



**Miramonte Cross Country  
Team Handbook  
2019**

## Key Contacts

### Team Coaches:

Brian Henderson	Head Coach	<a href="mailto:bhendu400@hotmail.com">bhendu400@hotmail.com</a>
Tristan Tool	Assistant Coach	<a href="mailto:Tristan@orindafitness.com">Tristan@orindafitness.com</a>
Katie Watson	Assistant Coach	<a href="mailto:kwatson@auhsdschools.org">kwatson@auhsdschools.org</a>

### Team Parents:

Leslie O'Brien	Team Dinners	<a href="mailto:ldarwinobrien@yahoo.com">ldarwinobrien@yahoo.com</a>
Deb Maurer	Communication/Website	<a href="mailto:debmaurer3@gmail.com">debmaurer3@gmail.com</a>
Anjie Riley	Uniforms/Gear	<a href="mailto:anjieriley@gmail.com">anjieriley@gmail.com</a>
OPEN	Meet Volunteers	<a href="#">OPEN</a>
Deb Maurer	Boosters Rep	<a href="mailto:debmaurer3@gmail.com">debmaurer3@gmail.com</a>
Philip Say	XCStats Website	<a href="mailto:philip.say@gmail.com">philip.say@gmail.com</a>
Paradi Minowada	End of Season Banquet	<a href="mailto:parade.mirmirani@gmail.com">parade.mirmirani@gmail.com</a>

Dear New and Returning Cross Country Runners:

Welcome to the 2019 Miramonte Cross Country Season! Though some of us had an opportunity to run together and many of us attended Cross Country Camp at the Clair Tappaan Lodge over the summer, we are looking forward to having all of us running together now as "The Mats Cross Country Team!" Welcome to the many new runners that are joining our team this year. The upcoming season will be very exciting!

We would like for every runner to embrace our goal of continuing the tradition of excellence in the Cross Country program at Miramonte High School. To be an outstanding team it takes a lot of hard work, commitment, **and spirit** from all of the runners and coaches. In addition, we ask that each and every runner this year bring tremendous commitment to our program and to each other. Working together as a team and trusting your coaches will bring success! Commitment requires that each runner attend **ALL** practices, meets, team meetings and activities. If you are ill and cannot make a practice or meet, notify a coach as far in advance as possible. When we are at meets, we ask that everyone stays and cheers on our teammates. It does make a difference!

Because we represent our school wherever we go, Miramonte Cross Country runners must conduct themselves in a respectful way. **ALL** runners must follow the rules of conduct set by the coaches, Miramonte High School and the school district. We expect athletes to treat each other and the coaches with the utmost respect at all times.

Thanks to the many parents who support the team and help the season to run smoothly. We appreciate all that they do; please thank each of your parents often. They deserve our respect and recognition for their ongoing contributions to the team.

We look forward to working hard together to make XC 2019 an amazing season!

## What is Cross Country?

Cross Country is a foot race where the outcome is based on endurance performance. Competitors race for distances of 2 miles up to 5km on varied terrain. Uphill, downhill, dirt trails, asphalt paths, sharp turns, long straight-aways, sun, rain, heat, cold, mud, and even stray dogs should all be expected. In cross-country, be ready for anything!

Cross Country is a team sport based on individual performances. The first five finishers of a team score. Their places equal the points they contribute to their team's score (i.e. if you finish 3rd, you contribute 3 points to the team score). The total of the five places is compared to the other competing teams. The team with the lowest score wins! (just like golf.)

The 6th and 7th finisher for a team are important for the team score in case of a tie and because they can finish ahead of an opposing team's first five runners. A 6th or 7th racer who beats any of an opposing team's top five runners has raised the score of the opposing team. Strong front-runners help a team win, but Championships are won with solid 4th, 5th, 6th, and 7th runners who can stay in contact with their teammates. Here is a sample score card showing the scores for Miramonte, College Park and Campolindo in a simulated meet:

Runners	MHS	College Park	Campo
1.	2	1	5
2.	3	4	6
3.	8	10	7
4.	9	18	12
5.	11	19	14
6.	13	20	16
7.	15	21	17
TOTAL	33	52	44

**Miramonte Wins! Campo 2nd, College Park 3<sup>rd</sup>**

## Miramonte Coaches and Coaching Philosophy

Our goal is to build Miramonte Cross Country as a program that strives toward excellence in the sport. Our philosophy is to strike a balance between being competitive at the highest levels of the sport while encouraging young athletes to be supportive teammates and runners for life. It is just as important to be positive with your teammates as it is to be positive with yourself.

