

Ventura High School Cross Country



2021

Ventura High School 2021 CC

Welcome to Ventura High School Cross Country, the most successful sport over the last 20 years on campus. Success to us means more than simply a win-loss record. VHS cross country prides itself on having runners who are outstanding students, outstanding athletes, and outstanding teammates. By being a part of our program each team member has 30 or more instant friends on campus who are among the finest young adults to be found.

By training and racing cross country, any athlete will become a stronger, fitter, and more focused athlete in any sport. This year cross country had a small season, in fact, we were the first sport to compete coming out of COVID. It was wonderful to have a bit of something normal and it was exciting to compete again. Both teams raced very well in the end and would have won Pacific League Championships if scores were kept. In track this year, that tradition continued and the team worked together with athletes from multiple sports honing their strength, speed, jumps or endurance to bring home the Championship on all levels. We have many distance runners who compete in other sports in the winter and many athletes come to track in the spring.

There is a very direct correlation to focus in training and focus on academics. To be successful as a runner it takes many weeks and months of daily training without a whole lot of fanfare. To be successful in the classroom it requires much of the same consistent effort in study. So it is no wonder that successful cross country athletes are the best students on campus.

As the new season approaches, preparation during the summer is what brings about an enjoyable and rich fall season of cross country. While we will meet regularly come July to train, it is even more important to train on those days when the team is not meeting. Think of this as the homework and study of cross country, except eventually this homework and study will become very enjoyable.

Have a great season! Welcome to 2021 VHS cross country.

Ventura High School

Tentative Cross Country Schedule 2021

Date	Meet	Location	Time
Friday Sept 3	Cool Breeze Invitational	Rose Bowl. Pasadena	Bus 11:15
Fri Sept 9	Pacific View League Meet #1	Lake Casitas?	2 p.m.
Sat Sept 18/19	Woodbridge	Silverlakes Sports Complex, Norco	Night meet? TBA
Fri Sept 24	Raider Invitational	College Park, Oxnard	1 p.m.
Thurs Oct 7	Pacific View League Meet #2	Mission Oaks Park, Camarillo	3 p.m.
Sat Oct 9	Clovis Invitational	Woodward Park	2 p.m.
Wed Oct 13	Casitas Twilight Invitational	Lake Casitas	4:30 p.m.
Sat Oct 23	Mt SAC Invitational	MT SAC, Walnut	9:00 a.m.
*Sat Oct 30?	County Meet?	Lake Casitas	7 a.m.
Thurs Nov 5	Pacific View League Championships	College Park, Oxnard	1:30 p.m.
**Sat Nov 13	C.I.F. SS Prelims	Riverside or MSAC	TBA
**Sat Nov 20	C.I.F. SS Championships	Riverside or MSAC	TBA (a.m.)
**Sat Nov 27	California State CIF Championships	Woodward Park, Clovis	TBA

* Varsity Level meet

**Varsity Level and Qualification Meet

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June		1	2	3	4	5
6	7	8	9	10 School Ends	11 Parent Meeting 6:00 @ the Student Center	12
13	14 Get a physical and get cleared on registermyathle te.com	15 Get a physical and get cleared on registermyathele te.com	16 Get a physical and get cleared on registermyathele .com	17 Get a physical and get cleared on registermyathele .com	18 Get a physical and get cleared on registermyathel ete.com	19 Get a physical and get cleared on registermyathel ete.com
20	21 8:00 a.m. Harmon Canyon Juan Maria Park	22 8:00 a.m. Camino Real By the basketball court.	23 8:00 a.m. San Pedro St State beach. Volleyball and food after the run.	24 8:00 a.m. Camino Real By the basketball court.	25	26
27	28	29	30			

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July				1	2	3
4	5 8:00 a.m. Harmon Canyon	6 8:00 a.m. Camino Real	7 8:00 a.m. San Pedro St State beach. Volleyball and food after the run.	8 8:00 a.m. Camino Real	9	10 Foster Park 8:00 a.m.
11	12 8:00 a.m. Kimball Park Above the pool on the softball fields	13 8:00 a.m. Camino Real	14	15 8:00 a.m. Camino Real	16	17 Foster Park 8:00 a.m.
18	19 8:00 a.m. Harmon Canyon	20	21	22 8:00 a.m. Camino Real	23	24 Foster Park 8:00 a.m.
25	26 8:00 a.m. Camino Real	27 8:00 a.m. Camino Real	28	29 8:00 a.m. Kimball Park	30 Mammoth	31 Mammoth

August

Sun Mon Tue Wed Thu Fri Sat

1 August Mammoth	2 Mammoth	3 Mammoth	4 Mammoth return	5	6 Camino Real 8:00 a.m.	7 Foster Park 8:00 a.m.
8	9 8:00 a.m. Harmon Canyon	10 8:00 a.m. Camino Real	11	12 8:00 a.m. Camino Real	13	14 Sycamore Canyon 7:15 a.m.
15	16 8:00 a.m. Harmon Canyon	17 8:00 a.m. Camino Real	18	19 8:00 a.m. Camino Real	20	21 Foster Park 8:00 a.m.
22	23 8:00 a.m. Harmon Canyon	24	25 School Starts!	26	27	28 Foster Park 8:00 a.m.
29	30	31				

Training Calendars

There are three calendars to follow on the next pages depending on your ability levels and the shape that you are in. All workouts can adjust as you get in better shape or get tired. The workouts on the calendars are guidelines and are adjustable to conditions and other variables. If you are a veteran runner, look to increase what you did last year by 5 to 10 miles a week but build into that over weeks

There are some changes to a few aspects of our training. The main one being the warm up before a workout. We have added some longer strides and the time window to do them in and use the restroom/hydrate and such. After drills, the workout will start in about 15 minutes. That window will give you time to get those longer strides in and prepare yourself. You should have some longer rest after the 300 meter strides. Learn to be prepared by workout time. If you can do this, preparing for a race on time is easy! The warm up routine is at the top of each schedule. Keep track of your workouts and daily/weekly mileage. Start with a goal for the week that makes sense and adjust daily miles accordingly.

Training Volumes per week: (based on training age) Boys:

Frosh: Build to 25 miles a week if new, 35 to 40 if older.

Soph: Build to 30 miles a week if new, 45 to 50 if older.

Juniors: Build to 35 to 45 if newer, 50 to 60 if older.

Seniors: Build to 35 to 50 if newer, 55 to 70 if older.

Girls

Frosh: Build to 20 miles if new. 25 to 35 if older.

Soph: Build to 25 to 30 miles if newer, 30 to 40 miles if older

Juniors: Build to 30 to 40 miles a week if newer, 35 to 45 if older

Seniors Build to 35 to 45 miles a week if newer, 40 to 55 miles a week if older.

Core for Monday through Friday

40 x chx wings on each leg.

20 x Jane Fondas on each leg.

20 x Push-ups (perfect form) Rest if you have to in order to get them right.

40 x crunchies

10 pull ups or max out.

20 dips

Core on Tuesdays and Thursdays

Peyton Core and slant toe raises, planks. Build to 3 sets.

30 second reps

Mason Crunches

Shin Crunches

Coffin Crunches

Crunches with legs lifted

Opposite knee crunches

Bicycles

Heel touches

Toe touches

Butt ups

Leg lifts

Starfish Crunches

Jack Knives

Plank

Side plank right then left

Accordions

Sit ups

Mountain climbers

1 minute hold

Training Definitions

Aerobic Threshold Pace. 60 minute race pace. Heart rate might be around 180 beats per minute minus your age. This is the point where you need to start breathing harder or have to breathe through your mouth. Recovery runs can go up to about this pace but should not remain significantly over it for a true recovery run.

Cougar strides: 6 to 10 x strides descending from tempo to mile or 800 pace in the middle of a run. 20 second effort at the pace and a 40 second jog recovery.

Cougar Run: 2 miles at 2-mile race pace plus a minute. If you race 2 miles at 12:00 then do the two miles in 13 minutes.

Interval pace or (I) pace. These paces simulate 3-mile race pace. We usually do 800s but may move to 1200s if you are ready. Recovery is about 1 to 1 on time.

Long Run. These runs help develop your ability to supply oxygen to your body and help your cells get efficient. They should get to over an hour long and are done at an aerobic pace. We often “negative split” them and come back faster in the last few miles. As a simple rule, they should be between 20% and 25% of your weekly mileage. A runner doing 50 miles a week might do 10 to 12 miles for a long run.

Recovery run: All gains are made off of recovery. We often have two days of recovery after a hard day or hard two days. Run these at conversational pace but not slow. You should be able to breathe through your nose the entire time or talk comfortably.

R Pace Run: From Daniel’s training formula. This pace is a 1-mile race pace. They are done to improve form and muscle memory. When you do them, focus on good form and fully recover before the next one.

Tempo: Comfortably hard pace. 83 to 88 % of max heart rate. When you finish your set of 1Ks at tempo you should be glad that you are done but you could have done another. You should not be red lined or spent at the end of the tempo workout. i.e. Comfortably hard....

Critical Velocity (CV) is often described as the pace or effort one could sustain for 30-40 minutes or 30-40 minute race pace/effort. For elites and sub-elites, this might mean 10K -12K pace on the road or the track. For others it might mean 5K or 8K pace or effort.

CIF TRAINING SCHEDULE

(CIF DEFINED AS SOMEONE WHO RAN AT LEAST 30 MILES A WEEK LAST YEAR AND EXPECTS TO BE RUNNING IN THE POSTSEASON)

The most common mistake made is doing too much too soon, but some also choose not to do enough.... If you start training June 1st, there are 86 days until school starts, there are 96 days before the first meet. A steady program will get you to League Finals injury free and consistently improving. Be patient!

Suggestions:

- Train with a teammate or teammates on a regular basis. You will hold each other accountable. You can train on your own when you are away.
- You will be sore for the first three weeks. Try to train on soft surfaces (grass and dirt) as much as possible.
- Information will be posted on venturahighxc.com.
- As of now, we do not have access to the pool to adjust training.
- As we move through the schedule, I'd like to hear how you are doing and adjust as needed. Keep a log and track how you are feeling. Learn to love the training process and listen to what your body tells you.
- Use Strava and join the VHS team there.

Warm up for hard days:

Hip openers- Hip Slides 30 seconds, Hip circles (10), forward and backwards, Donkey kicks(10), Leg circles(10), Bridges (10).

Mile run, (some runners like to go 15 to 20 minutes for a longer warm up) Plan accordingly.

drills, toes, and heels, A-skip, B-skip, Butt Kicks 15 seconds (upright posture, toe strike), High Knees 90 degree knee angle, toe strike) Fast Claw right, Fast Claw left, Fast Claw alternating.

Strides. 12 to 15 minutes. Use the restroom during the stride sequence if you need to. Do them all.

4 x 100 m Strides building 5 k pace to 1600m pace

2 x 300 @ 1600 Pace. These are getting your lungs ready

2 x 150 @ 800 Pace. These are getting your legs ready.

4 minutes recovery and ready to race.

This is a serious warm up, it may be a large portion of the workout for a new runner.

Week 1: June 13th -19th

Monday: Run a 30 to 45 minute shake out. (4 to 6 miles)

Tuesday: At least 30 minutes on soft surfaces. (4 to 5 miles)

Wednesday: Run 40 min (4 to 6 miles) and cross training: 30 minute swim, bike or elliptical if possible.

Thursday: Go out 20 minutes and come back a little faster: Try out your new shoes (4 to 5 miles)

Friday: Run 40 Min (4 to 6 miles) and Cross Train 30 minutes swim, bike or elliptical if possible.

Saturday: Goal is to get close to 50 minutes. (6.5 to 7.5 miles) Long run day

Week 2: June 20th to June 26th

Sunday: Off or active recovery (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: 8:00 Harmon Canyon: MINI CAMP (BE CLEARED!) Run out 15 to 20 minutes and try to come back nonstop and a little faster. (4 to 6 miles)

Tuesday: 8:00 a.m. Camino Real: MINI CAMP AV (BE CLEARED!) 30 to 40 min today, Cougar Strides (6 x 20 second @ 3 mile goal race with 40 second run recovery).

Wednesday: 8:00 a.m. San Pedro Street MINI CAMP AV (BE CLEARED (State Beach)) Run to the marina and back. Volleyball and food after. 8:00 to 11:00?

Thursday: 8:00 a.m. Camino Real. Run for 35 to 40 minutes nonstop. Cougar strides in the middle. (4.5 to 6 miles)

Friday: Organize yourselves! 30 to 40-minute run with 5 x 1 minute at perceived 5K pace. Do the minute pick ups in the middle of the run. (4 to 6 miles)

Saturday: Organize yourselves! Go to a new location to run. Go to a park and run 5 more minutes than last Saturday. Suggest soft surfaces 60 minutes

MAKE SURE TO BE DOING CORE AND BODY WEIGHT EXERCISES DAILY. THE LITTLE THINGS MAKE THE DIFFERENCE BETWEEN CIF CALIBER AND REGULAR ATHLETES. AT THE END OF EACH DAY, SHOULD TRY TO DO 1 MORE PUSH UP DAILY. BY THE TIME YOU GET TO SUMMER PRACTICE, THE GOAL SHOULD BE 50 PUSHUPS A DAY.

