

# GEHS Trailblazers Cross Country



## 5 main rules of this program

- Be where you are supposed to be.
- Be there when you are supposed to be.
- Doing what you are supposed to do
- Giving the best effort that you can
- Take care of each other!

## Your Most important responsibilities are:

1. Always give your best effort- get to the point where you can look back and honestly believe that you performed to the best of your ability.
2. Strive for continual, gradual improvement throughout the season, the year, or your athletic career.
3. Be a competitor- our athletes COMPETE every time out and we are the toughest when it counts most.

## Team Expectations

1. **Never leave a meet early. Finishing your race does not mean it is time to leave. Compete. Support. Be a good teammate.**
2. Leave excuses elsewhere. Excuses have no place in this program.
3. Be on time to practice every day. Tardiness is not accepted. If you are arriving late due to receiving academic help that is 100% acceptable. Just have a signed pass from that teacher that is time stamped.
4. Give 100% effort at every practice and every meet. **Always compete.**
5. At a meet, you are expected to cheer on our athletes in other races. You must be on the course supporting your teammates with positive enthusiasm.
6. Behave with the utmost honor and integrity. **ALWAYS** do the right thing.
7. Practice good sportsmanship at all times. Win with pride and lose with grace. Respect great efforts by other teams and individuals.
8. Focus only on what you can control. Do not worry about your competitors or

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- the weather. Focus on your performance.
9. Do not fear failure. Embrace the challenge failure provides. Remember, improvement occurs through learning from failing at a task. Most champions are made champions from setbacks.
  10. Have fun! Cross Country is not a job; it is a choice. Choose to work hard and have fun while keeping the other expectations fresh in your mind.
    - **NOTE: You represent GEHS Cross Country both on and off the course. If you choose to engage in any inappropriate or illegal behavior, such as drinking alcohol, vaping, doing drugs, bullying, disrespecting GEHS staff members or making inappropriate posts on social media, you are subject to suspension from races, practice, meets, and permanent removal from this team.**

## Practice Procedures

To be effective as a cross country athlete, you must be properly conditioned. To make practice times as efficient as possible, the following procedures will be employed:

1. Practice begins promptly at 3:30 pm in the GEHS Multi-purpose room. **If you arrive at 3:31, then you are late.** Be early, not late. Practice ends when the athlete ends his/her workout and finishes properly cooling down. **Always check out with a coach before leaving practice.** This is approximately between 5:00 and 6:00 most days. ***If you are late due to receiving help/making up a test, please arrive with a signed and time stamped pass from the teacher.***
2. Regular practices are held after school each day. **Attendance will be taken.** Workouts are never cancelled because of weather, but they may occasionally be modified. The only practices an athlete should miss are the days he/she is absent from school due to illness. If an athlete becomes sick during school, but does not go home, he/she should come to practice or check with the coach before going home. Workouts missed for any other reason must be made up before the next competition. Athletes scheduled for detention cannot practice until after the detention is served. Failure to complete a workout is a violation of practice procedures.
3. It is important that workouts are work. Simply completing the workout is not good enough. You owe it to yourself and to your **TEAM**mates to give 100% every practice.
4. You must complete the workout given by the coach. Running a different course or cutting out part of the workout is a violation of practice procedure, unless approved by a coach. Reducing the workout on your own may result in consequences to be determined by the head coach (McGee).

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5. We practice on days when there is no school (in-service, end of quarter, etc). It is your responsibility to find a ride to practice.

## Keys to Success

- Consistency in training is extremely important to distance running. A distance and/or middle-distance runner must train steadily nearly year-round to optimize their performance and overall fitness. Training will be continuous except for a short break after cross country and track.
- A gradual progression is the best way to achieve optimal fitness and performance levels. This is accomplished through both increasing overall mileage and intensity of training. This will be achieved on both a week-to-week basis and from year-to-year.
- Individualization in a workout program is extremely important. Overall we will all do the same general training, but there will be different specifics (volume, intensity, recovery) to fit individual needs.

## Aerobic Base

- The aerobic base is the most important aspect of any middle-distance or distance runner's overall training.
- Building a strong aerobic base takes a long time, especially when compared to building anaerobic capacity which can be built much faster.
- The larger an aerobic base is, the higher your peak fitness can be.