The Miramonte Cross Country Experience is a unique athletic experience. Everyone can participate and push his or her own limits to achieve success. Times and goals might be different, but the will and the drive to accomplish those goals is important for every individual on this team. In cross-country, you determine your own fate and your own performance.

Miramonte Cross Country is a family. The support and encouragement of Miramonte Cross Country extends from the runners and coaches, to family members, friends and alumni. When we all work hard together, it is easier for us to improve. Pride in hard work is how we become excellent at the sport of Cross Country.

## Team and Coach Communications

Coaches will tell athletes all necessary information at the start of practices. In addition, team information is sent via the team website. The runners use Facebook for communication as well – the team page is “Miramonte XC 2018.” In addition, follow “matscrosscountry” on Instagram. To stay informed, parents should periodically check with their athletes as well as ensure that you are receiving the SportEngine email updates:

<https://www.miramonteboostersclub.com/page/show/4884700-cross-country-2019-20-?subseason=597182>

Regular e-mails to athletes and parents will cover meet information, departure times, schedule changes, pasta feed locations and directions and other issues. It’s very important to go to the web site for the team (listed above) and REGISTER. Also, SportEngine has an APP, which has many helpful and informative features.

## Practices

Official practice began on **Monday, August 12th at the MHS Track**. You must have your sports clearance in order to participate! Your medical clearance must be dated July 1, 2019 or later. Sports registration is done via the Miramonte website/webstore. Practice is Monday – Friday at 3:30 pm at the track. The general ending time is 5:30, but this time can vary depending on a particular day’s workout, the meet schedule, and the athlete’s training group. Bring water, and wear running clothes and good running shoes to every practice. There are also practices on Saturdays when there isn’t a meet. One of the team captains generally posts to Facebook where and when the Saturday practices will take place.

**Athletes are expected to attend every practice.  
If you cannot attend for any reason, talk to coaches in advance.**

A typical practice starts with a warm up run (usually on the track or on the soccer field) to loosen up muscles. Then, all athletes stretch together. This is very important to prevent injuries. After stretching, the team divides into training groups that will run together. The coaches explain that day’s workout. Some days are shorter runs, emphasizing speed and intervals. Some are longer runs, to build a training base. Some runs are on the track, but many are not, using the roads and trails around Miramonte. As each group returns from its run, that group cools down, and stretches again.

The training difficulty builds during most of the season, and then tapers somewhat near the end to prepare runners for their peak meets. Coaches will transfer runners among groups during the season as their training levels change.

All runners should wear comfortable running clothes, including running shoes (see below) to practice. As the weather cools, clothing layers are important in order to stay warm during stretching but not overheat during the run.

Practice IS held in the rain. The only weather condition that cancels practice is lightning.

**Bring a filled water bottle and healthy snack to practice.  
Staying hydrated and refueling after practice is the key to recovery.**

## Acalanes District Athletic Regulations

All athletes must get an athletic clearance BEFORE they can run with the team at practice. This form must be dated July 1, 2018 or later for it to be accepted. Forms and instructions must be downloaded from the Miramonte Website (see link below). Registration for sports is held separately from the general Miramonte registration.

<https://www.acalanes.k12.ca.us/domain/446>

Acalanes District policy is that no athlete can attend any practice prior to the coach receiving proof of athletic clearance (name on the cleared roster provided by the Athletic Director). This is due by August 12.

## Equipment & Uniforms

Good running shoes are essential for preventing injury. Make sure you have **running** shoes, not cross trainers. It is a good idea to go to a store that specializes in running shoes to make sure you get the right shoe for your feet and that they fit correctly. Running shoes should be replaced after about 400 miles of running. These stores will give you a 10% discount if you tell them you are a high school runner:

- Road Runner Sports, Concord (The Willows)/Berkeley
- Forward Motion, Danville
- Transports in Oakland/Berkeley
- A Runner's Mind, Lafayette

Some athletes also purchase racing flats, although they are not required. These shoes are lighter weight and are only used for races.