Week 3: June 27th to July 3rd

Sunday: Run 30 minute shake out run or active recovery (3 to 4 miles)

Monday: Run hilly at Arroyo or Harmon. 30 to 40 minutes total (4 to 6 miles)

Tuesday: Tempo type of workout. Suggest doing this at a park on soft, flat surfaces. Warm up for 10 minutes. Do drills and hip openers, 4 x 100m strides, 1 x 45 second stride then 2 x 30 second strides. Then do 3 to 4 x 1000 at tempo pace (comfortably hard) with one-minute rest between each. Have each tempo segment match the previous one. Cool Down 10 to 15 minutes. (5 to 7 miles today.) If you are looking for a specific tempo pace, use this website and enter what would be your **current 5K pace**. <http://www.runbayou.com/jackd.htm>

Wednesday: Run 30 to 50 min (4 to 7.5 miles) and Cross Training: 30 minute swim, bike or elliptical if possible.

Thursday: Run out for 20 to 25 minutes and come back a little faster. 8 x cougar strides after 10 minutes descend the pace of the strides from 2 mile pace to mile pace with 40 seconds recovery. The second half of the workout is unbroken. (5 to 7.5 miles.)

Friday: Recovery run of 30 to 45 minutes. (4 to 6 miles)

Saturday: Go someplace new. Run out for 33 minutes and come back a little faster. Goal is to get over an hour (8 to 10 miles)

Week 4: July 4th – July 10th

Sunday: 30 to 40 minute shake out run or off. (4 to 5 miles)

Monday: 8:00 a.m. Harmon Canyon: First official day of practice. Be cleared and have all of your paperwork. Run for 35 to 45 minutes on the trails. 2 x 30, 2 x 20, 2 x 10 hills at 2 mile pace, mile pace and 800 pace. 90 seconds recovery. Do these when the dog turn around. Watch for bikes and share the trail! Go to the fork then add on if you need to on the way back. (4.5 to 7 miles)

Tuesday: 8:00 a.m. Camino Real: Grass Run for 30 to 40 minutes (4 to 6 miles)

Wednesday: 8:00 a.m. San Pedro Street (State Beach) Run to the marina and back. Volleyball and food after. 8:00 to 11:00? 2.5 miles and core.

Thursday: 8:00 a.m. Camino Real Warm Up then (1 x 500 @ Race start Vo2 max) then 3 to 6 x 1k tempo. 10 minute cool down. Goal is to be at 4 to 7 for a frosh, 6 to 8 as a soph, 8 to 10 as a JR and 10 to 12 as a SR, by the time summer is up. (5 to 7 miles)

Friday: Cross Training: 30 minute recovery or 30 minute swim, bike or elliptical if possible

Saturday: 8:00 a.m. Foster Park Long Run. 65 minutes. Pick up that last 2 miles. (8 to 10 miles)

Week 5: July 11th – July 17th

Sunday: 30 to 40 minute shake out run or active recovery day. (4 to 6 miles)

Monday: 8:00 a.m. Kimball Park. Above the pool. Warm up, drills, 3 miles, strides. Core and strides. (4 to 5 miles)

Tuesday: 8:00 a.m. Camino Real 30 to 40 minutes on your own with 3 to 5. 1-minute surges at race pace in the middle (4 to 6 miles)

Wednesday: 35 to 45 minutes with 6 x 20 second strides to XC race pace in the middle (Cougar Strides) 40 second run recovery. (5 to 7 miles)

Thursday: 8:00 a.m. Camino Real. 3 x 1600 @ LT with 90 sec recovery. These are new. It is a 60 minute race pace. (6 to 8 miles)

Friday: Cross Training: 40 minute swim, bike or elliptical if possible. or go for an easy run.

Saturday: 8:00 a.m. Foster Park 60 to 70 minutes with the last three miles cut down miles. (8 to 10 miles)

HOW MANY PUSH UPS ARE YOU AT BY NOW? Max out after the run Saturday.

Week 6: July 18th to July 24th

Sunday: 30 to 40 minute shake out run or active recovery day.

Monday: 8:00 Harmon Canyon: Hilly run 40 to 50 minutes, Dog Park Hill 4 x 30sec, 4 x 20sec, 4 x 10sec 2 mile, mile pace, 800 pace. 90 seconds recovery.

Tuesday: Recover run of 30 to 40 minutes.

Wednesday: Recovery run 40 to 50 minutes.

Thursday: 8:00 a.m. Camino Real: Tempo 1ks. Add another. 1 x 500 @ race start pace (Vo2 Max) and 5 to 8 x 1kt now!

Friday: Recovery 35 to 50 min

Saturday: 8:00 a.m. Foster Park: Long run. 65 to 75 minutes (8.5 to 12 miles)

Week 7: July 25th to July 31st

Sunday: 30 to 40 minute shake out run or active recovery day

Monday: 8:00 a.m. Camino Real: 3 x mile @ AT pace (90). + 4 to 6 x 200 @ Mile Pace 200 jog

Tuesday: 8:00 a.m. Camino Real Park: 40 to 55 minute recovery.

Wednesday: Recovery day 30 to 40 min on a soft surface.

Thursday: 8:00 a.m. Kimball Park: 40 to 50 min Recovery 4 x 25 second acceleration strides. 40 second recovery. (track strides).

Friday: Mammoth Camp: Run to Life @ Shady Rest. Home = Cross Training: 40 minute swim, bike or elliptical if possible add on to get to 45 minutes.

Saturday: Mammoth Camp: Crater Run 6/8/or 10 miles or Long run of 65 to 70 minutes

Week 8: Aug 1 to Aug 7th

Sunday: Mammoth Camp: Shady Rest 4 to 8 x 1kt or at home go 30 to 40 minute shake out run or active recovery day

Monday: Mammoth Camp: Green Church Recovery Run 40 to 55 min. or AV Park or Harmon. 45 to 55 min hilly run.

Tuesday: Mammoth Camp: Lake Mary Time Trial or Pace day 6 to 8 x 400 R

Wednesday: Return from Mammoth: Ridge Run or Recovery day 30 to 40 min on a soft surface. 10 minute shakeout when we get back from Mammoth

Thursday: Cross Training: 40 minute swim, bike or elliptical if possible

Friday: 8:00 a.m Camino Real: Recovery Run 30 to 50 minutes.

Saturday: 8:00 a.m. Foster Park: Long run of 65 to 70 minutes

Week 9: Aug 8 to Aug 14th (down Week)

Sunday: Off or active rest (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: 8:00 a.m. Harmon Canyon: 3 x 45, 3 x 30, 3 x 15 seconds @ 32,16,8 pace. 90 Seconds recovery. Do these at the Dog turn around hill. Get 40 to 55 minutes of running.

Tuesday: 8:00 a.m. Camino Real: Recovery run 30 to 50 minutes (4 to 7 miles)

Wednesday: Recovery run 40 to 55 min. (6 to 8.5 miles)

Thursday: 8:00 a.m. Camino Real: 2 x 500 @ Race Start (Vo2 max) 2:30 Rec and 4 to 6 x Tempo 1 k (6 to 8 miles)

Friday: Recovery run of 40 to 55 minutes on own. (5.5 to 7 miles)

Saturday: 8:00 a.m. Foster Park Long run: 55 to 65 minutes (7 to 10 miles)

Week 10: August 15th to August 21st

Sunday: Off or active rest (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: Harmon Canyon: Run to the right. See if you can get to the top! 3 minutes on, 2 minutes off up to 4 times when you start the big climb. Name in the box?

Tuesday: 8:00 a.m. Camino Real: 35 to 55 minute Recovery run

Wednesday: 30 to 45 Recovery run.

Thursday. 8:00 a.m. Camino Real: 1 x 500 race start (Vo2 Max) 3 to 5 x 1kt, 1 x (500 Vo2 Max surge), 2 to 5 x 1kt.

Friday: Recovery. 40 to 50 minutes

Saturday: Leave at 7:15 a.m. Sycamore Canyon: Parent Driver Practice. Get cleared to drive and help out. Sign up to bring food, drinks and food for after the run. 8.5 to 13.5 miles

Week 11: August 22nd to August 28th

Sunday: Off or active rest (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: 8:00 a.m. Harmon Canyon: 4 x 45 sec, 4 x 30 sec, 4 x 15 sec @ 32, 16, 8 pace 90 seconds recovery. Do these going up the hill to the right.

Tuesday: Recovery Run on its own. 30 to 50 minutes **Teacher inservice**

Wednesday: First Day of School. Bring your gear! Meet in room 100. **30 to 45 Recovery run.**

Thursday. 10 min warm up run with 3 x 1600 @ AT (90) with 6 x 200 @ 1600 m pace at the end.

Friday: recovery. 35 to 45 minutes

Saturday: 8:00 a.m. Foster Park long run. 60 to 75 minutes

RETURNER TRAINING SCHEDULE

(RETURNED DEFINED AS SOMEONE WHO RAN AT LEAST 15 MILES A WEEK AND FIVE DAYS A WEEK LAST YEAR)

Most common mistake with rookies is doing too much too soon. If you start training June 1st, there are 86 days until school starts, there are 96 days until the first league meet. A steady program will get you to league finals injury free and consistently improving. Be patient!

Suggestions:

- Train with a teammate or teammates on a regular basis. You will hold each other accountable. You can train on your own when you are away.
- You will be sore for the first three weeks. Try to train on soft surfaces (grass and dirt) as much as possible.
- Information will be posted on venturahighxc.com.
- As of now, we do not have access to the pool to adjust training.
- As we move through the schedule, I'd like to hear how you are doing and adjust as needed. Keep a log and track how you are feeling. Learn to love the training process and listen to what your body tells you.
- Use Strava and join the VHS team there.

Warm up for hard days:

Hip openers- Hip Slides 30 seconds, Hip circles (10), forward and backwards, Donkey kicks(10), Leg circles(10), Bridges (10).

Mile run,

drills, toes, and heels, A-skip, B-skip, Butt Kicks 15 seconds (upright posture, toe strike), High Knees 90 degree knee angle, toe strike) Fast Claw right, Fast Claw left, Fast Claw alternating.

Strides. 12 to 15 minutes. Use the restroom during the stride sequence if you need to. Do them all.

4 x 100 m Strides building 5 k pace to 1600m pace

2 x 300 @ 1600 Pace. These are getting your lungs ready

2 x 150 @ 800 Pace. These are getting your legs ready.

4 minutes recovery and ready to race.

This is a serious warm up, it may be a large portion of the workout for a new runner.

Week 1: June 13st to June 19th

Monday: Run out for 12 to 15 minutes and try to run back nonstop

Tuesday: Repeat Monday's run but go out 1 minute farther.

Wednesday: Cross Training: 30 minutes swim, bike or elliptical if possible.

Thursday: Go out 15 minutes and come back a little faster: Try out your new shoes

Friday: Cross Training: 30 minutes swim, bike or elliptical if possible

Saturday: Try to go 5 more minutes than Thursday:--Long run day

Week 2: June 20th to June 26th

Sunday: Off or active recovery (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: 8:00 Harmon Canyon: MINI CAMP (BE CLEARED!) Run out 12 to 17 minutes and try to come back nonstop and a little faster. (4 to 6 miles)

Tuesday: 8:00 a.m. Camino Real: MINI CAMP AV (BE CLEARED!) 25 to 35 min today, Cougar Strides (6 x 20 second @ 3 mile goal race with 40 second run recovery).

Wednesday: 8:00 a.m. San Pedro Street MINI CAMP AV (BE CLEARED (State Beach)) Run to the marina and back. Volleyball and food after. 8:00 to 11:00?

Thursday: 8:00 a.m. Camino Real. Run for 30 to 35 minutes nonstop. Cougar strides in the middle. (4.5 to 6 miles)

Friday: Organize yourselves! 30 to 35-minute run with 3 x 1 minute at perceived 5K pace. Do the minute pick ups in the middle of the run. (4 to 6 miles)

Saturday: Organize yourselves! Go to a new location to run. Go to a park and run 5 more minutes than last Saturday. Suggest soft surfaces 40 to 50 minutes

Week 3: June 27th to July 3rd

Sunday: Run 30 minute shake out run or active recovery (3 to 4 miles)

Monday: Run hilly at Arroyo or Harmon. 25 to 35 minutes total (3.5 to 5 miles)

Tuesday: Tempo type of workout. Suggest doing this at a park on soft, flat surfaces. Warm up for 10 minutes. Do drills and hip openers, 4 x 100m strides, 1 x 45 second stride then 2 x 30 second strides. Then do 2 to 3 x 1000 at tempo pace (comfortably hard) with one-minute rest between each. Have each tempo segment match the previous one. Cool Down 10 to 15 minutes. (5 to 7 miles today.) If you are looking for a specific tempo pace, use this website and enter what would be your **current 5K pace**. <http://www.runbayou.com/jackd.htm>

Wednesday: Run 30 to 40 min (4 to 5.5 miles) and Cross Training: 30 minute swim, bike or elliptical if possible.

