SAUK CENTRE
BOYS & GIRLS
CROSS COUNTRY HANDBOOK



Ability is what you're capable of doing.

Motivation determines what you do.

Attitude determines how well you do it. ~ *Lou Holtz*

SAUK CENTRE CROSS COUNTRY
STRENGTH TRAINING

This program requires you to lift 3 times a week.

The primary lifts are:
Squat (Sqt)
Dead Lift (DL)
Over Head Press (OHP)
Bench Press (BP)

Assistance Exercises that can be added after 3-4 weeks are:
Chin Up (CU)/Pull Up (PU)
Lying Tricep Extension (LTE)
Dips and Barbell Curls (BBC)

CU/PU and Dips can start out doing 3 sets of As Many Reps As Possible (AMRAP)

LTE and BBC can be done 3 sets of 10 reps (3x10).

Starting program will look like this:

M	W	F
Sqt 90lbs 3x5	Sqt 100lbs 3x5	Sqt 110 lbs 3x5
OHP 45lbs 3x5	BP 50lbs 3x5	OHP 55lbs 3x5
DL 95lbs 1x5	DL 105lbs 1x5	DL 115lbs 1x5

-Add 5-10 lbs every day that you lift. Example M- Sqt 100 3x15, W- Sqt 110 3x5, F-Sqt 120 3x5

-Alternate OHP and BP every other lift day.

-Always start with the Squat as it is the hardest lift.

-Warm up for Sqt will look like this:
Air Sqt x10
Barbell (45 lbs) x5
Add weight for next 3 warm-up sets

-Rest 2-5 minutes between sets.

YOU WILL GET STRONGER AND THEREFORE BE A BETTER ATHLETE

SAUK CENTRE CROSS COUNTRY
Coach Jim Metcalf – 320-310-1997

TOP 10 RUNNING TIPS:

1. Head up

2. Breathe through nose and mouth

3. Shoulders back, chest out

4. Elbows in, arms 90 degrees, hands don't cross center line

5. Hips forward, don't rotate, torso above the hips

6. Knee up, foot up, don't over stride (braking)

7. Run horizontal, not vertical, don't bounce

8. Run lightly. be a Ninja, not a Frankenstein

9. Stay hydrated

10. Get strong---lift weights

*Get the correct shoe for your body. (roadrunnersports.com)

*Have fun!

Junior Varsity is all other high school runners. Junior High is any runners that are in grades 7-8. Sometimes JH runners may compete at the Varsity level. It is the decision of the coach, school, parents, and that runner. Sauk Centre Cross Country is the West Central Conference which consists of 8 Varsity teams for both boys and girls. We are in Section 6 which consists of 26 varsity teams for both boys and girls.

How to be a spectator

*Bring a comfortable chair. Find a spot where the athletes run by numerous times. If you like, you might also bring your running shoes and move around like the coaches do so you can see the kids multiple times. Make sure you are watching for the runners at all time so you do not get in their way.

*Cheer the kids on as they pass. They love all the cheering and it actually does make them run harder.

*Get a watch and time splits. You can see how well an athlete is doing by looking at their splits.

*Do not run beside the athletes. This is considered pacing and can result in the disqualification of the athlete from the competition.

* Do not touch the athletes during a race. (Obviously someone in need of medical attention is already out of the race so it is OK to help at that point).

*When the race is done:

-Ask a question, rather than telling what you thought of the meet.

-Realize that the courses are all different, so comparing times may be difficult.

-Appreciate how much effort your son/daughter puts into the race, win or lose.

I am looking forward to a great season! If you ever have any questions or concerns, please feel free to contact me.

Thank you and lets have a great season.

Coach Metcalf

Runners train to race – The goal of our training is to race at our best, especially at the end of the season. Race days are extremely chaotic. Do not expect as much attention from your son or daughter or the coach on race day. The coach has much on his/her mind and may not be able to talk. The athletes also have much on their mind and are focusing on their races. Athletes are expected to warm up and cool down with their team, be briefed by their coach before and after the race, and prepare for the race with their teammates. Parents are sometimes surprised by the seriousness or competitiveness of their son or daughter. Also, expect the possibility of some disappointment that may occur from a race. Athletes may need emotional space after the race, but will need support and encouragement following.

Guide to Cross Country

What is Cross Country?

Cross Country is a team running sport that takes place in the fall on a measured course over varied surfaces and terrain. High School runners (Varsity and Junior Varsity) run a race measuring 5K or 3.1 miles, while Junior High runners run a 2 mile course. Both boys and girls will be running a 5K this year. All of our meets are at golf courses and our home meet is at the Old Course Sauk Centre.

