

Spring Lake Park Cross Country Information Guide

Communication

- Remind App: download app or go to remind.com/join and search: @slpxc
- OR text @slpxc to 81010
- Coach Spencer Hinseth: spencerhinseth@gmail.com
- Coach Sara Hale: shale@district16.org
- Coach Michelle Deedrick: michelledeedrick@gmail.com
- Coach TBD:

Equipment

- Running shoes: There are two main areas to focus on when purchasing a pair of running shoes and they are the type of arch you have and the desired amount of cushion. Since cross-country runners are running every day it is important that the level of cushion is excellent.

As far as arches are concerned there are basically three types flat, neutral, and high. The vast majority of the injuries we see in cross-country are related to the arches and pronation of the runners' foot. With inadequate or improper arch support runners can develop shin splints, which can also lead to stress fractures. Visiting a store specializing in running will greatly improve the chances of a new runner being fitted with an appropriate shoe. A quick test is to twist the heel of the shoe and toe in opposite directions, if the arch area of the shoe flexes, then the shoes are probably not appropriate. Make sure the toes have adequate room and that the heel is held firmly in place. The shoes should immediately feel comfortable, no break in period needed. Test them out by running in them prior to purchasing!

The cost of a quality pair of running shoes will be over \$100, and they will probably not last over 500 miles, which means after one season they will need to be replaced.

Great local running stores (w/ high school runner discount!!):

Mill City Running – 411 E Hennepin Ave, Minneapolis

Right Fit Running – 10950 Club W Pkwy NE, Blaine (Near the Tavern)

- Running watch/**GPS Watch**: Any watch with a stopwatch will work, but a GPS watch (Garmin Forerunner 35 or higher) is optimal.
- **Strava: (Search "Spring Lake Park XC")** A free app for sharing workout information. Garmin watches will upload workouts, otherwise information can be entered by the athlete.
- Spikes (optional): They need to be distance spikes, which provide more cushion and support. If you are looking to purchase racing spikes it is imperative that they are specific for cross country. Cross country spikes also function as excellent track spikes for distance runners. Again going to a running store will greatly improve the chances of finding the correct pair.

Transportation

- Transportation to all meets will be provided, including middle school runners.
- **Return**: Typically *all athletes are to return on the bus.*

Meets

- Usually runners will be dismissed from classes early. It is the responsibility of the athlete to communicate with all teachers regarding missed class time.
- Race times can change, verify race times at site and communicate changes to potential spectators.

- On arrival all athletes assist in camp setup and then inspect course - walk/jog.
- **Race groups warm-up together 40 to 50 minutes prior to race.** Runners are individually responsible for watching the time for warm-ups and reporting to the start line on time.
- After racing, groups are to jog a cool down for 20 to 30 minutes.
- Below is the pre-race routine.

Carbohydrates the day before a race are a good idea. Get some sleep the night before but its 2 nights before that is most important. On the morning of the race you should drink plenty of water and try to eat no less than 2.5 hours before the race. Avoid simple sugars. If your race is not for a few hours, relax and stay off your feet as much as possible. Then every 30 to 45 minutes get up and walk to some location with purpose. Ten minutes of walking will be fine, then relax again. During the long wait keep your mind engaged and speak positively about your upcoming performance. Below is a countdown leading to your race time. Most routines need to be adjusted to fit the individual, make changes to meet your needs. Race days need to begin with a good healthy breakfast. Have a plan to stay hydrated throughout the day.

Min Description

- T-150 Consumption of food ends
- T-90 Hydration with sugar or carbonated beverages ends
- T-60 Take care of any bathroom needs, but maintain your hydration
- T-50 Begin your warm-up run - jog for 20 minutes (With team!)
- T-30 Do your light stretching - use a foam roller or massage stick if muscles are tight
- T-20 Jog and form running, include some accelerations and a 60 seconds burst
- T-10 Walk and put on spikes
- T-5 Weather permitting warm-ups off do more form running and a couple of bursts
- T-1 Take a couple of deep breaths and relax - remind yourself that you will do well
- T-0 Run your race.