Thursday: Run out for 17 to 20 minutes and come back a little faster. 8 x cougar strides after 10 minutes descend the pace of the strides from 2 mile pace to mile pace with 40 seconds
Friday: Recovery run of 30 to 45 minutes. (4 to 6 miles)

Saturday: Go someplace new. Run out for 33 minutes and come back a little faster. Goal is to get over 50 to 60 minutes (7.5 to 8.5 miles)

Week 4: July 4th – July 10th

Sunday: 30 to 40 minute shake out run or off. (4 to 5 miles)

Monday: 8:00 a.m. Harmon Canyon: First official day of practice. Be cleared and have all of your paperwork. Run for 30 to 35 minutes on the trails. 2 x 30, 2 x 20, 2 x 10 hills at 2 mile pace, mile pace and 800 pace. 90 seconds recovery. Do these at the dog turn around. Watch for bikes and share the trail! 4 to 5 miles

Tuesday: 8:00 a.m. Camino Real: Grass Run for 30 to 35 minutes (4 to 6 miles)

Wednesday: 8:00 a.m. San Pedro Street (State Beach) Run to the marina and back. Volleyball and food after. 8:00 to 11:00? 2.5 miles and core.

Thursday: 8:00 a.m. Camino Real. Warm Up then 1 x 500 @ race start Vo2 Max then 2 to 4 x 1k tempo. 10 minute cool down. Goal is to be at 4 to 7 for a frosh, 6 to 8 as a soph, 8 to 10 as a JR and 10 to 12 as a SR, by the time summer is up. (5 to 7 miles)

Friday: Cross Training: 30 minute recovery or 30 minute swim, bike or elliptical if possible

Saturday: 8:00 a.m. Foster Park Long Run. 50 to 60 minutes. Pick up that last 2 miles. (7 to 9 miles)

Week 5: July 11th – July 17th

Sunday: 30 to 40 minute shake out run or active recovery day. (4 to 6 miles)

Monday: 8:00 a.m. Kimball Park. Above the pool. Warm up, drills, 3 miles, strides. Core and strides. (4 to 5 miles)

Tuesday: 8:00 Camino Real 25 to 35 minutes on your own with 3 to 5. 1-minute surges at race pace in the middle (3.5 to 5 miles)

Wednesday: 30 to 40 minutes with 6 x 20 second strides to XC race pace in the middle (Cougar Strides) 40 second run recovery. (4 to 5.5 miles)

Thursday: 8:00 a.m. Camino Real. 2 x 1200 @ LT with 90 sec recovery +2 x 200 at 1600 pace These are new. It is 60 minute race pace. 4.5 to 6 miles

Friday: Cross Training: 40 minute swim, bike or elliptical if possible. or go for an easy run.

Saturday: Foster Park 55 to 65 minutes with the last three miles cut down miles. (7.5 to 9 miles)

Week 6: July 18th to July 24th

Sunday: 30 to 40 minute shake out run or active recovery day.

Monday: 8:00 Harmon Canyon: Hilly run 35 to 35 minutes, Dog Park Hill 3 x 30sec, 3 x 20sec, 3 x 10sec 2 mile, mile pace, 800 pace. 90 seconds recovery.

Tuesday: Recover run of 30 to 35 minutes.

Wednesday: Recovery run 35 to 45 minutes.

Thursday: 8:00 a.m. Camino Real: 1 x 500 @ race start Vo2 Max (2:30 Rec) then 4 to 6 x 1kt (45 Rec)

Friday: Recovery 30 to 40 min

Saturday: 8:00 a.m. Foster Park: Long run. 60 to 65 minutes cut down the last 2 to 3 miles (7.5 to 9 miles) cut down the last 3 miles

Week 7: July 25th to July 31st

Sunday: 30 to 40 minute shake out run or active recovery day

Monday: 8:00 a.m. Camino Real: 2 x mile @ AT pace (90). + 4 x 200 @ Mile Pace 200 jog

Tuesday: 8:00 a.m. Camino Real Park: 35 to 45 minute recovery run

Wednesday: Recovery day 30 to 35 min on a soft surface.

Thursday: 8:00 a.m. Kimball Park: 35 to 45 min Recovery 4 x 25 second acceleration strides. 40 second recovery. (track strides).

Friday: Mammoth Camp: Run to Life @ Shady Rest. Home = Cross Training: 40 minute swim, bike or elliptical if possible or go for 30 minutes on a soft surface.

Saturday: Mammoth Camp: Crater Run 6/8/or 10 miles or long run of 60 to 70 minutes, cut down the last 3 miles

Week 8: Aug 1 to Aug 7th

Sunday: Mammoth Camp: Shady Rest 4 to 8 x 1kt or at home go 30 to 40 minute shake out run or active recovery day

Monday: Mammoth Camp: Green Church Recovery Run 40 to 55 min. or AV Park or Harmon. 40 to 50 min hilly run.

Tuesday: Mammoth Camp: Lake Mary Time Trial or Pace day 6 to 8 x 400 R

Wednesday: Return from Mammoth: Ridge Run or Recovery day 30 to 40 min on a soft surface. 10 minute shakeout when we get back from Mammoth

Thursday: Cross Training: 40 minute swim, bike or elliptical if possible

Friday: Camino Real 8:00 a.m. 2 mile time trial and food for after.

Saturday: 8:00 a.m. Foster Park: Long run of 60 to 70 minutes. Cut down the last 2 to 3 miles.

Week 9: Aug 8 to Aug 14th (Down Week)

Sunday: Off or active rest (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: 8:00 a.m. Harmon Canyon: 2 x 45, 2 x 30, 2 x 15 seconds @ 32,16,8 pace. 90 Seconds recovery. Do these at the Dog Turn Around Hill. Get 40 to 45 minutes of running.

Tuesday: 8:00 a.m. Camino Real: Recovery run 30 to 40 minutes (4 to 7 miles)

Wednesday: Recovery run 35 to 45 min. (4.5 to 7 miles)

Thursday: 8:00 a.m. Camino Real: 2 x 500 @ Race start Vo2 Max (2:30 Rec), 4 to 6 x 1kt (45 Rec)

Friday: Recovery run of 35 to 45 minutes on your own. (4.5 to 7 miles)

Saturday: 8:00 a.m. Foster Park Long run: 55 to 65 minutes Cut down the last 2 miles (7 to 10 miles)

Week 10: August 15th to August 21st

Sunday: Off or active rest (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: Harmon Canyon: Run to the right. See if you can get to the top! 3 minutes on, 2 minutes off up to 4 times. (when you start the big climb. Name in the box?)

Tuesday: 8:00 a.m. Camino Real: 35 to 40 minute Recovery run

Wednesday: 30 to 40 Recovery run.

Thursday. 8:00 a.m. Camino Real: 1 x 500 @ Race start Vo2 Max (2:30 Rec), 2-3 x 1kt (45 Rec) 1 x 500 Vo2 Max Race Surge 2:30), 3 to 4 x 1kt (7 to 9 miles)

Friday: Recovery. 35 to 45 minutes

Saturday: Leave at 7:15 a.m. Sycamore Canyon: Parent Driver Practice. Get cleared to drive and help out. Sign up to bring drinks and food for after the run. 8.5 to 13.5 miles We will bring everyone if we have enough drivers.

Week 11: August 22nd to August 28th

Sunday: Off or active rest (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: 8:00 Harmon Canyon: Get to the top! Teacher inservice 3 x 45 sec, 3 x 30 sec, 3 x 15 sec @ 32, 16, 8 pace 90 seconds recovery. Do these going up the hill to the right.

Tuesday: Recovery Run on its own. 30 to 50 minutes **Teacher inservice**

Wednesday: First Day of School. Bring your gear! Meet in room 100. **30 to 45 Recovery run.**

Thursday. 10 min warm up run with 3 x 1200 @ AT (90) with 6 x 200 @ 1600 m pace at the end

Friday: recovery. 35 to 45 minutes

Saturday: 8:00 a.m. Foster Park long run. 60 to 75 minutes cut down the last 3 miles.

ROOKIE TRAINING SCHEDULE

(ROOKIE DEFINED AS FIRST YEAR HIGH SCHOOL RUNNER)

Most common mistake with rookies is doing too much too soon. If you start training June 1st, there are 86 days until school starts, there are 96 days before the first league meet. A steady program will get you to league finals injury free and consistently improving. Be patient!

Suggestions:

- Train with a teammate or teammates on a regular basis. You will hold each other accountable. You can train on your own when you are away.
- You will be sore for the first three weeks. Try to train on soft surfaces (grass and dirt) as much as possible.
- Information will be posted on venturahighxc.com.
- As of now, we do not have access to the pool to adjust training.
- As we move through the schedule, I'd like to hear how you are doing and adjust as needed. Keep a log and track how you are feeling. Learn to love the training process and listen to what your body tells you.
- Use Strava and join the VHS team there.

Warm up for hard days:

Hip openers- Hip Slides 30 seconds, Hip circles (10), forward and backwards, Donkey kicks(10), Leg circles(10), Bridges (10).

Mile run,

drills, toes, and heels, A-skip, B-skip, Butt Kicks 15 seconds (upright posture, toe strike), High Knees 90 degree knee angle, toe strike) Fast Claw right, Fast Claw left, Fast Claw alternating.

Strides. 12 to 15 minutes. Use the restroom during the stride sequence if you need to. Do them all.

4 x 100 m Strides building 5 k pace to 1600m pace

2 x 300 @ 1600 Pace. These are getting your lungs ready

2 x 150 @ 800 Pace. These are getting your legs ready.

4 minutes recovery and ready to race.

This is a serious warm up, it may be a large portion of the workout for a new runner.

Week 1: June 13th -19th

Monday: Run out for 5 to 10 minutes and try to run back nonstop:

Tuesday: Repeat Monday's run but go out 1 minute farther.

Wednesday: Run/walk/run for 20 to 25 minutes.

Thursday: Do the same time out and back as Tuesday: Try out your new shoes

Friday: Cross Training: 30 minutes swim, bike or elliptical if possible

Saturday: Try to go 5 more minutes than Thursday:

Week 2: June 20th to June 26th

Sunday: Off or active recovery

Monday: 8:00 a.m. Harmon Canyon Run Mini Camp (BE CLEARED) out 8 to 12 minutes and try to come back nonstop and a little faster

Tuesday: 8:00 a.m. Camino Real Mini Camp (BE CLEARED) Run in a new direction today. Run out 10 minutes and come back faster

Wednesday: 8:00 a.m. San Pedro Street Mini Camp (BE CLEARED) Short run to Marina Park. Volleyball and food after. 8:00 to 11:00?

Thursday: 8:00 a.m. Camino Real Park Mini Camp (BE CLEARED) Run out for 12 minutes and turn around. On the way back do 30 seconds hard, 15 seconds easy four times.

Friday: Cross Training: 30 minutes swim, bike or elliptical if possible

Saturday: Organize yourselves. See if you can run for 25 to 30 minutes straight.

Week 3: June 27th to July 3rd

Sunday: Off or active recovery (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: Goal is to run 25 to 35 minutes nonstop today at a decent pace. Always come back faster than you went out.

Tuesday: Warm up for 5 minutes. Then run out 7 to 10 minutes at a comfortably hard pace (faster than normal). After the 10 minutes, turn around and run back to start point.

Wednesday: Cross Training: 30 minutes swim, bike or elliptical if possible

Thursday: Run out for 14 to 16 minutes and come back a little faster. When you get home, do 4 x 100 strides at your perceived race pace for 3 miles

Friday: Cross Training: 30 minutes swim, bike or elliptical if possible.

Saturday: Go someplace new. Run out for 16 to 18 minutes and come back a little faster

Week 4: July 4th to July 10th

Sunday: Off or active recovery (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: 8:00 a.m. Harmon Canyon: Go out for 15 minutes and Come back. Try some of the single track! Adventure run.

Tuesday: 8:00 a.m. Camino Real Park 25 to 30 minutes.

Wednesday: 8:00 a.m. San Pedro Street (State Beach). Run to Marina Park and back on the beach. Volleyball and food after. 8:00 to 11:00?

Thursday: 8:00 Camino Real: Warm up for 5 minutes on the grass. Then do 5 x 2 minutes hard, 1 minute easy on the grass and then cool down for 5 minutes

Friday: Cross Training: 30 minutes swim, bike or elliptical if possible

Saturday: 8:00 Foster Park: Run for 17 to 19 minutes out and come back a little faster.