How do they know where to go?

Cross Country courses are marked with flags that tell what direction to go. After passing a flag the runner looks ahead to the next flag. To help the runners know the course better and where the next flag is – we walk the course before our race when we arrive at the race site. Flag directions are: Red Flag-Runners go around the flag on the right to make a left turn. Yellow Flag- Runners go around the flag on the left to make a right turn. Blue Flag- Runners go straight ahead, they can go on either side of the flag.

Scoring a Cross Country Meet

Cross Country is a unique sport in that you can have individual winners and team winners. Individual winners are obvious as they are at the front of the race. Team scoring is a bit more complicated. Each person in the race that is on a team is given the number value of the place they are in at the finish. In a typical varsity race, seven runners will race and the top five runners will score. To get the team score, you will add up the finish places for the top five runners. For example, a team having runners that finish 1st, 2nd, 5th, 8th, and 15th would give the team a total score of 31 points. The team with the lowest score wins. If there is a tie between teams then you go to the 6th place finisher of the teams to determine the winner. The 7th runner on the team is important in bumping other teams back a spot in the scoring. Every runner on the team counts. Your spot could be the one to determine how the teams finishes.

Who Competes?

All runners have a chance to compete. Varsity is considered each teams top 7 runners.

You will have to ask yourself if you are willing to make the commitment to achieve your goals and the team's goals. Are you willing to show up for practice each day to work hard? Are you willing to make sacrifices and go outside your comfort zone? Do you look for ways to better yourself and your teammates? If each person on the teams does, we can reach our goals.

What to Expect

Below are a few things you may need to be aware of as a runner or a parent of a runner. Running is a very demanding sport physically and mentally on athletes. It is a sport where: what you put into it, you get out of it. In order to be successful it takes hard work, dedication and commitment to time, time to train the body to adapt, time to rest, sleep and recover, and time to learn. A runner cannot be a part-time athlete. They must live the life of an athlete.

Runners will experience general fatigue and tiredness – A normal consequence of beginning to train is muscle soreness. If runners have not run enough over the summer, this may last for up to 2 weeks. It also results from any addition of a new workout or intensity in running.

Runners need to watch their health – Runner's need a nutritious, well-balanced diet. (Generally 70% carbohydrate, 15% protein, 15% fats) You shouldn't have to change meals or meal times. Be aware of what your young runner is eating and try to provide healthy choices. On race days runners generally like to stay away from fried, fatty, or sugary foods and carbonated or acidic drinks. Runners also need to stay well hydrated. Water or watered down juices are best. They should try to stay away from drinks with sugar, caffeine, or carbonation. (General rule- drink 1-1.5 pints for every pound of water loss in addition to the required 4 pints a day) As with any sport there is a risk of injury. Running injuries tend to happen from over-training or under-preparing for the season. Athletes will have general muscle soreness and other aches and pains that may go away. Running on an injury can cause a more serious injury, thus the importance for runners to let their coach know "how they are feeling."

Runners need adequate rest - Because of the high energy demands athletes will need time to rest and recover from tough workouts. They should try to get between 7 and 8 hours of sleep a night, especially 2 nights before a race.

Runners need good training shoes – Proper training shoes help avoid injuries associated with running. There are many types of running shoes for different purposes and types of feet. Running apparel stores often have people who know running or are runners that can help choose the right shoes. I recommend the Endurance Shop in St. Cloud. To prolong the life of running shoes they should be used primarily for running. Proper running shoes are the most important equipment needed for running. There is nothing else that is required or essential.

three glasses (16-24oz) at least two hours before, and 6-8oz (one swallow is about an oz) 20 minutes before competition. The majority of your fluid intake should be plain water; sports drinks can provide extra calories and electrolytes, which is beneficial after a race, **and pop and energy drinks (high in caffeine) are a no no (can hurt performance).** Adequate hydration should be practiced all day, every day. Don't try to fit it all in the hour before you race, as water overload is a very real and dangerous condition. This may sound gross but the color of your urine is your guide. Drink enough water to make sure your urine is clear at least once a day.

WHAT KINDS OF SNACKS SHOULD I KEEP IN MY LOCKER AND/OR GYM BAG?