Practices

- Team gathers at **3:45** for warm-ups. (First 3 weeks: 7:00-8:30)
- Weather changes frequently so be prepared for hot, cold, windy, and rainy practices each day. It's difficult to stay focused when you are not dressed appropriately.
- Warm-up routine and form running work.
- Main running workout - continuous run, tempo run, intervals. Athletes will need to train with those that can help them reach their goals. Stay off pavement during runs.
- After the run there will be strength/core work. Practices continue after the run!
- Practices will usually be completed by 5:15 – on occasion one may go longer.
- **At the end of each practice runners are to stretch and roll out muscles.**
- **Within 30 minutes runners should consume a small carbohydrate and protein snack.**

Health

- **Sleep is a critical part of training.** Lack of sleep results in greater muscle fatigue, loss of muscle growth and repair, balance impairment, and greater susceptibility to illness. Manage your time well and get your sleep.
- Running is like any sport, injuries can occur. Athletes are to report injuries. If they do not report injuries, parents may need to inform coaches of the injury. Stay off pavement during runs.
- Typical injuries are hip, knee, shin, and foot pain. In almost all cases early detection will keep a runner from missing long stretches of practices and meets.

- Most knee discomfort can be avoided through hamstring curls while most shin injuries can be avoided with good arch support, basic shin strengthening drills such as toe tappers, and stronger gluteus muscles.
- Treatment of most injuries will involve ice, additional warm-ups, and anti-inflammatories.
- Noticeable changes in sleep patterns, resting heart rates, and weight should be reported.

Nutrition

- Healthy, well balanced, meals are a must. Runners can burn more than 3000 calories a day. Carbohydrates are not enough; sodium, potassium, proteins, and fats are all needed.
- ***Iron is very important for transporting oxygen to the muscles, therefore eating foods with iron and taking a supplement daily is advised.***
- Vitamin D is also very important for muscle recovery, in Minnesota this can be an issue.
- Chocolate Milk - an excellent recovery drink. A glass of chocolate milk within 30 minutes of a workout or race will help the body recover more quickly and completely.

Lettering

- ***Before*** a team member is considered for lettering they must first fulfill the requirements of being a good school citizen, make a positive contribution to the team, and be in good standing with the team and coaches. All components from one of the three categories below must be fulfilled in order to letter.

1. Time Standard

- Boys - 18:30 for a 5K race
- Girls - 22:00 for a 5K race.
- Have no more than 7 excused or unexcused absences
- Complete entire season

2. Meet Performance

- Average team place is 7th or higher
- Have no more than 7 excused or unexcused absences
- Complete entire season

3. Coach's Discretion - When a runner has shown great commitment and special circumstances are present. Here are a few examples:

- Senior 4th year
- Health/Injury issues

Meet Schedule: Tentative

| Date | Location | Start Time (Tentative) |
|-------|-----------------------------|------------------------|
| 8/26 | Brightwood Hills GC | 2:00 |
| 9/2 | St. Olaf College | 11:00 |
| 9/9 | Anoka HS | 3:30 |
| 9/25 | Milaca | 10:00 |
| 9/30 | Elm Creek Park Reserve | TBD |
| 10/7 | Brightwood Hills GC | 3:30 |
| 10/13 | Elk River GC (NWSC Meet) | 3:55 |
| 10/20 | Brooklyn Park (JV Only) | 4:15 |
| TBD | Section Meet (Varsity Only) | TBD |

Philosophy

- We as coaches are here to help young athletes learn life lessons through sport. We believe that running is an enjoyable life long activity that can increase self-confidence, motivation, and perseverance. It is our goal to help young athletes learn that it is not achieving goals that are important but the road to those goals and the lessons learned while striving to achieve them. Working hard to accomplish a goal is not an individual trek but one that is shared with many supporters willing to help them along the way.