Week 5: July 11th to July 17th

Sunday: Off /cross train/or 30 min run soft surface.

Monday: 8:00 a.m. Kimball Park: meet above the pool by the softball field. Warm up, drills, 25 minute run, strides. Core and stretch

Tuesday: 8:00 a.m. Camino Real: on the grass or dirt. 30 to 40 min 3 to 5 1-minute surges at race pace

Wednesday: 3 to 4 recovery runs on own.

Thursday: 8:00 a.m. Camino Real: 1 x 1200 @ LT with 90 sec recovery +2 x 200 at 1600 pace These are new. It is 60 minute race pace. 4.5 to 6 miles

Friday: Cross Training: 40 minutes swim, bike or elliptical if possible

Saturday: 8:00 a.m. Foster Park Long Run: 38 to 45 minute run. Come back faster than you went out.

Week 6: July 18th to July 24th

Sunday: Off or active recovery (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: 8:00 a.m. Harmon Canyon: 30 to 35 minute run, 1 x 30sec, 1 x 20sec, 1 x 10sec 2 mile, mile pace, 800 pace. 90 seconds recovery. Do those on a hill. The one that goes toward the house foundation will work.

Tuesday: Recovery run of 25 minutes on your own.

Wednesday: Recovery run of 30 to 35 minutes and Cougar Strides.

Thursday: 8:00 a.m. Camino Real: Tempo 3 x 500s or 1ks. 60 seconds rest.

Friday: Recovery run 30 to 40 min or cross train.

Saturday: 8:00 a.m. Foster Park Long run: 40 to 48 minutes negative split

Week 7: July 25th to July 31st

Sunday: Off or active recovery (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: 8:00 a.m. Camino Real: 1 x 1600 at LT pace and 2 x 200 m at 1600m pace.

Tuesday: 8:00 a.m. Camino Real: 4 to 6 x 200 @ R pace. R pace is 1600 meter race pace. Full recovery.

Wednesday: Recovery Day. 30 minutes on a soft surface.

Thursday: 8:00 Kimball Park: 30 to 40 minute Recovery run 4 x 25 second accelerations to max pace in the middle.

Friday: Mammoth Camp: for those invited. Leave at 6:45 a.m. Run 30 to 40 minutes hilly if in Ventura.

Saturday: Mammoth Camp or Long run: 42 to 50 minutes, negative split

Week 8. July Aug 1st to Aug 7th

Sunday: Off or active rest (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: Mammoth Camp: 40 minute hilly run at Harmon or Arroyo.

Tuesday: Mammoth Camp Grass or Dirt 9:00: Pace Day 2 x 500 tempo, 4 x 400 @ 3 mile race pace, 2 x 400 at 1600m Race pace.

Wednesday: Mammoth Camp: Recovery run. 35 to 45 min

Thursday: Recovery run with Cougar Strides. 35 to 40 minutes

Friday: 8:00 a.m. Camino Real: 2 mile time trial. And food for after

Saturday: 8:00 a.m. Foster Park: Long run 45 to 60 min

Week 9. Aug 8th to Aug 14th

Sunday: Off or active rest (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: 8:00 Harmon Canyon: 2 x 45, 2 x 30, 2 x 15 seconds @ 32,16,8 pace. 90 Seconds recovery. Do these at the Dog Turn Around Hill. Get 35 to 40 minutes in

Tuesday: 8:00 a.m. Camino Real 25 to 35 minute recovery run.

Wednesday: Wednesday: 30 to 45 Recovery run with Cougar Strides

Thursday: 8:00 a.m. Camino Real. Tempo workout Thursday 1 x 500 @ race start (Vo2 Max) then 3 to 4 x 1kt

Friday: Cross Training: 40 minutes swim, bike or elliptical if possible.

Saturday: 8:00 a.m. Foster Park: Long run 45 to 60 min

Week 10. August 15th to August 21st

Sunday: Off or active rest (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: 8:00 Harmon Canyon: 40 to 50 minute run Push 3 to 4 big hills for 1 minute. How close can you get to the top?

Tuesday: 8:00 a.m. Camino Real: 25 to 35 minute recovery run.

Wednesday: 30 to 45 Recovery run with Cougar Strides

Thursday. 8:00 a.m. Camino Real: 1 x 500 Vo2 Max race start (2:30rec) 2 x 1kt (45rec) 1 x 500 Vo2 Race surge)2:30 rec) 2 x 1kt

Friday: 35 to 45 minutes recovery run on your own.

Saturday: Leave at 7:15 Sycamore Canyon: Parent Driver test! How many can we get cleared? Long run of 60 minutes at least. Cut down the last 2 miles. **Sign up to bring food or drinks for after.**

Week 11. August 22nd to August 28th

Sunday: Off or active rest (hiking, swimming, surfing, cycling, spinning, etc.)

Monday: Teacher Inservice 8:00 Harmon Canyon: Can you get to the top?

Tuesday: Teacher Inservice Recovery run on your own. 30 to 40 minutes

Wednesday: 30 to 45 Recovery run. First Day of School Bring your stuff! Meet in room 100.

Thursday. 10 min warm up run with 2 x 1200 @ AT (90) with 4 x 200 @ 1600 m pace at the end

Friday: recovery. 35 to 45 minutes

Saturday: Long run on own 50 to 65 min

“Just what is cross country?”

1. Cross country is a running sport.
2. Cross country is first a Team sport, and secondarily an Individual sport.
3. Cross country races are between 2.5 and 3.1 miles, but normally 3 miles in length.
4. Cross country courses are usually at a park, school campus, university, or other venue with large open space.
5. Cross country races are run over grass, dirt, and some pavement.
6. Cross country races may be flat, have some hills, or have a number of hills.
7. A time you run on one course may not compare to a time on a different course due to the difficulty of the course.
8. Cross country races may have between 35 and 300 runners in a race.
9. The team of the individual winner of the race does not necessarily win.
10. Almost unanimously, all cross country runners love this sport after their first season, though a lot start out a little skeptical of it.

How does a cross country meet score?

1. The place you finish is the number of points you give your team. For example if you place first in the race you give your team 1 point. If you place 17th you give your team 17 points.
2. The team with the lowest score wins.
3. Only the places of the first five runners from each team count toward the scoring. The sixth, seventh, eighth, etc... finishers from a team do not score, but they can place in front of the scoring runners from other teams and give them more points. (Points are bad!).
4. A perfect score is when the runners from one team place 1st, 2nd, 3rd, 4th & 5th giving the team a perfect score of 15.
5. Pack finishing is as important as having a first place finisher. For example:

Team A (places) 1st, 2nd, 3rd, 10th, 18th (19th 20th) = 34 points

Team B (places) 4th, 5th, 6th, 8th, 9th (11th 12th) = 32 points Winner!! Team

C (places) 7th, 13th, 14th, 15th, 16th (17th, 21st) = 65 points

WHAT IS CROSS COUNTRY?? This article was published by Dallas Woodburn, a Ventura High School Cross Country team member from 2001 through 2004. Dallas attended the University of Southern California for her undergraduate degree and Purdue University for her graduate degree.

What a Ventura Cross Country Runner should have for the First Day of Practice

ABSOLUTELY NEEDS TO HAVE:

1. Physical Exam already completed.
 - a. Physical Exams are good for one year from the date given.
2. All proper paperwork
 - i. Proof of Insurance, Proof of Residency, Emergency Contact Card
3. A proper pair of running specific shoes.
 - a. Would purchase from a local running store rather than an online company.
 - i. All runners should be properly fitted for shoes.
 - b. One of the best ways to prevent running injuries is to have a quality pair of shoes.
 - c. New pair at least for every season of sport.
 - d. Quality shoes are going to cost \$100 on up.
 - i. This is your largest expense for running.
4. Proper running clothes
 - a. Shorts, t-shirt, socks
 - i. Just about any style will work at the beginning.
 - ii. Best to stay away from cotton socks
 - iii. Synthetic running clothes are the most comfortable.
5. Sweatshirt for after the workout
6. Water bottle and healthy snack for after workout
7. Sunblock
8. Positive Attitude.

Helpful to Have but Not Necessary

1. A running watch to time runs.
 - a. Just a simple stopwatch function is good.
 - b. Most basic watches can cost \$15 - \$30.
2. Running socks (these will help prevent blisters)
 - a. As you do longer workouts we suggest you get away from soggy cotton socks.
 - b. Choose a synthetic fabric and sock that at least rises above the top of your shoe.
 - c. Most athletic stores and running stores have a good selection.
3. Rolling Stick to massage your leg muscles.
4. Foam roller to roll out and massage your legs.
5. A second pair of running shoes. (both pairs will last longer if you rotate them every day)
6. Light gloves and beanie for when it gets cold in late October and November.
7. Lightweight rain jacket, for the next time it ever rains in Southern California.

Items it might be really nice to have but absolutely not needed to excel

1. A GPS watch with heart rate monitor.
2. Running tights for cool weather.
3. Synthetic running shirts
4. Membership to the Y, Mavericks or LA Fitness for cross training opportunities.

NOTE: While all the highest tech equipment is good and fun, in this sport it is still simply about getting out and running consistently. No shoes, shirt, shorts, watch, gps, or foam roller can make you better unless you put in the consistent effort.

How to Make the Team

1. The minimum requirement to be on the team is to race 3 miles by the time school begins in August.
 - a. Runners unable to warmup, race non-stop, and cooldown in June may work toward this goal with the team during the summer.
 - b. By the first week of school, for safety reasons, all athletes must be able to warm up, race and cooldown.
 - c. This is the absolute MINIMUM requirement.
 - d. ADDITIONAL TRYOUT REQUIREMENTS MAY BE INCLUDED FOR THOSE WHO DO NOT ATTEND SUMMER PRACTICE REGULARLY.
2. Getting your athletic clearance done online as soon as possible. No team member may practice with the team without at least their physical, emergency card, and proof of insurance.
3. Participating in summer practice. If you are in town, you are expected to be at scheduled team practice.
 - a. A positive attitude, encouraging others, and honest effort to improve are important at practice.
4. Participating in team fundraisers or community service during the summer and season. While requiring mandatory fees or donations is not legal, requiring participation in fundraising events is legal.
5. Coaches' discretion will always be taken into consideration for those with regular attendance and consistent improvement in times and physical fitness. Hard work and an attitude that displays the effort and desire for improvement will be considered.

SUMMERTIME

Summer practice is not “mandatory”, but it is highly suggested. If you make the time and effort to come to summer practice and do your runs, you will be successful. If you have conflicts, simply take the time to contact the coach and get your run completed on your own. All runners may be sore for the first three weeks of training, regardless of ability or experience. Summer practice will be a gradual progress to help build a base so we can excel in the fall. This progression will help prevent injuries and allow the athlete to get ready for the transition practices necessary to run fast. If you are in town, it is suggested that you come to practice. There is no penalty in making the team if you go on vacation with your family. However, the expectation is that you would be completing your runs during vacation, keeping your training log, and staying in regular contact with a coach. If you are going on vacation, it is suggested you take your running shoes and get out for a run daily. Do it first thing in the morning! Some days that may be difficult due to travel, commitments or special activities. That is completely understood. Summer training is the key to a successful, injury free season. It is always easier to train with people and teammates can help you move to the next level. Summer training this year will help build the future of our program. Do a little each day and you will get better over time. Some of you will find that you are really good at this and some of you will find out you love the feeling of getting and being in shape. All of you will find out that the fitter you are, the better you are able to focus on your academic work. The skills learned at summer practice can help you both on the cross-country course, in other sports, and in the classroom.

Ventura Cross Country Rules

• BE ON TIME

- During the school year we are ready to run 15 minutes after the last period ended. I am not sure of the schedule next year but we will run Monday through Saturday.