**Your athlete participation fee will include use of a team uniform top called a singlet.** These singlets should be washed in cold water and air dried after each use. They are used for both Cross Country and Track.

**Your athlete participation fee will also include use of uniform shorts.** These are kept by the athlete and should (with proper care) last all 4 years. The same shorts are also used for track season. Some care tips:

- Wash in cold water and line dry
- If you get sticky stuff on them from hip numbers, coat the stickiness in peanut butter and then wash. It works!
- Runners may also buy additional team apparel such as sweatshirts and warm-up suits. Information about warm-ups will be on the team website.

## All about Meets

The meet schedule is posted on the website, along with maps/directions as well as meet info links and results. A cross-country meet is a festival of athletic performance unlike any other. There are 3 types of meets.

**Center Meets** are Wednesday meets and are league competitions. Miramonte Cross Country is part of the Diablo Athletic League (DAL) Foothill Conference. The teams in the DAL Foothill Conference are Miramonte, Campolindo, Acalanes, Las Lomas, College Park, and Northgate. The DAL also has a Valley Conference with Alhambra, Berean Christian, Clayton Valley, Concord, Mt. Diablo and Ygnacio Valley. All DAL schools will run together at Center meets and at DAL League Championships. Everyone on the team is expected to compete at both Center Meets. Center meets determine regular season league standings that contribute toward the overall league championship (50% League Standings. 50% League Championship Meet Standings).

**Invitationals** are weekend meets that invite select teams to compete. From 20-100 schools participate depending on the size of the venue. Invitationals almost always take place on Saturdays. At some Invitationals, all Miramonte Cross Country athletes will be expected to compete, while at other Invitationals, a few of the more elite athletes will be designated to run by the coaches. Invitationals are a great opportunity for athletes to race different competitors from all over California and to try different courses. The bigger pool of athletes at Invitationals (typically 70-200 in one race) allows racers at all levels to race competitively and try to improve their times. Many of these have separate Varsity, Junior Varsity, frosh/soph races. Race distances vary from 2 to 3 miles/5 kilometers.

The Clovis Invitational is an overnight trip. Due to logistical limitations, only a limited number of runners attend this meet. The coaches will notify selected athletes 1-2 weeks in advance regarding participation. Typically about 30 athletes travel to Clovis, leaving on a Friday morning. Athletes invited must pay their own share of the group's travel and lodging expense. The coaches will collect checks for this in advance. Athletes bring their own cash for food. Runners typically stay 4 per room at a Best Western type hotel and are very closely supervised by the coaches.

**Championship Meets** are at the end of the regular season. Our training is geared toward peak performance at these meets. The DAL League Championship is the last meet for the entire team. It includes frosh/soph, junior varsity, and varsity races. After all races, there is an awards ceremony for each race, and the 20 member all-DAL team for boys and girls is announced. For the varsity championship meets after the DAL, we compete in CIF (California Interscholastic Federation) Division IV. Only the top 7 athletes plus a few alternates continue training for and participate in the NCS (North Coast Section) Championships. The NCS meet has 5 divisions based on school size. Miramonte is in Division 4 this year. The top 4 teams in the Division 4 NCS girls race and the top 3 teams in the NCS boys qualify to participate in the CIF State Championships in Fresno, as well as any individuals meeting the criteria. If our teams qualify, only the top 7 athletes and a few alternates continue training for and race in the State Championships.

The top individuals from the state are invited to compete in the Footlocker Championships. The top 2 teams in the state are invited to the Nike National Team Championship in Portland, Oregon.

## Race Divisions

At each of these types of meets there will be three different divisions for both the boys and girls.

**Varsity:** The varsity team is the top 10 runners on the team. Only 7 varsity runners will count in the scoring, but to succeed throughout the season, we need a deep team of interchangeable parts. Any runner could be called upon at any time to race, so all are equally important to the success of the team. Even though only 7 team members race at the NCS and State Championship meets, anyone who ran varsity during the season is considered to be a contributing part of the varsity team.

**Junior Varsity:** Junior Varsity is the heart and soul of the team; with the frosh/soph, they comprise the larger body of the team. The Junior Varsity is made up of those runners who are juniors and seniors and are not competing with the Varsity team. At the DAL Championships, all JV runners will represent Miramonte in the JV League Championships.