Try to eat a meal or snack every three to four hours. As a high school athlete that means you'll need to find a way to snack throughout the day. This is best achieved by keeping non-perishable snacks close at hand to nibble on between classes and on the way to practice. Great foods for this purpose include granola bars and/or sports bars, trail mix and dried fruit, pretzels, whole-grain crackers, dry cereal, sports drinks, 100 percent juice boxes, string cheese, peanut butter sandwiches, date bars, mixed nuts, bananas, blueberries and whole fruits and vegetables (baby carrots), just to name a few. Even a little dark chocolate has benefits.

WHAT SHOULD I EAT AFTER I RACE?

Post-race or post-exercise nutrition is just as important as pre-competition nutrition. Although the tendency is to celebrate and pig-out, it's important to fill up on something other than just junk food. Sports nutrition should always be a matter of what-I-should-eat versus what-I-can-eat. Eat post-exercise snack/drinks as soon as possible, preferably in the first 20-30 minutes, to refuel the body as quickly as possible. In addition to replacing the fluids and electrolytes lost through sweat, focus on consuming foods high in carbohydrate and moderate in protein. Chocolate milk is a great example of a recovery food because it has a 3:1 carbohydrate- to-protein ratio and is a good source of both. It also aids in replacing fluids and some electrolytes. Milk also is an excellent source of calcium, which is crucial for young athletes with developing bones. A banana, a bagel, a sandwich, yogurt or protein bar with a big bottle of water 30-60 minutes after a run work great too.

Goal Setting

Athletes will be encouraged to set short term goals and long term goals for the season. Set standards that will push yourself and better yourself. Goals should be realistic, specific (a time or mark), and progressive (build upon each other). Make sure they are based on your training and fitness level at that time.

Both the boys and girls teams will also set team goals. Team goals give us a sense of unity and purpose.

1 cup of cereal with milk or yogurt, 1 slice of toast, and 1 piece of fruit
1 medium bagel with 1 tablespoon of peanut butter and 1 to 2 cups of a sports drink
2 pieces of toast or bread, 1 ounce of lean meat or cheese, and 1 piece of fruit
Oatmeal, peanut butter and banana sandwich/toast and yogurt are other foods to try. These are just a few of many possible combinations. Any foods that you like and are comfortable with will work fine just try to follow the above guidelines.

If you only have **one or two hours** to eat before the competition stick with foods that digest quickly and easily, and limit the snack to 150-250 calories at the most. Good choices would be a granola bar or sports bar, 1-2 cups of dry cereal, a handful of trail mix and/or dried fruit, or an ounce or two of whole-grain crackers with a little peanut butter, peanut butter and banana sandwich, energy bar with 50g of carbs 5-10 g of protein, and less than 5g of fiber. If you're too nervous to eat solid food, nibble on snacks that are tolerable, and try drinking 2-3 cups of a full-calorie (non-diet) sports drink.

If you have about **30 minutes** before you run, try a small banana, serving of dry cereal, or even a Jell-O cup.

For afternoon meets, the above guidelines are appropriate, but there are additional challenges to keep in mind. The major challenge is finding appropriate foods among the many high-fat, high-sugar options that are prominent in school cafeterias. On race days or days of tough workouts, the best option is to pack your lunch with familiar foods that follow the guidelines for pre-workout meals. Although they may be hidden, healthy choices can be found in the cafeteria. Good choices include a sandwich with lean meat, a small plate of pasta with sauce, even a granola bar with a bottle of sports drink. Be creative and don't fall victim to filling up on junk food or not eating at all. Also pay attention to the time gap between your lunch and your race. If it's longer than three hours, be sure to have a pre-race snack planned out that you can have one to two hours before.
Regardless of when your race is, eat foods that are familiar and avoid foods that are spicy, greasy, or especially high in fiber. Never experiment with new foods or food replacements (energy gels, sports bars, etc.) on race day. **Use your pre-practice meals to figure out what foods will work best for you.**

HOW MUCH DO I NEED TO DRINK?

The general recommendation is to drink plenty throughout the day so that you're never thirsty. Thirst is the first sign of dehydration. The average-sized adult needs 8 glasses of fluids per day unless you sweat more than the average adult. Remember that many foods such as apples, oranges, watermelon, grapes, celery, and lettuce have a significant amount of water. Leading up to races you should drink four to eight extra glasses of water the day before, another two to

Injuries

You will have some aches and pain from training that is natural such as muscle soreness. These types of injury will dissipate with rest that should actually be built into the training program. Persistent muscle soreness however can be a problem or lead to other problems.

Any ache or pain should be communicated to me. It will then be determined if the ache or pain is a natural outcome of training or if further investigation by the trainer is needed.