- During the summer be ready to run at the listed workout start time.
- To and From Meets – **We will travel as a team to and from most meets.**
- Away Meets: Be there for the bus or rides 10 minutes before scheduled departure. ▪ The bus or van will leave on time. If you arrive after we leave, stay home. Only those who arrived on time will be allowed to compete.
- On Saturday or Holiday practices be there ready to run at the time announced.
- BE RESPONSIBLE
 - In class and on campus behavior
 - On time for all classes
 - Positive attitude and participation in classes.
 - Obey school rules. Be a positive example for your classes.
 - Off campus behavior
 - At meets we are a class act.
 - Stay with your group during warmups and cool down.
 - Stay in the team area when not actively warming up, cooling down, cheering teammates, or using the restroom.
 - Cheer your teammates and other runners in the race positively.
 - Behavior in the community outside meets and school concerning laws, drugs, alcohol, tobacco, etc.. . reflect directly on the team.
 - Positive outside behavior is necessary to remain a part of the team.
 - Meet day expectations
 - Attend classes
 - Assignments due on meet days are to be turned in to classes before we leave for the meet.
 - You are responsible for assignments given in all classes on meet day.
 - Attendance and participation in meets is part of your grade.
 - Workout/Meet conflicts & Injury expectations
 - Schedule your appointments for AFTER workout times.
 - Daily cross training and rehab exercises are required for all non-running athletes. •
 - During workouts
 - After workouts
 - On Saturdays
 - Practice
 - Approach daily workouts with a positive attitude. You control that part.
 - Leave your phones in your bags until done with post run exercises.
 - Do team activities together.
 - Obey the rules of the road!
 - RUN THE ENTIRE WORKOUT you have been assigned.
 - Complete all activities (strides, cool down, stretching, core, strength) prior to checking out with a coach daily.
 - Check out with a coach daily in person. Do not just leave.
 - Report all absences to school and coach by 10:00 a.m. the day you miss.
 - Report to the coach if for some reason you are leaving school early.
 - It is YOUR responsibility to discuss conflicts that suddenly come up with the coach before the end of lunch on a school day.
 - It is YOUR responsibility to discuss any conflicting time issues with the coach as soon as you know of the conflict, including vacations, family trips, field trips, etc... .
 - Equipment & Uniforms

- Properly clean and maintain team equipment and uniforms
 - Team dress is required at all team function (riding to and from meets, at meets, team dinners,)

GRADING FOR THE 7TH PERIOD CROSS COUNTRY CLASS

- **Attendance**
- **Ability to follow team rules and expectations**
- **Completion of running log daily .**
- **Completion of tests (meets) – expectation is completion of a minimum of 6 meets to get full credit. Individual exceptions may be considered with “extra credit” work and activities.**
- **Attitude and effort: Positive attitudes and complete efforts are needed to earn an A grade.**
- **Improvement throughout the season.**
- **Participation in lunchtime study hall if necessary to maintain grades. •**
- **Completion of the season: Quitting or being dismissed for disciplinary reasons may result in an F grade for the class.**
- Continue to develop and uphold the reputation of the Cougar Cross Country.
 - We are looking for dedicated runners who are willing to totally believe in the Cougar System
 - Weekly increase the distance of the training runs
 - GRADUALLY increase the overall distance of runs over the course of the summer
 - Days running become more significant than distance
- Keep an accurate training log
 - The log is your foundation for all future improvement. Start today
- Teach the basics of the Cougar Cross Country system
 - Warm up, drills, cool down, core, stretching routine, body weight strength and check out
 - Workouts: Pace, recovery, long run, hill workouts and negative split runs
 - Learn to train on your own. It is what you do when no one is watching that makes the difference.
- Work for an injury free season by doing the little things this summer
 - Shin exercises and stretching: START NOW!
 - Core and strength work
 - Do your athletic homework daily
- Create a positive training and practice attitude for all members of the team
 - Yes, we are having fun now!
 - BELIEVE IN THE PROGRAM—IT WORKS!
- Be a positive representative of Ventura Cougar Cross Country
 - In the classroom and in the community
 - On the race course—as racers and supporters
- Encourage and help your teammates improve
 - All in for all of your teammates
- Have all members attend at least 12 summer practices
- Field all four teams all season
- Expose new people to the joys of running and the spirit of the Cougar Cross Country Program. •
- Improve as a workout and meet team throughout the year
- Be properly dressed and prepared for each meet
 - Start warm up at the proper time and completely cool down at the conclusion of race and meet

- Prepare correctly for all meets-MENTALLY AND PHYSICALLY
- Improve the school and community awareness of Ventura Cross Country accomplishments •
Field healthy, competitive teams for each and every meet
 - Goal is for every runner to be healthy and eligible for every meet
- Set the standards for future teams by posting competitive team and individual times for all courses ○
You are Cougar CC. You will determine the goals future teams will strive to surpass • Compete for
the CIF Academic Championship
 - Be the student in the classroom that every teacher wants to teach
- Continue the legacy of outstanding team support that will resonate through Southern Section and State ○
Be loud and proud
 - Support each and every teammate so all teammates will want to complete the entire season
 - Attend all team functions
 - Help without being asked to help
- Qualify for postseason competition
 - Qualify both teams for CIF and State
- Set a standard of athletic excellence in Pacific View League, CIF and State
 - As quality individuals both on and off the course
 - As competitive runners especially in warm weather and hilly courses
 - As a team ALL members and coaches are proud to be affiliated with VHS XC

Important Summer Dates and Information

(Dates and information may be updated. Check regularly with coach)

- **Friday June 11 – Saturday July 3** – *This is a great time for family trips so athletes do not miss team workouts when we begin team training July 9th.* This is the CIF mandatory “dead period” during which no coaches may attend workouts with the team members. Team members may run on their own or with teammates, but no coaches can be present. We may have weight training available on campus for athletes which is permissible by CIF.
- **Monday July 4 – August 25** – Practice begins the week of Monday July 4 for all levels of runners. Follow the Master Calendar which is in the handbook and provided to parents at the meeting for the specific time and location of practice. Over the course of the summer, practices will meet at different places
- **Friday July 30 – Wednesday August 3** – Ventura Cross Country Mammoth Training Camp. This week the new and JV level runners will work out in their own groups while the varsity and potential varsity level runners travel to Mammoth Lakes for their training camp. Camp is by invitation to team members capable of completing very rigorous varsity level training at altitude. Those invited are team members who have attended summer workouts regularly. All camp attendees are asked to donate the suggested amount to defray the cost of the camp. We will travel and stay together as a team.
- **Monday August 4 – Tuesday August 24** – Back to the regular training schedule as listed on the Master Calendar.

August 24 – End of season – School starts on Wednesday August 24st. Daily practice will begin at 2:45 p.m. and will be finished at the time on the Master Calendar. Please schedule accordingly as daily attendance at practice is now mandatory and part of the grade. Final tryouts will be this first week. All athletes need to be able to complete 3 miles of **non stop** running to be on the team for another week. All athletes need to be able to warm up, race 3 miles, and cool down 1 to remain on the team

RULES OF THE ROAD

SAFETY FIRST

1. Obey all traffic laws when running
 - a. When crossing streets, make to make eye contact with the drivers
 - i. Cross at crosswalks
 - ii. Wait until it is your turn to cross
 - iii. Look in all directions prior to crossing an intersection
 - iv. **ALWAYS** give vehicles the benefit of the doubt
2. Make sure a car is completely stopped and you have eye contact with the driver prior to crossing in front of a vehicle.
 - a. When possible, cross behind the vehicle.
3. When safe, run facing traffic. Run on the safest side
 - a. Make sure to take the position of the sun into account
 - i. If the sun is in the eyes of the driver, consider running on the opposite of the road.
4. Choose the safest place to run.
5. Respect cars, bikes and pedestrians rights to the roadways and pathways
6. Call out obstructions and dangers ahead to other runners
7. Respect property rights. Stay on public streets, trails and paths unless given individual permission to run on private property. Stay off of private lawns.
8. Leave headphones, music devices, and Ipods at home. (want you to hear traffic)
9. Thank drivers and pedestrians that give you the right of way with a simple thank you wave. Avoid responding to negative comments or gestures by others.
10. **When in doubt, err on the side of caution!**

SPORTS MEDICINE

SHIN SPLINT PREVENTION: One of the most common injuries for young runners is shin splints. This injury is usually preventable. Prevention can be helped by three things.

1. Correct shoes. Shoes need to be the correct size, the correct type for your running mechanics and in good shape. Suggestion is to get a new pair at least every three months of training. Shoes should be supportive and sturdy enough for daily training. Suggestion is to stay away from lightweight trainers and from outlet factory shoes. Please buy your first pair of shoes from a running specialty shop. In Ventura, we have Inside Track.
 - a. A new pair every season is a great rule of thumb and much cheaper than going to the doctor
2. Gradual increase of running (time and intensity)
 - a. Running on soft surfaces (grass and dirt is a great idea)
 - b. It is also suggested to stay on flat surfaces for the first three weeks
3. Prevention exercises (this should be included daily before, during and after the season)
 - a. The simplest exercise is putting a towel on a tile floor and scrunching it up with your toes. Try to really dig the toes into the towel. Do this 3 x 10 with each foot daily and you will strengthen the areas.
 - b. Can also do toe raises on the stairs
 - c. 100 toe taps with per foot daily

PREVENTION OF HEAT RELATED INJURIES

1. **Acclimate to hot weather conditions**
 - a. **Gradually increase the duration of exercise as the weather gets warmer. (Do over a two week period and the body will become more tolerant)**
2. **Drink water before, during and after exercise.**
 - a. **READ ENTIRE SECTION ON FLUID HYDRATION**
3. **Be aware of changes in temperature and humidity daily. Check TV or Internet weather reports. This will be more accurate than “feeling” the weather**
4. **Wear lightweight, loose fitting porous clothing...BUT LET’S KEEP IT LEGAL!**
5. **Control pace and length of recovery runs. Enjoy, don’t destroy.**
6. **When you have the symptoms of heat exhaustion or heat stroke, especially goosebumps or**

- chills, stop immediately, sit down in a shaded area and drink cool liquids.**
- 7. Always train with a partner during the heat.**

WARNING SIGNALS OF HEAT INJURY

Heat Exhaustion Signs Treatment

- 1. Headache 1. Stop activity**
- 2. Tingling sensation on arms/back 2. Drink LARGE AMOUNTS OF FLUIDS 3. Fatigue 3. Relax**
- 4. Rapid, weak pulse 4. Get in the shade**
- 5. Pale, moist cool skin**
- 6. Profuse sweating**
- 7. Chills or shivering**

Heat Stroke (can be life threatening) Treatment

- 1. Headache 1. Stop activity immediately**
- 2. Bizarre behavior or convulsions 2. Pour or spray cool water on the person 3. Loss of consciousness or coma 3. Immerse in cold bath**
- 4. Rapid, FULL pulse 4. Increase intake of WATER 5. Hot, red skin 5. Fan if possible**
- 6. Sweating may or may not be present (usually clammy skin)**

INVENTORY OF A SUCCESSFUL ATHLETE

1. Earnestly want to succeed and be willing to do something about it
2. Set worthwhile goals and make a plan to achieve them
 - a. Everything worthwhile in life has a price
 - b. In cross country, that price is hard work and competitive effort
 - i. The rewards are worth for more than the effort invested
3. Consider practice a privilege rather than a right or a chore
4. Accept personal responsibility for your success.
5. Be prepared for success. With preparation comes “luck.” Work to be lucky 6. Know will power, not chance turns dreams into reality
7. Have a high frustration tolerance
 - a. Successful athletes have temporary setbacks.
 - i. Learn from those setbacks and look forward to competition with optimism 8. Develop your ability to the maximum. Compete to improve yourself, not to defeat opponents or teammates.
 - a. You have no control over talent.
 - i. You do have control over attitude, desire and effort.
9. Determine your season long training routine and then stay with it
10. Profit from your errors as well as the errors of others
11. Deal with positive thoughts. What you believe you “can do” will determine your success
12. Successful athletes have “guts” and courage. They deal with challenges most people avoid
 - a. IF it were easy, everyone would be good. Step up and expect success.
 - i. Then go earn it
13. Be totally reliable and responsible in training responsibilities. This includes weekends.
14. **THE BEST EXCUSE IS THE ONE YOU NEVER MAKE**
 - a. I can, I will find a way
 - b. Talk with your feet rather than with your mouth
15. Successful athletes set positive examples for their teammates, classmates and opponents
16. Successful athletes have fewer injuries and illnesses
17. Successful athletes are enthusiastic. They generate their own enthusiasm and motivate those around them to be just a little better each and every day

- 18. Successful athletes respond positively to the ideas and training of their coaches
- 19. Successful athletes are cooperative with teachers, coaches, opponents and especially teammates.
- 20. Successful athletes get just a little better every day.

The first step to success is believing you will be successful and then taking the necessary steps to be successful. Take responsibility for your own success and follow the program. Be willing to positively communicate with coaches and teammates to help yourself and those around you achieve success. Be WILLING TO BE INSPIRED and be WILLING TO TAKE THE RISK TO BE SUCCESSFUL. Believe in yourself, your program, your teammates and your coaches.

How do you rate yourself on each of these points? As you increase the positive, you will enjoy greater success. Take the responsibility to be healthy, use good time management skills and enlighten people with your positive attitude. Take a weekly inventory on the above points to see where you stand and where you can improve.

The following essay was written by Jessica Bryant class of 2005. Jessica ran four seasons of cross country along with her sister Tara from 2001 through 2004 seasons. They were scoring runners on the California state championship teams of 2003 and 2004. Neither had any running experience coming into high school. After Ventura High School both attended Harvard where they ran and graduated as pre-med majors. Both Jessica and Tara attended medical school. Jessica is an orthopedic surgeon and Tara is an ophthalmologist (eye surgeon). This is a short essay Jessica wrote in her freshman English class at Ventura High School 2001 describing her first cross country experience.

Community Run

At Oxford, I found my tribe on the trails.

