

# Greenwich High School Cross Country

Girls Head Coach – Evan Dubin – [evan\\_dubin@greenwich.k12.ct.us](mailto:evan_dubin@greenwich.k12.ct.us)

Boys Head Coach – Sean Astle – [sean\\_astle@greenwich.k12.ct.us](mailto:sean_astle@greenwich.k12.ct.us)

**Please email the coaches if you are interested in joining the team! We would love to hear from you and get you in contact with the captains and returning athletes to train together over the summer!**

**Everyone must register online at the GHS athletics website, and get a “green” health card from the nurse indicating your physical is up to date and on file with the school nurse. You will not be allowed to practice until this is completed.**

**Practices During the Season** - Practices will generally be held 3:30-5:15 Monday-Friday at the track and Saturdays from 8:00-10:00 at Tod's Point. Attendance at practice is **mandatory**.

**Conditioning During the Summer** - Coaches and Captains will lead conditioning on Mondays, Wednesdays, and Fridays at the track, Tuesdays (optional) workouts/races at Waveny Park, and Saturdays at Tod's Point. Runners will run from home on Thursdays and Sundays, unless otherwise noted. *We understand you may be travelling during a portion of the summer, but be sure to make as many conditioning sessions as possible to ensure our team is prepared for success!*

- Coaches and Captains will email the weekly meetup schedule
- If you are a boy or girl not receiving emails, please email Coach Astle and he will put you in contact with a captain from the boys or girls team. Feel free to email any of the coaches to ask any questions or update us on your progress.

**Summer Conditioning Schedule: Captains/Coaches will send weekly email with schedules**

- Tuesday summer series at Waveny, 7pm (most Tuesdays, check schedule/email)
- Saturday mornings at Tod's Point, likely 8am start

- Monday/Wednesday/Friday at GHS track, either 8am or 5pm

## **CROSS COUNTRY MEETS ARE WON IN THE SUMMER!**

### **Recommended Training Plan for Incoming Freshman:**

- Make it a priority to attend summer conditioning led by the captains of the boys and girls teams. The coaches and captains will personalize your training to meet your needs.
- You should be running 5-6 times a week. Committing to this team means that you are going to spend at least 30-70 minutes most days of the week during the summer towards improving your running abilities. You wouldn't show up to baseball or basketball tryouts without practicing your craft beforehand. The same standard is set for cross country.

**If you cannot attend summer conditioning, follow this training cycle: Start by running 20 minutes a day, and add 5-10 minutes per day per week. Below is a good cycle to follow.**

- First and Second Week of July – 4 days of 20 mins. 1 run of 30 mins. 2 days off  
Third Week of July – 5 days of 25 mins. 1 run of 40 mins. 1 day off.  
Fourth Week of July – 5 days of 30 mins. 1 run of 50 mins. 1 day off.  
First Week of August – 6 days of 25 mins. 1 run of 45 mins. 1 day off.  
Second Week of August – 6 days of 35 mins. 1 run of 50 mins. 1 day off.  
Third Week of August – 6 days of 40 mins. 1 run of 60 mins. 1 day off.  
Fourth Week of August – School and formal practices begin.

The goal during these runs is to run far, not fast. Do not stop running during your session. These are consecutive runs for the # of minutes. You should notice you're getting faster each week. Drink plenty of water before and after your run. Be sure to get a good stretch in for about 5-10 minutes after each run.

## IMPORTANT INFORMATION ONCE THE SEASON BEGINS:

Attendance - will be taken at the beginning of each practice, and athletes must CHECK OUT with a coach before leaving each day. All athletes are expected to attend all practices unless they have cleared an absence with the coaches **in advance**. Athletes are to make practices a priority in their scheduling, and avoid conflict wherever possible. If athletes miss school due to illness, they are, of course, excused from practice. If athletes are in school, and must miss practice for any reason, they MUST contact a coach during the day to clear the absence. UNEXCUSED ABSENCES FROM PRACTICES AND/OR MEETS WILL JEOPARDIZE JV AND VARSITY STATUS, AND IF REPEATED, MAY RESULT IN DISMISSAL FROM THE TEAM.

Behavior – We act with class at all times on the track and off the track, as evidenced by our conduct and language. We understand there are consequences for use of profanity and unsportsmanlike behavior. It is essential we listen to the guidance of captains and coaches at practices and at meets.

Equipment, Clothes & Food - Athletes must have appropriate clothing for warm, cool, and rainy outdoor workouts every day. **We do not cancel practice due to rain.** Please make every effort to acquire a new pair of training shoes, and always bring a watch and water. Please try and obtain a GPS watch to keep track of mileage. [www.eastbay.com](http://www.eastbay.com) offers affordable racing spikes and equipment.

Weight Room/Strength Training - Each training group is required to complete either weight training or strength training multiple times per week with a coach. You MUST complete the full training session and check in and check out with your event coach for these sessions. Skipping this critical part of practice is considered skipping the entire practice. See attendance policy above.

Training- Athletes are divided into training groups based on age, experience, and ability. Each training group has a designated coach. Your training group is your position on the team: this determines the type of training you do, and the events in which you compete. You will report to your training coach at the beginning of practice each day.

Training Integrity-Athletes are expected to train hard, and train honestly. Athletes who are identified by coaches as not clearly committed to improvement through practice will **be counseled to improve specific behaviors, but may be dismissed from the team if there is no improvement in commitment level.**

What to Bring- Athletes should bring school issued uniform, as well as, seasonally appropriate clothing layers, school-work, healthy snacks and water (check-list provided before first meet).

Transportation- Athletes are expected to take the school-bus to and from the meets, and stay for the whole meet. Alternate transportation to or from the meet may be arranged IN ADVANCE.

Meets- League meets are held on a weekly basis, see schedules below. Meet starting time is 4:00pm. A typical league meet will last 2–3 hours. All athletes will ride the bus to and from all away meets. In special situations, an athlete may receive permission from the head coach to ride home with their parent. In this situation, an Alternate Transportation Form is required.