

Coronado Parents' Guide to Cross Country

Cross Country is a fall sport that starts during the summer. While kids can come out on the first day of practice without previous experience, they won't be ready as our meets begin during the first week of school. Runners new to the sport must concentrate on base and strength training for a few weeks before they'll be comfortable with our race-specific routines. As the summer progresses, we'll incorporate threshold, $\dot{V}O_2\text{max}$, tempo, and fartlek sessions. The goal is to put in base miles for the early part of pre-season (June and mid-August). The other element that we work on from the outset is Strength and Mobility (SAM). Many kids come into high school programs with insufficient athletic backgrounds. Cross Country runners should do SAM training every day. They need mobility at the hip joint, strengthen the posterior chain (low back, glutes, hamstrings), and be flexible. We do core training nearly every day. The anaerobic changes from the base running we'll do over the summer and the structural changes from the SAM routines will set them up for the faster work they'll be doing once the competitive season starts.

Training

Like any other sport, **we expect that your kids come to practice every day.** If they're in a club sport, I expect that Cross Country will take precedence. It's like any other in-season high school program. Our training is based on the general adaptation syndrome. A stress is applied, such as a series of 1000-meter repeats. That specific type of stress won't be repeated for a few days, or until the body is in a supercompensation state. However, other energy systems or active recovery will be targeted in the days in between. I understand that missing a day from time to time may be unavoidable. These days really can't be "made-up" as some kids like to think. **If they plan to**

participate in another CHS fall sport, they must choose between Cross Country and the other sport. Training is between 3:45 and around 5:30 every school day. We meet at the school but seldom practice there. Generally, we'll do a warmup run to one of the Coronado Parks. This run can range between 3/4 mile to around 2.5 miles depending on the plan for that day. Just the warmup will be more than they can handle for some new kids with no summer training under their belt.

Cross Country Meets

The early part of the season consists of several Invitational meets for kids ready to compete. The league competition won't start until October 1st. In both cases, transportation to the meets is via private vehicle.

Parents either drive their kids or carpool. In some cases, we may be able to use one of the school vans, but usually, we can find enough drivers.

There are three types of league clusters. Clusters One (on 1 Oct) and Three (on 15 Oct) will be scoring clusters where each school will compete against some of the other schools using dual meet scoring. These two meets will have both JV and Varsity races. We score only the varsity races. Clusters Two (on 8 Oct) and Four (on 29 Oct) will be non-scoring races. There will be one race for the girls. The boys will have a race for frosh-sophs and another for junior-seniors. The league finals will be like clusters 1 and 3, but we'll use Invite Scoring. League ranking combines the dual meet wins, and the number of schools beat at the finals. Unlike the Invites early in the season, **I expect everyone to participate in the league clusters and league finals.** For a description of dual meet vs. invite Scoring, visit our website at IslanderTrack.com and click on the "How to Score a Cross Country Meet" link. You'll find a schedule, training info, and much more there.

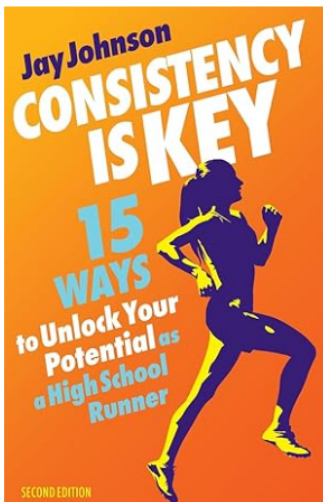
The CIF finals on 26 Nov is a divisional race that pits all schools in each

of the five CIF divisions against one another. Coronado is in Division 4, so we'll be in a race with all the other CIF 4 schools in San Diego. To advance to the state meet in Fresno on 26 Nov, we would have to place among the top three schools at the finals. Because a scoring cross country team consists of seven runners, only seven boys and seven girls will be allowed in the CIF finals. In all other races, we'll be able to enter everyone.

Donations and Fund-Raising

The Islander Sports Foundation will take \$60 out of our booster account for each team member. Invites cost 15 – 20 dollars per athlete, and we have uniform and banquet expenses. Over the years, I've found that asking for a donation is the best way to cover our costs. If a kid attends four Invites it's going to cost us at least \$120 for him. That does not include banquet and uniform costs. Once school starts, I'll put up a donation site, or you can write a check to our booster club account.

A suggested book:



I recommend that each parent purchase a book for their kid by Jay Johnson titled

"Consistency Is Key."

It's less than \$17 on Amazon. Look it up.