Illustration: Anthony Freda

By Kate Neihaus **A SCRAWL OF MUD-SPLATTERED,** long-sleeve T-shirts stretches through the field in front of me. The sun is deeply muffled under the low-hanging English clouds. We've just plunged through a series of knee-deep, ice-cold puddles, which elicited several shouts of profanity, and I could not be having more fun.

As an undergraduate, I raced for the varsity cross-country and track teams at Stanford. Running was a defining experience of my time among the palm trees, but putting away my racing spikes also brought a sense of relief—it had been an all

consuming existence, and I was ready to move on. It was with a relish that I instead took to recreationally running throughout the Oxford countryside. You cannot imagine a more complete

cross-country runner's playground—meandering, flat canal paths; steep hills traversing ancient forests; ruins of abbeys and churches; cows and sheep and fields. Once you're out of the confines of the city, which takes just a moment or two, you can go for miles and miles and see only the occasional other adventurer.

But after a couple of years of solo running, I began to miss the companionship of a team. The captain of the Oxford cross-country team, a petite, enthusiastic and perceptive law student, casually asked me to come along to a relay race. As England is a country where collegiate athletic endeavors really are at the amateur level, there are no rules regarding years of eligibility. I ran in the race. And in



the next. And before I knew it, I was going to practices not for the training but for the people—friends—who would be there. Because there's something about running alongside someone that opens you up. Secrets become more easily shared; intimacy grows faster. You realize that over the past hour, a woman you've met only once before has revealed to you the practical, day-to-day reasons why her divorce has been so difficult. You learn that a friend, whom you've known casually for years, deeply regrets his choices after college and is now feeling terrified about what to do next. I've had many of these exercise-induced conversations over the years, but I just recently, finally, started having them in England. And I've again found the ethereal support you feel when you're part of this strange community—a community where new long-run routes are exciting and eating spoonfuls of all-natural peanut butter is just routine.

Racing as part of the team at Oxford is certainly different from doing so at Stanford. There is not the same deeply felt sense of purpose, nor the sense of gravity of our performance. Instead, there is a playful gutsiness, which probably partly comes from the culture of running throughout the country. Weekend races through streams and over logs will draw competitors ranging in age from 10 to 65. Many events are only just introducing electronic timing. Our home cross-country race start was marked with a line of flour.

So for now, I'm part of this loosely organized team, all of us strung in a line across a rain-drenched meadow. And in a country so similar to—yet deceptively different from—my own, it's wonderful to have such a simple, common bond: We all love to run.

KATE NIEHAUS, '10, MS '11, is pursuing a DPhil in biomedical engineering at the University of Oxford.

Ten

Secrets To Reaching Your Full

Potential in Cross-Country

1. Proper fuel
 - a. Quality Diet
 - b. Enough calories daily to support activity
 - c. Refuel after workout daily
2. Proper Hydration
 - a. Start each day with two glasses of water
 - b. Proper hydration enhances performance
3. Patience
 - a. Start gradually
 - b. Law of accumulation
 - c. Believe in the plan
4. Team Attitude
 - a. Collectively we are better
 - b. The X Factor
5. The Long Run
 - a. 20% to 25% of weekly mileage
 - b. Mental toughness
6. Faith in Coach/Program
 - a. Believe in the program
 - b. Trust
7. Goal Setting
 - a. Long, medium and short term
 - b. Write it down, post it
 - c. Realistic and unrealistic
 - d. Successful people commit to

- goals
- 8. Consistency
 - a. Get out the door
 - b. Days running
- 9. Positive Mental Attitude
 - a. What you perceive you can achieve
 - b. Last dominate thought
- 10. Passion
 - a. Belief in self
 - b. Opportunity to do the runs

**MOTIVATIONAL
CROSS-COUNTRY BOOKS, MUSIC AND QUOTES**

BOOKS: LEARN A LITTLE MORE ABOUT YOUR SPORT

Once a Runner: John L Parker
The Perfect Mile: Neal Bascomb
Running With the Buffaloes: Chris Lear
Unbroken: Louis Zamperini and Laura Hillenbrand
Pre: Tom Jordan
Bowerman and the Men of Oregon: Kenny Moore
The Quotable Runner: Mark Will-Weber

Mind Gym, An Athlete's Guide to Inner Excellence: Gary Mack

SOME OLD SCHOOL CLEAN RUNNING SONGS TO GET YOU OUT THE DOOR

Born to Run: Bruce Springsteen
Gonna Fly Now (Rocky Theme): Bill Conti
Runnin' Down a Dream: Tom Petty
Eye of the Tiger: Survivor
Beautiful Day: U2
Don't Stop Believing: Journey

SOME RUNNING QUOTES TO INSPIRE YOU. FIND YOUR OWN FAVORITE

"To give anything less than your best is to sacrifice the gift." Steve Prefontaine
"Remember, the feeling you get from a good run is far better than the feeling you get from sitting around, wishing you were running." Sara Condor
"Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself." William Faulkner
"If you want to become the best runner you can be, start now. Don't spend the rest of your life wondering if you can do it." Priscilla Welch
"Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible." Doug Larson
"The gun goes off and everything changes... the world changes... and nothing else really matters." Patti Sue Plummer
"I tell our runners to divide the race into thirds. Run the first part with your head, the middle part with your personality, and the last part with your heart." Mike Fanelli
"Somewhere in the world someone is training when you are not. When you race him, he will win." Tom Fleming
"I was born to run. I love to run. It's almost like the faster I go, the easier it becomes." Mary Decker Slaney
"Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you better be moving." Roger Bannister
"The most important message I stress to beginners is to learn to love the sport. Like other endeavors, if running is not undertaken properly, it can be difficult and discouraging." Cliff Held
"Methinks that the moment my legs began to move, my thoughts began to flow." Henry David Thoreau
"Life is complicated. Running is simple. Is it any wonder that people like to run?" Kevin Nelson

Iron is a necessary component of hemoglobin, the protein that transports oxygen from the lungs to the working muscles. If you are iron deficient, you are likely to fatigue easily upon exertion. These athletes are at highest risk of suffering from iron deficiency anemia or low ferritin levels:

- Female athletes who are menstruating
- Athletes who eat no red meat (the best dietary source of iron)
- Endurance athletes who may lose ferritin through amount of foot strikes during activity

- Endurance athletes who lose significant amounts of iron through heavy sweat losses

Teenage athletes, particularly girls who are growing more quickly and may consume inadequate iron to meet the expanded requirements.

Ferritin Levels Ferritin is the protein that stores protein, releasing it when it is needed. Red blood cells are disrupted during foot strike and ferritin may be lost through running and sweating. The level of ferritin for endurance athletes is suggested to be higher than the general population. There are various levels suggested for endurance athletes, but most sources suggest maintaining a ferritin

level of 30 ng/ml or above to help prevent fatigue. Most athletes' ferritin levels range from 30 to 70 ng/ml. Athletes are suggested to get ferritin levels checked at their physical before each season and then possibly again after each season. That can be done by a simple blood test, but a

specific ferritin check must be requested. Please discuss this with your doctor.

GETTING ENOUGH IRON Follow these tips to help boost your iron intake

- Eat lean cuts of beef, lamb, pork and the dark meat of skinless chicken or turkey three or four times per week

- Select breads and cereals with the words *iron enriched* or *fortified* on the label. This added iron supplements the small amount that naturally occurs in grains. Eat these foods with a source of vitamin C (for example, orange juice with cereal, tomato on a sandwich) to possibly enhance iron absorption
- Use cast-iron skillets for cooking. They offer more nutritional value than stainless steel cookware. The iron content of spaghetti sauce simmered in a cast iron skillet for three hours may increase by 3 to 38 milligrams for each half-cup of sauce

- **Don't drink coffee or tea or ice tea with every meal**, particularly if you are prone to being anemic or low on ferritin. Substances in these beverages can interfere with iron absorption. Drinking them an hour prior to the meal is better than afterwards.
- Combine poorly absorbed vegetable sources of iron (non-heme iron, 10% absorption rate.) For example, eat broccoli with beef, spinach with chicken, and chili with lean hamburger and lentil soup with turkey.

Zinc The mineral zinc is a part of more than 100 enzymes that make your body function properly. For example, it helps remove carbon dioxide from your muscles when you exercise. Zinc also enhances the healing process. Because the zinc from animal protein is absorbed better than zinc from plants, vegetarian athletes are at risk of eating a zinc-deficient diet.

Fluid Needs for High School Athletes

About 60% of your body is water. Without water you would die in a matter of days. Functions

include providing medium for transportation of nutrients, for chemical reactions, excretion of metabolic wastes and the temperature regulation of your body.

Water also could be the reason you win, lose or even finish a race. Being as little as 2% dehydration will hinder your performance. If you are thirsty, it may be a little late; you probably have lost 2% of your body's water. The following tips will help you consume enough fluid, thus helping you

perform at your best. If there is one magic ingredient for running success, it is being properly hydrated.

Fluids before practice or an event

1. Aim for 8-12 cups of fluid a day prior to practice or an event. Drink two glasses of water in the morning when you get up and then drink a glass a period during the day. **A last-minute strategy for fluid replacement simply does not work.**
a. You should be hydrated well enough to complete practice prior to rehydrating.
i. There may be exceptions to that when the weather heats up.

2. Avoid caffeinated fluids like regular soda, coffee, tea and iced tea. These beverages contain caffeine, a **diuretic**. A diuretic **dehydrates** your body instead of hydrating it.
3. Drink fluids (preferably water) up to 1 ½ to 2 hours prior to practice or a race. This will allow your kidneys enough time to excrete excess water before the race
4. Drink 1 to 2 cups of water 5 to 15 minutes prior to your practice or race. Make this a habit daily. This water will be used to replace sweat losses.

5. If you are drinking enough water, your urine should be light yellow or clear. A dark yellow color indicates your kidneys are trying to conserve a limited water supply
6. Simple fact: **YOU WILL RUN AND RACE BETTER IF YOU ARE PROPERLY HYDRATED**

7. Basic rule of thumb: If you are 120 pounds or less, you should drink a minimum of 60 ounces of water a day. If you are over 120 pounds, you should drink a minimum of ½ ounce of water for every pound you weigh.
8. In warm weather, you sweat more. Fluid intake should increase as the weather heats up. Cold water is optimal if it empties from your stomach faster than warmer water.

Fluid Replacement Drinks

1. Fluid/electrolyte replacement drinks are excellent sources of replacement fluids post race or post practice. Especially on hot days, it is very important to replace the electrolytes you may have flushed out of your body due to the large water consumption

2. Any sports drink that provides 5-10% carbohydrate such as Gatorade, PowerAde, Hammer, Cytomax, Accelerate or Propel Fitness Water is fine. Personal taste preference is very important. The more you like the taste, the more you will drink. See <http://www.gssiweb.org/sports-science/exchange/sports-nutrition/hydration> for more research based information about hydration

Post Exercise Fluid Replacement
1. One method of seeing how much fluid you lose during practice is to weigh yourself before and after practice. You may be surprised by how much weight you lose during practice. That weight should be replaced with fluids at the conclusion of practice

2. Drink 2 glasses of water for every pound you lost
3. Juices are excellent fluid replacers. In addition to water, they replace carbs, electrolytes and Vitamin C.

4. Water is also excellent. **Remember, it is most quickly absorbed when cold.**
5. Water foods such as fruit (watermelon and grapes) and soup are also fine. They too provide energy, electrolytes, vitamins and minerals for faster recovery.

Other Expectations for Pre and Post Practice
1. All athletes should bring a water bottle with them to school daily and drink constantly during the day. That water bottle must have your name on it and needs to come to practice with you daily.
2. All athletes need to bring a post workout snack with them.

a. To enhance recovery after a workout, you should eat a snack within 30 minutes of completing your workout.
i. Ideally should be 4 to 1 ratio of carbs to protein
ii. Chocolate milk, bagels with peanut butter are a couple of examples

Basic Nutrition

Information • **CALORIES Requirement** • Resting

Metabolic Rate/RMR (calories you need at total rest) • 21.6 x body weight in kilograms

• Physical Activity Factor/PAF (added calories needed for activity)
○ 1.3 sedentary (sit all day) ○ 1.6 moderate (exercise 1 hour 4 – 5 times per week) ○ 2.0 heavy (athlete in daily training) •

Example 115 lb. female cross country runner

Weight in Kilograms is found: 115 lb. divided by 2.2 kg/lb. =

52 kg.

RMR = 21.6 x 52 = 1123 calories

Total Caloric Need = RMR x PAF = 1123 x 2.0 = 2246 calories

Sources / Intake Goal

• At least 75% of calories should come from nutrient rich foods

- 2 servings of high protein food (eggs, meat, poultry, fish or beans) = about 450 – 500 calories
- 3 servings of dairy products (milk yogurt, cheese) = about 300 – 400 calories.
- 6 – 8 servings of starches (breads, grains, pasta) – about 400 – 600 calories
- 5 – 6 servings of fruits/vegetables = about 250 – 300 calories

• The remainder of the calories are “empty calories” that come from sugar or fats.

