

2022 XC Meeting



We are the returning 2nd place girls team and 7th place boys team. How do we improve as a team from last year?

Team values, recruitment, and smart practices.

Team Values

GRIT: This is a true running word. You can beat a lot of people faster than you simply because you chose not to quit. We will reward this attribute in meets and practices. All of our training attempts to build this attribute and I will ask this of our kids during every race!

HARMONY: I don't care if we have the fastest 7 runners in the state on both sides. If we are not good teammates to each other, we will never race to the best of our ability. This attribute will be rewarded in practices and meets. Team building events are highly valued and will occur regularly during the fall!

Harmony is my #1 value with students and parents. Please talk to me about frustrations and concerns.

Recruitment

XC is a numbers game. We can't have less than 50 kids if we want to compete year in and year out. The best recruiter is not me but all of you. I want each one of you to think about 1 person who is not in a fall sport and ask them to think about xc.

Smart practices

Practice Policies

Practices are the only way to race well. You must be at practice if you want to race. Each student will get one free practice miss – after that miss practices must be made up.

Appropriate excuses to miss practice:

- Sickness (ONLY if you miss school!)
- Family emergency

Most common excuses to miss practice

- Doctor Apt
 - Ask if a video visit is appropriate (They get done much more quickly)
 - OR schedule them on Wednesdays or Fridays and let me know so I can meet your child in the morning for a makeup. These are easy mileage days and are simple to make up

- Work – tell your work to schedule you at 6pm or later
- Homework – manage your time wisely. The ~90 minutes required for practice is not a barrier to success in school.
- Test makeups – come in early and take a test. Use the time after a double to take a test.
- Other sports tournaments – its xc season. I ask that you prioritize xc practices (including Saturday practices).

There are 5 generally accepted workouts that the body needs to get faster

- Easy runs/long runs (constant daily stress on the body changes the cells to be better at running)
- VO2 Max workouts (trains the body to be able to run at race pace for longer)
- Threshold workouts (trains the body to process lactic acid more efficiently)
- Strength training (promotes running economy and injury prevention)
- Strides (helps with speed)
- Weekly doubles on Tuesday mornings. Optional for middle schoolers but required for HS. 2 miles and interval strength training. These will end mid/late oct as we taper for sections/state.
- For more on these workouts feel free to research Jack Daniels Running Formula and McMillans Running Formula. I’ve adapted these resources, Popp’s program, Nadir’s college coach, both of my college coaches, and what I’ve found to work in my own training.

Saturday race weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Long Run	Double/Intervals	Easy Run	Threshold	Pre meet	Race	off

Thursday race weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cut down Long Run	Easy Run	Pre meet	Race	Recovery Sets	Hard Rotating Halves	off

Administration Notes

Communication

- Practice info will always be sent out Sunday night.
- The website will be updated every week once the season begins
- Remind – this app will be used for cancellations, changes, announcements and reminders
- As always – email or text coach Connor with questions or concerns

Before the First Practice...

- Register online!

- You must have an updated sports physical to be with the team

Busing

- Only an athlete's parent or guardian can sign them out to go home with them and not on the bus. They must sign out using the clipboards located at the team camp. An athlete can only go home with someone else if they receive written prior approval from the athletic director. Athletes are expected to stay at the meet until all of their teammates are done competing.

Middle Schoolers

- The activity bus brings middle school students to the high school

Uniforms

- Athletes are expected to wash their uniforms in cold water after every meet and air dry. The cost of a lost or damaged uniform is roughly \$150. Warm ups are \$200

Spikes

- Spikes are available to rent for \$10. Bring cash or check (Connor Haugen)

Meets

- No athlete should miss a meet without getting approval from Coach Connor. There are very few reasons an athlete should miss a meet.
- WEAR WILLMAR – long sleeves and sweatpants should be worn over your uniform at every meet

Practice Clothing

- Wear good shoes and appropriate clothes. No shorts or t-shirts in under 60 degree weather!

Important Dates:

August 15-19 practices begin! 9 or 7:30?

August 20 First Ramblewood practice 8 am.

August 22-26 3:15 pm practices begin

August 27: **Apollo 9 am**

September 6: First day of school AND first double

September 8: **Gale woods 3 pm**

September 17: **Eden Prairie 9:30 am**

September 22: **Rocori 4:15 pm**

October 1: **Willmar**

October 8: **Alexandria 10 am**

October 11: **Tech 3 pm**

October 18: **CLC Fergus Falls 4 pm**

October 24: **Lefty Wright 3 pm (Crystal, MN)**

October 27: **Section Championships in Alexandria 3 pm**

Nov 5: **State Championships**

Nov 13: **Nike Regionals**

Letterwinner Guidelines – These are subject to change

An athlete that has fulfilled several of the qualifications stated below is eligible to receive a Track and Field Letter.

- Has competed at the True Team Section/State meet, or the Section/State meet
- Has been at scheduled practices and has a positive attitude
- Has performed at a 'varsity level' during the season
- Is a senior, who has participated in their second year or more, and who has fulfilled at least one requirement above

BE PATIENT – the xc season is a marathon. You will not become great in one day. It takes time to see results. Work SMART and you will see the fruits of your labor at the end of the season.

Coach Connor's Contact info: 320-333-3022 or haugenc@willmar.k12.mn.us