**Frosh/Soph:** The Frosh/Soph team also makes up a large percentage of the team. The Frosh/Soph are freshman and sophomores who are not on the varsity team. As with the JV League Championships, all of the Frosh/Soph runners are invited to run in the Frosh/Soph DAL Championships at the end of the season.

## Meet Logistics

### Transportation:

- **Center Meets:** Center meets (DAL) meets are held on Wednesdays. The team leaves Miramonte in buses at about 1:30pm, depending on the distance to the meet. Athletes who miss class for meets should remind their teachers in advance. School policy is that all athletes, even those who have their own cars, ride the bus. The busses return to Miramonte after the Center meets. The race order at Center meets is always: F/S girls; F/S boys; JV girls; JV boys; Varsity girls; Varsity boys. Sometimes the F/S and JV events are run at the same time, but they are always scored separately.
- **Invitational and Championship Meets:** For all these meets, (except Clovis), athletes are responsible for their own transportation to and from meets.

### Arrival:

Upon arriving at the meet, athletes tour the course, warm up, and stretch. School backpacks can be left on the bus, or carried to the team area at the meet. Most athletes bring a separate athletic bag with meet clothes, sweats, a water bottle, and athletic snacks such as energy bars and fruit. Parents are welcomed and encouraged to attend all meets and to support all of our athletes.

## What happens at a meet?

The energy of a cross-country meet is infectious and intense, so here is a guide to take you through a meet.

- **Team Camp:** We arrive at the course and find a location to set up “the camp”. “The camp” is a place for athletes to relax, converse, stretch, and generally prepare mentally to race and encourage their teammates
- **Warm-up:** It is important to know your exact race time so that you can begin your warm-up at the correct time. Your warm-up should begin about 40 minutes before your race with a steady jog, followed by stretching or partner stretching, and then with drills and strides on the starting line. **NO ONE SHOULD EVER WARMUP ALONE.** Find your teammates and get together for warm-up. This will ensure that: 1. everyone is properly warmed up in time. 2. You feel the support of your teammates. 3. The other teams will be intimidated knowing that they are going against the “**sea of green and black.**”
- **Race:** When the gun goes off, it’s up to you to race hard for yourself and to help pull your teammates along. All along the way, your teammates who have already raced, or are getting ready, will be cheering you on through the race and to the finish.
- **Chute:** As you finish the race, there will be a chute just beyond the finish line, a “roped-off” alley that keeps the racers in order after they have finished. Always keep walking through the chute no matter how tired you are and follow the instructions of the officials and judges at the finish line.
- **Cool Down:** After you have gone through the finish line, be sure to stay standing and get some fluids. Then find your teammates and after you have recovered a bit, go for a cool down jog (20min), and find a good place to encourage your racing teammates as you finish your cool down stretching. The cool down is very important as it helps remove lactic acid that builds up in your muscles from the race, necessary for proper recovery.

## Team Activities

The Matador Cross Country experience is more than JUST running. It’s about building lasting friendships, team spirit, and **FUN**. These events pave the way. All depend on parent volunteers. We therefore ask each family to volunteer at least twice during the season in some capacity to help out with these events. (This volunteer requirement is lower than nearly all other Miramonte sports). We use sign up genius to help remind you of what you signed up for. Volunteer opportunities are fewer and fewer as the kids get older, so come and help at a meet or serve at a dinner so you can meet other parents and get to know the team runners. It’s a lot of fun.

- **Team Dinners:** A fun Matador tradition! On the Tuesday evening before each Center meet and before the DAL championship, the team will gather after practice to feast on a healthy meal. Team dinners are hosted by parent-volunteers at their homes or at school. Additional parent volunteers are needed to help the hosts with shopping, cooking, serving, and cleanup.
- **End of Season Banquet/Awards Celebration:** The final culmination of a great season, the annual awards dinner is held in November after the DAL championship meets. Parent volunteers are needed to help with organizing a memorable event.
- **Meet help/Chute staff:** DAL meet parents are asked to help keep kids in order at the finish or on the course helping at directional spots keeping runners safe.
- **Snacks/Meet fuel:** bring healthy snacks to meets so runners famished after a full school day and bus ride can re fuel before or after their race.