Inadequate Intake

• The body needs adequate calories to perform its functions. If caloric intake is inadequate, the body will use glycogen (sugar stored in the muscle) and some muscle protein as its preferred energy source. Fat is used last because it requires more work for the body breaks down into energy. Constant energy imbalance will lead to muscle loss and weakness.

LACK OF CALORIES = POOR PERFORMANCE

PROTEIN

Requirement • 1.0 to 1.2 grams per kilogram per day

Example: 115 lb. female 115 lb. divided by 2.2lb./kg = 52 kg. 1.0 to 1.2 grams protein / kg = 52 – 68 gm. protein.

Protein Sources

• 1 egg = 6 grams

• 1 oz. cheese (about 1 sandwich slice) = 6 grams

• 1 oz. Fish (cooked, about two fingers size) = 7 grams

• 1 oz. meat (cooked, about 2 fingers size) = 7 grams

• 1 cup cooked beans = 14 grams

• ½ cup tofu = 10 – 15 grams

• 8 oz. milk (cup) = 8 grams.

Other Protein Sources:

• 1 slice bread = 2 grams

• ½ cup rice/potato/pasta = 2 grams

• ½ cup vegetable = 1 to 2 grams

Intake Goal • 80% of your protein requirement should come from the “good” protein sources.

• Example: 80% of 52 – 68 grams is 42 – 54 grams protein

Equivalent in food to:

3 cups milk, 1 egg, 1 oz. cheese and 1 cup beans = 50 gm.
 3 cups milk, 3 oz. meat = 45 gm.
 1 cup tofu, 2 cups beans = 43 gm. **Inadequate Intake** If protein intake is inadequate, the body will use its own protein stores (i.e. large muscles!!!) to maintain the vital organs (i.e. kidneys, heart, lungs, etc.). Thus the muscles will get weaker and smaller. **POOR PROTEIN INTAKE = POOR PERFORMANCE**

CALCIUM

Requirement 1,200 to 1,500 mg per day **Sources:**
Good Calcium Sources
 1 cup yogurt = 350 – 450 mg
 8 oz. (cup) Milk = 300 mg 1 oz. (sandwich slice) cheese = 200 mg
 1 cup ice cream = 170 mg 1 cup cottage cheese = 150 mg
 ½ cup cooked greens = 170 mg ½ cup tofu = 150 mg ½ cup cooked kale = 90 mg 1 oz. (12 – 18) almonds = 75 mg
 1 cup cooked beans = 60 mg **Intake Goal: meet minimum requirement by adequate intake.** Requirement equivalent in good sources:
 3 cups milk & 2 oz. cheese = 1300 mg 3 cups milk & 1 cup yogurt = 1300 mg 3 cups milk & 2 cups cottage cheese = 1200 mg
 2 cups yogurt, 1 cup cottage cheese, and 2 cups ice cream = 1300 mg
 1 cup tofu, 2 cups beans, 1 cup kale, 8 oz. almonds = 1200 mg
 1 cup tofu, 2 cups greens, 4 oz. almonds = 1220 mg

Inadequate Intake:

Calcium is the threshold nutrient for bone formation. The time of greatest rate of bone growth is during puberty (12th to 17th year). Once adult height is reached, the bones will continue to grow denser and stronger until age 35. If calcium is not consumed in adequate supply during these critical phases of bone formation, an athlete will be at increased risk for stress fractures during training and osteoporosis as an adult.

CALCIUM POOR DIET = POOR PERFORMANCE

IRON

Requirement

15 to 18 mg per day **Sources: Good Iron Sources (animal)** 4 oz.

beef (palm of hand size portion) = 3 mg

• 4 oz. pork, poultry, fish (palm of hand size portion) = 1 mg • 1 egg = 1 mg

• 4 oz. liver = 9 mg

Good Iron Sources (plant) • ½ cup raisins/dates/apricots (dried) = 1 mg

• 8 oz. (cup) prune juice = 3 mg

• 1 oz. Brewer's yeast = 5 mg

• 1 tablespoon Black strap molasses = 3 mg

• ¼ cup wheat germ = 2 mg

Good Iron Sources (enriched breads and cereals)

• 1 cup Total cereal = 18 mg • ¾ cup Kellogg's Raisin Bran = 18 mg

• 1 slice bread = 1 mg

• 1 cup cooked pasta = 2 mg

• 1 cup cooked brown rice = 1 mg

Other Iron Sources (poorly absorbed)

• 1 cup cooked beans = 5 mg

• ½ cup cooked spinach = 3 mg • 1/2 cup broccoli = 1 mg • ½ cup tofu = 2 mg

Intake Goal: Meet minimum requirements. Difficult to do without enriched foods or a supplement. **Inadequate Intake** • Iron is necessary to produce red blood cells. Red blood cells carry oxygen from the lungs to the muscles and carbon dioxide from the muscles to the lungs for removal. Inadequate iron intake will cause anemia (low red blood cell count). Anemia decreases energy level and cardiovascular fitness. It takes several weeks/months to rebound from anemia. • **POOR IRON INTAKE = POOR PERFORMANCE**

DAILY NEEDS PRIOR TO PRACTICE

1. Pack your practice bag the night before school.
2. Do cross country core homework in the evening.
3. Drink two eight ounce glasses of water in the morning.
4. Bring lunch, water bottle and snack for after practice
5. Get to school and class in plenty of time
- 6.

DAILY NEEDS AT SCHOOL

1. Classwork and behavior up to the highest standards
2. Drink a 8 oz. of water every period
3. Eat a healthy snack and lunch
4. Check with the coach prior to lunch if there are any practice conflicts
5. Attend all of your classes and study hall if necessary
- 6.

DAILY NEEDS AT PRACTICE

1. Be to practice early (**on time is late, be early!**)
2. Know your workout, your workout group and your pace
3. Practice will start with warm up
4. Drills
5. Form strides
6. Workout
7. Cool down
8. Snack and rehydrate
7. Core and ab work Stretching and rehab workout
9. Record in your log
10. Get homework for the night
11. Check out with the coach and go home.

Habits to Develop Before Summer

Practice

1. Practice proper hydration
 - a. Start with two glasses of water every morning when you get up
 - b. Gradually increase fluid intake to at least ½ ounce of water for every pound of body weight
 - c. Check hydration calculator: <http://www.hydracoach.com/calculation/>
2. Take pulse daily when awakening
 - a. To this for 60 seconds before getting out of bed
 - b. Get up at the same time daily
3. Establish good nutrition practices and proper caloric intake
4. Develop an exercise routine
 - a. Core routine
 - i. Gradually increase the number daily
 - b. Push up routine
 - i. Do 1 more push up each day
 1. Goal is to be able to do 50 push-ups a day by the time we start official summer practice
5. Establish a daily exercise time
 - a. Be consistent about getting out the door
 - b. Make it a habit to run

6. Log exercise activities and morning pulse daily
7. Gradually increase length of runs
 - a. Goal is to be able to run at least 30 minutes nonstop by the time summer practice starts in July.
 - b. Get a little faster each day
 - c. Run at least every other day
8. Cool down, stretch and do core and push-ups after workout
 - a. Rehydrate and eat a snack within 30 minutes after finishing a run.
9. Go to bed at the same time each day
 - a. Get at least 8 hours of sleep daily

Taking Care of the Little Things

The Difference between Good and Great

Good Runners

1. Drink two glasses of water every morning when getting up. Drink at least 64 ounces of water a day.
2. Come to practice with a positive attitude
3. Know the daily routine
4. Do warm up every day
5. Do the drills daily
6. Focus on form strides
7. Know the workout daily
8. Complete runs nonstop
9. Do strides at the conclusion of the workout. Complete cool down.
10. Do cool down, core, strength, stretching and checkout without being told
11. Usually do the homework and usually do most of the runs on weekends and off days
12. Do the preparation work during the summer

Great Runners: It's what you do when no one is watching that makes a difference.

1. Fall in love with running, racing and cross-country
2. Infect teammates with a positive attitude
3. Learn and embrace the daily routine. This routine includes daily proper nutrition and hydration
4. Gradually pick up the pace in the warm up
5. Strive for perfection on drills and strides
6. Understand and give constructive feedback on workouts on a regular basis
7. Strive to do extra credit after some workouts
8. Negative split most runs and practice finishing through the finish line
9. Finish all workouts correctly. Get a little stronger, a little fitter and a little faster each day.
10. Are

- consistent about rehab and strengthening workouts at home. Does one more push up daily! 11. Do homework daily, organize and complete off day and weekend runs
12. Motivate self and teammates to do proper training during the off season and summer
 13. Help to improve teammates daily so the whole team can get better
 14. Do a race plan and race evaluation for each race and use the information to get better
 15. Write down and daily check running goals
 16. Do log daily. Assess and evaluate daily progression. Keep track of miles on shoes
 17. Work to eliminate running weaknesses and improve running strengths
 18. Stay within the training plan

VENTURA PRE-MEET CHECKLIST!

ATHLETE'S BAG:

1. Shoes
2. Shorts.
3. Singlet.
4. Socks-2 extra pair.
5. Towel to dry off and stretch on.
6. Healthy snack, Sport Drink (Nutrition Bar, fruit, for after the meet)
7. Extra pair of shoelaces (buy a new pair or take a good pair out of old shoes.)
8. Large plastic bag to store muddy wet shoes or meet bag if it is wet weather.
9. Full Water Bottles.
10. Warm-ups – bring to every meet.
11. Required team gear – We wear VHS XC apparel from the time we leave VHS until we return.
12. Dry t-shirt for after the race-VHS CC SHIRT TO GET ON THE BUS!
13. Sunscreen.
14. Necessary personal & first aid supplies (band aids, Vaseline, feminine hygiene needs, Advil, etc.).
15. TOILET PAPER
16. Goal cards.
17. Safety pins for connecting race tags or numbers.

THE NIGHT BEFORE

1. Pack your athletic bag.
2. Arrange your ride to school.
3. Set the alarm and triple check it.
 - a. Have a back-up alarm or arrange a call to/from a teammate.
4. Plan your pre-race meal at least 2 - 3 hours prior to warm up time.
5. Get at least 8 hours sleep (yes, that may mean going to bed early Friday night and missing the dance).

IN THE MORNING

1. Arrive AT LEAST 10 minutes before scheduled leaving time.
 - a. We will leave on time!
 - b. Plan on riding to and from the meet with the team.
 - i. Exceptions for emergency situations and local meets (usually we

- will not get a homebound bus).
- ii. The coaches discuss your performance individually with you on the ride home from away meets. It is expected that you will ride home with the team from (out of county) meets.
- 2. Come dressed to compete. You must wear VHS apparel on the bus. Always wear your shoes on the bus!
- 3. **You may use your cellphone for listening quietly to music on your headphones, but not for texts or calls unless told to contact parents for a ride.**
- 4. Stay under control
 - a. Save energy on the way to a meet. Talk to the person next to you.
- 5. Get into Cross Country mode last 30 minutes of the bus ride
 - a. Review your race plan (look at the course map again)
 - b. Review your goal cards twice during this last 30 minutes of the bus ride
 - c. Focus on what you can control and review your last dominate thought before race
- 6. Make it a pleasure for all members to ride on the bus/van--including the coaches and driver.
- 7. **ONCE YOU GET ON THE BUS, YOU WILL BE RACING. GET PREPARED TO DO THAT.**

AT THE MEET

- 1. Take care of all of the little things (bathroom, hydration, hair, etc.) prior to warm up
- 2. Once you start warming up, focus on the race
- 3. Take a risk to be good or great
- 4. When in doubt, go faster
- 5. Always finish the race knowing that is the best you could have done today
- 6. Finish through the chute (there is no crying in cross country) AND THEN WARM DOWN
- 7. Reasons or results
- 8. HOW DID WE DO, WHAT CAN I DO TO HELP?