## Recovery and Restoration

- Rest and recovery are crucial to an endurance athlete. Our typical training will have a hard workout followed by an easy/moderate day. This enables you to recover from the training the day before and helps build your fitness levels higher through super compensation.
- Restoration will be an everyday part of your training routine and will help you to speed up recovery from training. This can include ice baths, cold whirlpools, stretching and massage. The greater you recover, the more prepared you will be for the next big workout or race.
- Staying healthy throughout the year is vital. Being fit and ready to compete is meaningless if you cannot race because of injury or illness. Communication with the coach and trainer is absolutely necessary, if you feel anything is wrong.

## Training Through a Meet

- All of the training we do throughout the year is aimed at the championship season. Every competition has importance but we will not sacrifice a championship meet for a regular season meet. Because of this most of the meets we attend you will not be fully rested for, and it is that way by design.

## Training Attitude

- What you do is important, but how you do it determines your success. Don't become obsessed with what you do but rather how you do it.

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## Training Theory

### Physiology

Muscles need oxygen and energy

- Oxygen is carried by the blood (hemoglobin)
- Energy is ATP: ATP = glycogen = carbohydrates

Aerobic and Anaerobic Systems

- Aerobic = longer duration, lower intensity energy system
- Anaerobic = shorter duration, higher intensity, produces lactic acid
- Races and some workouts are a combination of both systems
- 10k = 90% aerobic, 10% anaerobic; 5k = 80% aerobic, 20 % anaerobic

Anaerobic Threshold (A/T)

- The pace at which lactic acid accumulates - anaerobic system kicks in
- The higher your A/T, the faster pace you can run without lactic acid and the longer you can endure a certain pace.
- HR = 170-180
- Pace = 15 seconds/mile slower than 10k RP or 40 sec./mi slower than 5k RP
- Lactic acid builds up and respiration increase sharply at and beyond the A/T.

Aerobic Threshold

- The pace at which begin to train the aerobic system
- Heart rate (HR) = approximately 140
- You must reach this threshold in order to get a training effect

Max  $\dot{V}O_2$

- the maximum amount of oxygen the body can take in and use ( aerobic power)
- the higher your  $\dot{V}O_2$ , the more aerobic work per second you can do.
- HR = approximately 190-200 when you are right at max  $\dot{v}O_2$
- Pace = approximately 5k RP

Anaerobic Power

- ability to generate anaerobic work and tolerate lactic acid build-up.
- all races require some anaerobic power ( short kick or long, hard drive)

### Workouts and Their Purposes

1. Easy and moderate runs: increase general aerobic conditioning, build a base.
2. Long (60 minutes or more) easy runs: increase capillarization and efficiency of fuel utilization, cause psychological callusing effect.
3. A/T runs: raise the anaerobic threshold, cause psychological benefits from dealing with discomfort for longer periods of time.
4. Fartlek: transition from aerobic to anaerobic training, improve ability to change pace.

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5. Long reps: raise max  $\dot{V}O_2$ , teach body and mind race pace.
6. Medium to short reps: increase anaerobic power, finishing speed, ability to tolerate lactic acid, heart stroke volume, efficiency at race pace.
7. Hill reps: increase strength/ endurance for XC, anaerobic power, and tolerance of lactic acid.
8. Short Sprint: improve max speed, overall sharpening for peak.
9. Strength training: improves speed and running economy, prevents injuries.
10. Flexibility training: improves range of motion for increased speed, prevents injuries.

## Nutrition Specifics

Nutrition is a vital part of being a successful endurance athlete. No matter how fit you are and well prepared for a race, if you are not eating correctly you will never be competing and training at the level you could be. It is important to put the right kind of fuel in your body on an everyday basis.

### Nutrients

**Carbohydrates**- broken down at cellular level to provide energy to work muscles

- sources: grains, fruits, and vegetables

**Fats**- stored in body as long-term energy supply

- sources: vegetables, oils, dairy products, meat, fish, nuts

**Proteins**- building blocks of tissue growth and repair

- sources: red meat, poultry, fish, milk, grains, and nuts

**Vitamins**- assist in metabolism of carbohydrates and fats, also help boost immune system and recovery

- vitamin C: boosts immune system
- vitamin B12: aid in production of red blood cells and in breaks down of carbohydrates
- Vitamin E: antioxidant that helps to prevents muscle soreness
- recommend to take a daily multivitamin

**Calcium**- essential for bone strength, and aids in muscle recovery

- sources: dairy products

**Iron**- important part of blood hemoglobin, helps to deliver oxygen to working muscles

- a daily iron supplement is recommended- female runners especially
- do not overdo it, too much iron is a serious problem
- avoid drinking substances with meals that can block iron uptake: tea or coffee.
- foods rich in vitamin C help uptake of iron

**Water**- is critically important in order for a runner to perform at their best

- Dehydration decreases performance by up to 7%
- If urine is not clear or light yellow you are dehydrated.