## What are my obligations as a Miramonte Cross Country athlete?

**You are expected to attend every practice: This means for practices:**

- Be on time. Practices will begin at 3:30 with the opening statements by the coaches.
- Wearing proper running attire (running shorts, t-shirt, and running shoes)
- Be respectful to your coaches and teammates
- Follow all instructions from your captains and coaches
- Accomplish all tasks for that practice session.

**You are expected to attend every competition. This means:**

- Arriving at the designated meeting place on time.
- Wearing your uniform and team t-shirt.
- Staying for all races that Miramonte runners are in and supporting those individuals.
- Always being a good sport and keeping in mind that you represent a program that stands for excellence.

## What are my obligations to myself as a Miramonte Cross Country athlete?

As an athlete, you should highly value your health. Cross-country athletes are racers and the vehicles that they use from start to finish are their bodies. Racecar crews work hard to make sure that every part of their car is in tiptop shape and working order so that their car can win. It should be the same way with your own body. However, our bodies are not mechanical and are slightly more complicated to regulate. If you follow these general guidelines for healthy living you will be a stronger competitor and a stronger person.

**Student Athlete:** In order to tune your body to its finest shape, we must first make sure that your mind is at that level. Your educators expect a lot of you and rightly so, because education, not running, is your key to success in this life (unless you make it to the Olympics, then we can make an exception). Some might say: Then why run at all? The answer is vague, but simple: “By being good at one, you hope it helps to make you good at the other.” If you can push yourself to be your best at running, you can push yourself to gain the best understanding of your studies. If you understand the importance of being competitive with your grades, you can understand the importance of being competitive on the course. One discipline breathes life into another. How does one apply this thinking to the actual difficulty of balancing school and cross-country? Here are some ways to keep your life as a student athlete more manageable.

- **Organization:** Be organized. It’s an important life skill. Get a CALENDAR OR USE YOUR AGENDA, WRITE DOWN ALL OF YOUR TASKS and FOLLOW IT. Ask your parents to help, but DO IT ON YOUR OWN. If you plan out your school year, you will be prepared to do well. Most teachers have a syllabus outlining the assignments: GET A COPY! Include every practice and every meet from the cross-country schedule. Placing your school schedule and your cross country schedule on the same calendar will help you to manage your time between the two.
- **Planning:** Now that you have everything written down on your calendar, PLAN AHEAD! See if you have any meets that will conflict with major projects. Estimate how much homework you will have per night. Know which weeks are going to be harder than others and try to work ahead if you have some free time. After you have made these observations and have made your plan, EXECUTE IT! Following your plan will make everything easier in racing and in school.

- **Communication:** This is by far the most important guideline to follow. No educator or coach wants to see you fail. So don't be afraid if there is a conflict. Instead, communicate with the parties involved and see if you can come up with a compromise or a solution. Communication should always happen ahead of the problem not after the problem. Communication with your teachers, coaches, group partners, and parents ahead of conflicts will give you their respect and appreciation. Communication should also never be used as an excuse or a lie. Your coaches will be extremely lenient when it comes to your schoolwork. Even after planning ahead, if you have a severe amount of work to do and you have to leave a Miramonte Cross Country event, your coaches will understand and allow you to leave early to get it done. However, schoolwork should not be a reason just to get out of running or staying at a meet. If you are released to do schoolwork, you are expected to go home and do your schoolwork. Your coaches are completely honest with you and they deserve reciprocity
- **Nutrition:** Now for your body. Racing competitively taps into all of the energy systems in the body. In order to perform, your body needs the proper fuels to support these energy systems. Diet is very simple to plan for the young cross-country athlete. Athletes should eat three balanced meals a day that consist of **60% carbohydrates, 25% proteins, and 15% fats**. Carbohydrates should be complex, as found in whole grain foods. A perfect example of a dish with these percentages is spaghetti with a meat sauce. Carbohydrates are absolutely necessary in refueling the energy systems of runners. Vitamins and minerals are also important in an athlete's diet. They help keep the body's immune system, bones, and muscles strong. Most vitamins that you need can be found in green and colorful vegetables or fruit. But some runners might consider taking a multi-vitamin. One-a-day multi-vitamins are a good way to ensure that the body is getting the vitamins and minerals it needs every day.