WHEN WE GET TO THE COURSE

- 1. Set up
 - a. Help set up team area
 - b. Locate the following spots
 - i. Bathrooms
 - ii. Clerk of the course
 - iii. Start line
 - iv. Finish line
- 2. 15 minutes after we get to the course
 - a. Team jog of the course (Time to be serious)
 - i. Make sure you are there on time to do so

- ii. We will run the course, segmenting it for maximum racing opportunity
 - 3. After completion of warmup course run
 - a. Know warm up time and meeting spot for your team
 - i. Know which race you are in
 - b. Get tag or bib and properly secure it
 - c. Know meet responsibilities
 - i. Cheering spots
 - ii. Splits responsibilities
 - d. Take care of bathroom and hydration needs
 - e. Make sure to continue to hydrate
 - 4. Meet warm up
 - a. Do the warm up we have planned
 - b. Be ready at warm up time
 - i. Bathroom needs
 - ii. Uniform, hair, tags all ready to go
 - iii. Watch taken off and put away.
 - c. Get to the starting line at least 5 minutes ahead of time
 - 5. Starting line
 - a. Do strides and stay warmed up.
 - b. Last dominate thought
 - c. What I can do
 - 6. Race (serious fun)
 - a. Use alactic system at the start
 - b. Race the entire course
 - c. Race teammates and opponents rather than run with them
 - d. Finish through the chute
 - i. Drama is a class. There is no drama in cc
 - e. Start cool down within 5 minutes of completing the race
 - i. Greatly helps with recovery. Do at least 1 mile
 - ii. Let parents or friends you see at the finish line know you have to cool down right away after finishing the race.
 - f. Get back out on the course and help your other teammates
 - i. Spread out, be positive, be loud, let people know Ventura supports our runners and others
 - g. Your question is “What can I do to help?”
 - h. Your comment is “That is the best I can do today.”
 - i. Race times will be given on the way home.
 - 7. Conclusion of the last race of the day
 - a. Team cool down and start immediately after the conclusion of the last race b.
- Everyone takes part and stays up with the group. Stretch and Core as a group! 8. Bus ride home:
- a. Race evaluations
 - b. Individual discussion with coach
 - c. Under control
 - d. Race times
 - e. Discussion of workouts for following week

Name: _____



Month, Day

and Year of Goal Sheet: _____

GUIDELINES FOR SETTING GOALS

1. You must be realistic in setting goals
2. You **MUST BELIEVE** in the goals you set
3. You must be dependable and dedicated to your goals
4. You must be disciplined and consistent in the pursuit of your goals
5. You must be prepared to readjust your goals
6. You must realize reaching goals takes time and **HARD WORK**
7. You must state your goals in the present tense
 - a. I do 10 quick steps at the top of every hill
8. You must be extremely specific in describing your goals
 - a. I run 17:30 at Mt. Sac
9. You must include at least one life goal and one academic goal on this sheet
10. You must have a specific plan to achieve your goals (a training log)

REMEMBER: “Most of our satisfaction in life comes from pursuing a goal.”

“The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.” Michelangelo

Goals:

1. _____

—

2. _____

—

3. _____

—

4. _____

—

5. _____

Thought provoking questions from the book, *The Pursuit of Excellence* In life’s final

evaluation, which should be our daily evaluation, these questions will be answered.

1. Did you make the most of your talents?
2. Did you work towards developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you just get by?

Ventura Cross Country Race Plan

(Do 2 nights before the meet and review up to meet)

Athlete's name: _____ **Date:** _____

Race: _____

Goal time for race: _____ **Pace per mile:** _____

Last year's time for this course: _____

Your best race tactics for this course:

—

_ Last dominate thought before you go to the starting line:

—

_ Segment the course into 6 different parts:

1: _____	2:
_____	3:
_____	4:
_____	5:
_____	6:

_____ **Plan to run**
each of those segments of the race: (might include go points)

1:

2:

3:

4:

5:

6:

Start plan: (include time for first 804 meters)

—

_ Split goals for each ½ mile: (cumulative)

.5 _____ 1 _____ 1.5 _____ 2 _____ 2.5 _____ 3 _____

Challenges you have with this course:

—

_ Solutions to those challenges:

—

_ Saying/Mantra to help you run faster

VENTURA XC POST RACE EVALUATION

(Do on the way home from the meet, to be turned into coach)

1. NAME OF RUNNER _____

2. NAME OF MEET _____

3. LIST THREE THINGS YOU DID WELL AT THIS MEET. THEN EXPLAIN WHY YOU FEEL YOU DID THESE THING WELL

a.

b.

c.

4. LIST TWO THINGS YOU FEEL YOU NEED TO IMPROVE ABOUT THIS RACE. EXPLAIN WHY YOU FEEL YOU DID THESE THINGS INADEQUATELY.

a.

b.

5. YOUR GOAL TIME FOR THIS MEET: _____

6. YOUR ACTUAL TIME FOR THIS MEET: _____

7. WEAKNESSES YOU WILL WORK ON NEXT WEEK IN PRACTICE

8. WHAT DID YOU GAIN/LEARN FROM THIS WEEK OF WORKOUTS AND THE MEET THAT WILL MAKE YOU A BETTER CROSS COUNTRY

RUNNER?

9. WHAT WAS YOUR MOST DOMINANT THOUGHT RIGHT BEFORE THE RACE?

10. WHAT MENTAL ASPECT ARE YOU GOING TO WORK ON THIS WEEK TO HELP YOU BE A BETTER CC RUNNER?

Ventura XC and Track

Mental Training

1. **The Centering Breath:** The Centering Breath takes 15 seconds to do, 12 if you are little. Take a long slow breath (6) seconds, hold it for (2) seconds and let it out slowly over (7) seconds. (6,2,7) The goal of this is to prepare you for the rest of the workout. You can do the centering breath anytime you need to calm down. It will lower your heart rate and let you focus. When your heart rate is elevated things move quickly.

2. The Performance Statement: We self talk all the time. The goal with this is to become aware of what you are saying and if it is negative, replace it with something positive. The essence of mental toughness is to replace negative thinking with thoughts that are centered on performance cues or contribute to improved self-confidence.

“Don’t think” is not productive. What do you think about when you say or read don’t think of a blue elephant with pink shoes? If you are thinking about what is going wrong it is impossible to think about what to do right.

Finding your Performance Statement: Single out your specific process of success.

Imagine you are about to compete in the biggest meet of your life, and the best coach you have ever had is standing right next to you. Sixty seconds before your event begins, your coach looks you in the eye and tells you that if you stay focused on these one or two things, you will be successful today. What one or two things would the coach say? Be specific and avoid using the word don’t

A.

B.

Imagine the same situation above again but this time but this time you are both the athlete and the coach. What one or two things do you say to you? They may be the same or they may be different.

A.

B.

Remember you are truly the expert at what you need to do to be successful.

What are the most productive things for you to focus on?

Performance statement 1 _____

Performance statement 2 _____

Performance statement 3 _____

Performance statement 4 _____

Performance statement 5 _____

Take a moment to write your main performance statement. Promise yourself to use it every time you catch yourself having negative thoughts.

3. **The Personal Highlight Reel:** People learn faster by visualizing success rather than by

watching it on tape. The more vivid the visualization is the better. Include as many senses as possible and remember how it felt! If you felt relaxed and confident in that situation, bring that feeling back.

◊ Pick a camera angle. There are three possibilities. The best angle is seeing through your own eyes. In this angle you can actually develop your muscles and develop muscle memory...just from visualizing it! Other possible angles are the camera in the stand records someone other than you performing that skill or the camera films you performing the skill. Pick one and stick with it.

◊ Do your visualization frequently but leave it brief.

◊ Visualize from the beginning to the end. Make sure to see the desired result!

◊ Feel the way you want to feel. On a scale of 1 to 10 with 1 being half asleep and 10 being totally amped up, where do you perform the best?

Recall how you feel when you perform at your best. The more you work on feeling that way the more you will feel that way.

◊ Each time you use visualization, focus on what it takes for success as well as seeing the successful outcome.

◊ When you do it right, reward yourself!

◊ Operate at the correct speed. See everything as it happens in real time.

Select 3 to 5 highlights of 10 to 20 seconds each. Select performances in which you felt great, competed really well, and had a positive outcome. Arrange them in sequential order but place your single greatest moment at the end. Your highlights video should be about a minute long.

1.

2.

3.

4.

5.

Create a 60 second mental video clip of an upcoming event. Make sure to follow the guidelines laid out above. Be successful, feel it, be vivid.

1.

2.

3.

4.

5.

The Identity Statement: An identity statement is a self-statement designed to improve

self-image. What people believe they are capable of accomplishing largely determines how much they will actually accomplish. If you believe in yourself you have to live up to your expectations and vice versa. Each of us chooses how we see ourselves. Creating and using a positive identity statement will help you choose a powerful self-image.

Create a two part statement. The first part indicates a strength you have or want to have. Be sure to pick something that makes achieving success more likely. "I am the hardest worker on the team."

The second part addresses what you want to accomplish. Feel free to stretch, the more imposing the desired task the more impact it will have. Frame both parts as if they have already been achieved. "I am the state champion."

Write your identity statement here.

Finish with another centering breath. (7,2,6)

Practice 10 minutes 5 to 7 days a week. Use it before practice or a meet and before you go to bed.

RULES OF THE ROAD

Athlete's name: _____

SAFETY FIRST

11. Obey all traffic laws when running
 - a. When crossing streets, make to make eye contact with the drivers
 - i. Cross at crosswalks
 - ii. Wait until it is your turn to cross

- iii. Look in all directions prior to crossing an intersection
- iv. **ALWAYS** give vehicles the benefit of the doubt
- 12. Make sure a car is completely stopped and you have eye contact with the driver prior to crossing in front of a vehicle.
 - a. When possible, cross behind the vehicle.
- 13. When safe, run facing traffic. Run on the safest side
 - a. Make sure to take the position of the sun into account
 - i. If the sun is in the eyes of the driver, consider running on the opposite of the road.
- 14. Choose the safest place to run.
- 15. Respect cars, bikes and pedestrians rights to the roadways and pathways
- 16. Call out obstructions and dangers ahead to other runners
- 17. Respect property rights. Stay on public streets, trails and paths unless given individual permission to run on private property. Stay off of private lawns.
- 18. Leave headphones, music devices, and Ipods at home. (want you to hear traffic)
- 19. Thank drivers and pedestrians that give you the right of way with a simple thank you wave. Avoid responding to negative comments or gestures by others.
- 20. **When in doubt, err on the side of caution!**

I am aware some cross-country activities take place on public and private roads and trails. I have read the following expectations and I agree to follow the legal and respectful requirements of all pedestrians while running. I understand the coach will provide supervision, but it is not possible for the coach to directly supervise all runners at all times.

Athlete Signature: _____ Date: _____

I have read over the following expectations with my child and I am aware she/he is going to be running on public and private roads and trails. I am aware of the possible risks of my child running with the cross-country team. I have gone over the rules and expectations with my child and she/he has agreed to follow the legal and respectful rights of pedestrians, motorists, cyclists and fellow runners. I understand the coach will provide supervision, but it is not possible for the coach to directly supervise all runners at all times.

Parent

Name: _____ Date: _____

Parent Signature: _____

If safe, the order of preference of running surfaces should be:

- 1. Dirt
- 2. Grass
- 3. Asphalt
- 4. Cement

As we race on all of these surfaces, we will train on all of these surfaces.

Permission Slips

To whom it may concern;

I permit my child, _____ to participate in swim activities after cross-country practice either in a private pool, school or at the beach. I understand the coach will provide supervision, but neither the coach nor Ventura Unified

School District will be held responsible for my son/daughter. I assume full responsibility in the event of injury or other accident involving my son/daughter during these practice activities.

Name: _____ (Parent)

Signature: _____ Date: _____

Relationship: _____

I am aware some cross-country activities take place on public and private roads and trails. I am aware my child, _____ should follow the legal regulations of all pedestrians while running. I understand the coaches will provide supervision but that it is not possible for the coaches to directly supervise all runners at all times.

I am also aware there is a possibility of getting injured while running. Alternate workouts, prevention and rehab exercises might be necessary.

Signed: _____ (Athlete)

Signed: _____ (Parent)

These permission slips are a result of CIF Southern Section requesting coaches and schools to inform students and parents of the variety of activities and possible hazards as a result of participation in athletics.

Signed: _____ (Athlete)

Signed: _____ (Parent)

I am aware of Ventura H.S. Cross-Country team is involved in Saturday meets and practices. I am also aware the cross-country team will practice during the **fall break** and various holidays during the season.

Signed: _____ (Athlete)

Signed: _____ (Parent)

Please turn in all three pages of permission slips

VENTURA HIGH SCHOOL CROSS-COUNTRY

We have read the rules and requirements for participation on the Ventura Cross Country team. We are aware of the various responsibilities of the student-athlete,

both academically and athletically. We are also aware daily practice is required for all the student-athletes. We are aware the team will practice and compete during fall break and we have planned accordingly. We understand all the responsibilities concerning attendance, meets, practices and academics. We have read the grading policy for cross-country. As students, we agree to follow these expectations and requirements. As parents, we understand our child's responsibility to the program and his/her teammates. As parents, we also realize direct supervision of all runners is not possible at all times due to the nature of the sport. As parents and student-athletes, we are aware failure to complete the season will result in a failing grade.

Signed: _____ (Student-Athlete

) Signed: _____ (Parent)

Date: _____

The above form needs to be completed and turned in prior to any gear being issued to a student-athlete. The purpose of this form is to make all people involved with the Ventura H.S. Cross-Country program aware of the grading policies, the lettering requirements and the participation requirements of Ventura H.S. Cross-Country. If you have any questions concerning the program, please ask prior to signing this form. Most of the information is covered in the handbook. Please take the time to read the information.

Coaches Contact

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