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## Training Diet

Dairy- 3 to 4 servings a day

Meat- 2 servings a day

Fruit/Vegetable- 8 or more servings a day

Grain- 8 or more servings a day

This is an example of a ideal training diet

## Race Day Meals

**Pre-race meal-** should consist of carbohydrates( fruits and grains)

- should be eating 2.5-3 hours before your race
- drink 16 ounces of water 2 hours and 1 hour before your race
- drink another 16 in the hour leading up to your race.
- remember to check urine color to make sure you are not dehydrated

**Post-race meal-** should be a light snack of carbohydrates with some protein within 15 min of cool down

- drink water and/or sports drink

## **Nutrition & Health General Guidelines**

1. **Food = Fuel.** You will not compete well if you do not give your body what it needs.
2. Avoid soda pop and diet soda and energy drinks during the season. These drinks are *TERRIBLE* for your body. Water, juice, and milk are great. If you go through a tough practice, Gatorade is fine *AFTER* practice as it can replenish minerals lost during the workout. Drinking plenty of water prior to competition is best, especially when temperatures heat up. Drink water when you wake up and several times throughout the school day including lunch. Stay hydrated—don't run on empty!
3. Stay completely away from fast food or at least greatly reduce how often you eat it! Eat a balanced diet, high in complex carbohydrates and low in fat. Pasta is great to eat the night before a meet. Avoid fried foods and junk foods like candy and chips and other foods high in sugar and fat. Fruits and vegetables are great. Additionally, meat, fish, and cheese offer a great source of protein for your body.
4. Get plenty of sleep during the season. Sleep is the time when the body repairs itself. This time is especially vital since your body will be changing over the course of the season as you become stronger and faster.
5. Never use illegal drugs, alcohol, or tobacco while at GEHS. If you choose to participate in any of these activities you risk criminal prosecution, suspension from the team, and possible expulsion from GEHS. Using drugs, smoking, or drinking as an athlete at GEHS is absolutely stupid, and we have ZERO tolerance for that on this team. The fastest way to lose the respect of your

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coaches and teammates is to take part in any of those activities. Be smart and make the right choices.

6. Any injury or sickness should be reported immediately to your event coach. Donnie Jamison, GEHS Athletic Trainer, is your first stop for diagnosis and treatment when an injury is sustained. See him first please.
7. Ladies need to be aware that an absence of their regular menstrual period can be a sign of underfueling. When your body does not have adequate calories and your body fat percentage drops too low, the first system that will shut down is the reproductive system and your body goes into survival mode. Long term side effects can include reduced energy availability, loss of bone density, susceptibility to other injuries, & hormonal imbalances. This is sometimes known as the Female Athlete Triad. Skinny does not equal fast.

## Cross Country Meet Timeline and Procedures

***From the moment you arrive at the course, you are focused, in “game mode” and not distracted. No one should have to look for or wait on you.***

### **90 min before race (or earlier):**

- Arrive at the course, PRE-HYDRATED (urination is frequent and almost clear!), drop off bags, group up with your team
- Find out Starting Box Number
- Put Bib number on your Singlet & Timing chip on spike
- Begin walking the course with your team, check out the starting box, look at the finish line, visually mark 800 meters to go
- Sip water as needed
- Bathroom break(s)

### **50min before race:**

- Group up with team, begin warm up *together*
  - Varsity/JV: Run 2 miles EASY OR 15-20min.
  - C Team: Run 1.5 miles EASY OR 12-18min.
- Optional bathroom break
- Grab EVERYTHING you need and make your way to the starting box (including water for final sips)
- Begin Dynamic Warm up routine on the starting line
- Optional bathroom break

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## Cross Country Meet Timeline and Procedures Continued

### **20min before race:**

- Put on spikes
- Do 4-6 strides on starting line \*note warm up gear is still on
- Ample rest between strides^^
- TEAM HUDDLE

### **5min before race:**

- Your last stride should be completed
- Stay WARM: walk around, stretch, leg swings

### **3min before race:**

- Take off warm up gear starting with pants, then jackets/ t-shirts (if weather is chilly)
- A layer of sweat on your body at the starting line is a GOOD THING.

