



Creekside Cross Country

2025-26



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.

2025 Conditioning Tues June 3rd to start of official season the week July 25th 2025

There is no required or no mandatory practice until the official season starts **BUT** strongly encouraged because attendance and participation will directly influence your race performance and contribution to the team. Thing of summer training is laying down a big running base and building a big aerobic engine. The miles in the summer pay in minutes during the fall. Plus it's fun!

Locations: 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.

Volunteer-Races: This year we will participate in the Global Running Day June 5th, and work some local 5k races with 1st Place Sports TBD.

Attendance: If you are not feeling well, please message your coach. 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 on time. Practices last 1 to 1 ½ hours unless otherwise communicated. **We will not wait for late arrivals.** If transportation is a concern for any practice, please contact your coach.

Leadership: there will be some conditioning sessions where our coaches are not present due to prior commitments, and Senior Athletes or parent volunteers will lead the practices. You are expected to work together as a team, respect one another, and be always safe.

Eligibility – 2025 NEW EL2 physicals, 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 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>
- 3) MUST take three (3) NFHS learning courses will be assigned. You can create an account at: <https://nfhslearn.com/>

What to bring to practice?

- Running Shoes (1st 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).
- Towel
- T-shirt
- Post Workout Snack (protein bar, shake, or something else with carbs/protein)

Your goal mileage until end of summer:

- Returning runners who have been running track or run on their own: 25-30miles/week.
- Returning runners who did not run track/have not been running this spring: 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 – 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

We are combining with another sister school in St Johns to attend the FSU camp 6/17-6/21 (I believe) <http://www.seminoletrailsCamp.com/>

Communication

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

GIRLS: Uses WhatsApp (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 jeopardizes conditioning and possibly eligibility to participate in races when the season begins.

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!

CONTACT INFO:

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