1. Athletes are expected to communicate all injuries to the coach before going to the trainer.

2. Athletes unable to practice or compete should attend practice unless they are receiving treatment for their injury. You can help at practice, support teammates, and receive event specific instruction.

Equipment

Good running shoes are a must. They help you stay injury free. Spikes are the only meet apparel not provided. They are **not** required, but will help your performance. Please dress for the weather. Athletes will be issued team warm ups (top and bottom), a singlet, and meet shorts. They are for meets only.

Nutrition

Nutrition is one of the most modifiable and controllable factors in athletic success, but too often it 's also the most ignored. Here are some guidelines/ideas from Running Times.

WHAT SHOULD I EAT BEFORE I RACE?

The night before a morning race, it's best to have a dinner that's high in carbohydrates and moderate in fat and protein such as pasta (whole wheat is best), brown or wild rice, beans, and whole fruits and vegetables. Go easy on foods that are oily, greasy, or very high in fiber. Also take it easy on protein, as it digests slowly; 2-3 ounces should be enough. Avoid doing any of these things the night before you race: overloading on veggies, guzzling iced tea or pop, stuffing yourself (it's better to be hungry again 2 hrs. later and eat a small snack before bed), ordering extra-spicy, creamy or fried foods, and eating something you've never tried.
If you eat an earlier dinner and know that you'll have a tough time eating in the morning, have a small bedtime snack that has twice as much carbohydrate as protein, such as a bowl of cereal with milk, a glass of chocolate milk, Greek yogurt.

If you have at least **three to four hours** before your morning race (Milaca Mega Meet), you can have a relatively large meal of up to 700-800 calories, with a minimum of 400-500 calories. Similar to the previous night's dinner, make it high in carbohydrate, moderate in protein, low in fat. Good examples of race-morning breakfasts are:

Club Teams and Out of School Sports

Your commitment to the Cross Country Team takes precedence over all other extracurricular sports and intramurals. Athletes are asked to make this 2 1/2 month commitment to the team.

Sportsmanship and Personal Conduct

Athletes are ambassadors. Your conduct and attitude are a reflection of you, your family, coaches, teammates, and school. Represent them all in a positive sportsmanlike manner with excellence and integrity.

No one person is above the team. Everybody on the team is important– no matter how talented, and deserves your respect and encouragement.

1. Have a positive attitude and support, encourage, and congratulate your teammates.

2. Respect your teammates and coach. Listen when your coach is speaking.

3. Always display good sportsmanship to the other team. Congratulate and encourage your competitors. Respect their effort for they go through the same things you do. Take the opportunity to extend your hand in friendship and meet new people: e.g., "Hi, I'm Rachel. That was a great run you just did."

Meets

Please be prepared for meets by bringing all the necessary equipment, clothes, food, etc. that you may need.

1. I expect you to stay for the entire meet to cheer on your teammates. Remember cross-country is a team sport as well as an individual sport.
2. If you are riding home with a parent after the meet, please have your parents sign you out with me. Please remember that you are only allowed to leave with your parents/guardians. Uniforms must be given to me before you leave so they can be washed by the school.
3. **Athletes must wear their team warm ups or jersey, or a T-shirt with the school name on it during the entire meet and while receiving any award.**

Lettering

To receive your varsity letter for Cross Country a runner must:

1. Participate in six or more varsity meets (or)
2. Participate in conference, section or state meet

The coach may award Varsity letters to runners who make an extraordinary, positive contribution to the team despite failing to meet any of the above criteria.

Welcome to being a member of the Sauk Centre Mainstreeters High School Cross Country team.

Our goal is to try to win every meet and to have every member of the team putting in their best effort.

The purpose of high school sports is to help make you a better person. In the end we hope that you had fun, got better put in your best effort and made yourself ready for life's next challenge.

We will work on both the goals and purpose.

Academics:
You are a scholar athlete. Academics takes precedence over athletics. It is your responsibility to keep up with your academics. Good athletes do better with time management and make their academics as successful as their sport. Academics, sports, work and family life can be difficult to balance. Use your time wisely, it can be done.

Communication:
Communicating with your coaches is extremely important. We are here to help you and want you to be successful.

Keep your coaches informed of anything that may affect your training and ability to come to practices such as injury, illness, college visits, academic problems. It is the responsibility of the athlete not the parent to communicate with your coaches.

If you have an unexcused absence you will not be eligible to run in the next meet.

Coach contact information:

Coach Todd Broich 952-334-9817

We will relay information through the Remind app.
Sauk Centre Cross Country
-send text to 81010, text: @scxc2017