## **POST RACE**

*This is NOT the time to hang out with mom/dad, boyfriend/girlfriend. Say “thanks for coming! I’ll see you after my cooldown!” your competition is NOT over until you have completed the entire cool-down routine! Efficiency is KEY to your success and your body’s recovery. Practice Excellence in Everything you do!*

### **IMMEDIATELY**

- Find your teammates, head back to camp, drink water, take off spikes and put on training shoes (and warm up gear if the weather is cool). No loitering/sitting/hanging around. DO NOT make your teammates wait on you.
- Group up and begin the cool down TOGETHER. (This can be done while cheering on other races as long as you complete everything!)
  - Varsity/JV: 2 miles EASY OR 15-20min
  - C Team: 1.5 miles EASY OR 12-18min
- Static Stretching Routine: THIS IS KEY to your body’s recovery. Do this as a group!

### **Only after the above is completed, you are free to visit with family and friends.**

- **Refuel!** Your body needs some sort of fuel soon after competition. It can be small like a snack as long as you are getting a full meal after you leave.
- **HYDRATE!**



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## **Injuries and Sickness**

Any injury or potential injury should be reported immediately to your coach. This includes any sickness. Pain is a part of athletics. Coaches will use their experience and the available resources to determine the level of injury, pain, or sickness. If the coaching staff or trainers witness anything out of the ordinary from the routine minor injuries, pain, or sickness normally seen in track and field programs, they will recommend the athlete seek professional medical advice. The first step in seeking medical advice regarding an injury is ALWAYS to see our certified trainer, **Donnie Jamison**, unless it is an emergency. "Suffering heroes" can hurt themselves and the team. **DO NOT TAKE YOURSELF OUT OF AN EVENT.** Talk to a coach before the event and after discussing the situation with the head coach, he will make the decision that is in the best interest of the individual and the team.

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## GARDNER EDGERTON HIGH SCHOOL Transportation Consent For CROSS COUNTRY Participation

I am aware that my son/daughter, \_\_\_\_\_ is participating in the sport of cross country for Gardner Edgerton High School and USD 231.

I am also aware that cross country is not an on campus sport and practices are held weekly at Celebration Park, Kill Creek Park, Big Bull Creek Park, as well as at Prairie Center and other surrounding off campus locations from time to time. These locations will be announced on the GEHS Cross Country Website for each week of practice. Parents are to provide OR arrange transportation for their student to and from these locations.

Because of the dangers in participating in an off-campus activity, I, the undersigned, for, and in consideration of the privilege of my undersigned dependant being able to participate in cross country at and for USD 231, hold its agents, servants, employees, and the usd 231 Board of Education and its members, from any and all claims, demands, losses, damages, costs, expenses, and attorney's fees for injury or death of the undersigned dependant resulting from, growing out of, caused by, or arising from any matter involving transportation to and from the cross country course.

I, the undersigned, having read and understood the transportation consent and above release, do hereby consent to the participation of the undersigned dependent in cross country and its accompanied non-school transportation to practice at the cross country course and other off campus locations designated by USD 231 staff and coaches. I execute it voluntarily and with full knowledge of its significance.

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Parent or Legal Guardian

Date

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Signature of Student Athlete

Date

*Return signed form to head coach prior to first off-campus practice/event*

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## GRADE ELIGIBILITY POLICY

### *The Trailblazer Cross Country Competition Eligibility Policy*

**NO "F" POLICY:** Semester grades only

1. If you have an F in multiple classes, at any checkpoint, you will be ineligible to practice or compete in addition to the possibility of permanent removal from the roster. If you have multiple F grades then you simply have not earned the right to compete for GEHS Cross Country. Be a student first.
2. If you have an F in one class you will be allowed to practice but not play (compete at a meet) until that grade is passing.
  - However, if you have not raised your F grade to a passing grade of D- or higher or have shown significant improvement by the next grade check you will be permanently removed from the team.

**Bottom line: if you want to compete as a Blazer, then pass your classes.** (approved by GEHS administration)

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## Coach's Contact Info:

- **Brian McGee:** Head Cross Country Coach
  - S: 856-2608 C: (913) 749-6660
  - [mcgeeb@usd231.com](mailto:mcgeeb@usd231.com)
- **Walt Cochran:** Assistant Cross Country Coach
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- **Mike Hibit:** Assistant Cross Country Coach
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