locations will be shared on a weekly basis, but overall, we meet Monday-Saturday throughout the summer at FCMS, VP, PV bridges, or Durbin trails etc. Saturdays are long runs with usually a team breakfast afterwards. This year we will probably sponsor one or two long runs with the PRS Track Club.

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. 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 respectively. Practices last 1 to 1 ½ hours unless otherwise communicated. **We will not wait for late arrivals.** There will be a late policy based on circumstances. If transportation is a concern for any practice, please contact your coach.

**Eligibility – NEW '23-24 EL2 physicals, [www.athleticclearance.com](http://www.athleticclearance.com), and three NFHS required learning courses.**

- 1) 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>
- 2) **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 required to adhere to these expectations. <https://www-chs.stjohns.k12.fl.us/athletics/wp-content/uploads/sites/11/2016/06/2016-17-PVWH.pdf>
- 3) **Three NFHS Learning Courses** will be assigned. You can create an account at: <https://nfhslearn.com/>

## 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 and plenty of water 😊
- Watch (highly recommend a basic GPS watch, like Garmin that can connect to Strava), or cell phone with Strava app. At minimum, create an account so you can be tagged in training.
- Towel
- T-shirt
- Post Workout Snack (protein bar, shake, or something else with carbs/protein)

## Your summer goal mileage:

- Returning runners who have been running track or run on their own: 25-30miles/week.
- Returning runners who did not run track/not been running this spring: 20 miles/week.  
For example: M. Medium T. Tempo W. Rec run R. Bridges. F. Rec S. Long run.
- New Runners: 12-15 miles/week.  
For example: M. Easy T. Tempo W. Rec run R. Bridges F. Rec run S. Long run.

Biking, Swimming, Yoga, and court sport 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 – Strava and Garmin watch

We all use Strava, an app used for tracking workouts. We highly recommend a Garmin watch (most basic GPS version to record a session). 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" or Boys at "Creekside Track and Field (Distance)". This is a way for coaches to review training and adjust workouts appropriately. When the athletes submit their training on the app, we can see it. Athletes need to communicate verbally or via group app, 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 (if there is space left)

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://brevarddistancecamp.com/>.

## **Communication**

Weekly training plans will be shared with athletes and/or parents.

**GIRLS:** Uses GroupMe\_(or Remind app) for coaches and athletes to communicate information.

**BOYS:** Uses GroupMe (or Remind app) for coaches and athletes.

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

## **Summer 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 or Coach B as soon as possible via directly in the app, text or email. Do not send in group chats or group emails.

Attendance is expected at all practices, but not mandatory. Extensive absences jeopardize conditioning and possibly eligibility to participate in races when the season begins.

Important: Student Leadership. There will be some conditioning sessions where our coaches are not present due to prior commitments, and Senior Athletes will lead the practices. Please keep in mind that these are volunteer conditionings. Make sure to work together as a team, respect one another and be always safe.

Be always at your best. 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 5<sup>th</sup> and concludes with the State Meet on Friday November 17<sup>th</sup>.

**Head Girls Coach Mandy Yates**

Cell: 614-327-3452

Email: [mandyccrnr@hotmail.com](mailto:mandyccrnr@hotmail.com)

Twitter: @mandyccrnr    Team Twitter: @ckxcgirls

Head Boys Coach "B" - Bernie Berania

Cell: 904.334.5678

Email: [bernard.berania@stjohns.k12.fl.us](mailto:bernard.berania@stjohns.k12.fl.us)

Social Media: TBD