Make sure, however that you take the vitamin with a meal so that it is absorbed into the body. **VITAMINS SHOULD NEVER REPLACE A MEAL!**

- **Female athletes** should make sure that they take a multi-vitamin to keep a regulated level of iron in the bloodstream. Because of the female's biological constitution, some female runners are at risk of anemia (lack of iron in the blood). Making sure that there is a source of iron in the blood with a multi-vitamin is a good method for prevention. Don't worry about the appearances or images that you see on TV of how people should look or how people say you should look. Focus instead on how YOU feel. If you have any doubts about yourself and your eating habits, tell your coaches. They will do your best to point you in the right direction. If you notice poor eating habits in your teammates and friends, simply encourage better eating habits and let your coaches know what you've noticed. Eat in a healthy manner, exercise in a healthy manner, and you will live in a healthy manner.
- **Hydrate:** The human body is made up of 70% water. When you exercise, your body sweats to regulate body temperature. It is imperative that you **STAY WELL HYDRATED**. The first months of the season are often quite warm. It is important that you keep fluids in your body. Water and sports drinks are the two best ways to stay hydrated. Athletes should always bring a bottle of either one to every practice and meet. **You place yourself in a potentially dangerous situation if you are severely dehydrated.** Prevent problems through constant hydration.
- **Rest:** In order to do good work you have to get good rest. At the end of a hard day of schoolwork, exercise, and homework, a good night's sleep must follow. You need 7-8 hours of sleep per night. Don't think that you are invincible. You need your sleep. Try to keep "all-nighters" to a MINIMUM. If you plan ahead, you shouldn't have too many anyway. Always make sleep as a priority in your schedule.

- **Character:** Rounding out your “health as a way of life” should be your general character. Being good to other people will help you be good to yourself. Sometimes a kind word or a pat on the back can help a person to accomplish what they once thought was the impossible. Remember that while you are focusing on your own personal improvement by doing cross country, you are part of a team and can do a lot to help others with their personal growth. Be fiercely competitive, yet kind. Be a leader, but don’t be afraid to take instructions. Do not fear failure, always do your best and encourage others to do so. And always remember, your focus on your life determines the reality of your life.

## Cross Country Training Goals & Methods

### What are the systems we are training?

- **“Endurance performance” has two basic components: aerobic and anaerobic.** In Aerobic, the athlete’s cardiovascular system meets the oxygen needs of the performance. This involves the delivery of oxygenated blood to muscle cells. Think of this process as ‘refilling as you go’. The oxygen our blood needs is readily attained through a normal breathing pattern, and fluids and calories are consumed for fuel periodically throughout the day. We exist in a constant aerobic phase, even in a sedentary state. Pure aerobic performance exists at a heart rate (HR) of 130 and lower.
- As we increase the intensity of our activity, attaining HR between 130 and 160, we approach our *aerobic threshold*. In this phase, the runner begins to breathe harder, but with training, athletes can remain in this phase for 2-4 hours. Marathoners often stay in this zone throughout their race (calorie and fluid supplementation are often necessary, however.) The third phase is known as the *anaerobic threshold* and occurs between HR of 160-180. The runner will reach for oxygen throughout the event, breathing hard from the get-go, but properly trained, athletes can remain in this phase for up to an hour. This is the phase within which your races are performed. Beyond the anaerobic threshold, muscle sugar is broken down for fuel at such a rate that the body compensates with lactic acid, a by-product of the breakdown. This gives runners the dead-legged, hit-the wall feeling they dread. This is sometimes called the lactic acid zone. While more intense zones do exist, they are purely *anaerobic*, and thus they are less significant in training for endurance events.

### What are our goals as we train you?

1. Raise anaerobic threshold so that the athlete can perform longer and faster in the aerobic phase.
  - Improve oxygen uptake and delivery
  - Easy runs (HR 120-135)
  - Steady runs (HR 130-160)
2. Train the athlete to become ‘comfortable’ at higher speed
  - Repeats of 2-10 minutes at an intensity that brings the athletes to the brink of the lactic acid zone (HR 160-180). For example: tempo runs, fartlek, repeats of 800m or more, negative split runs
  - Repeats of 200-800M, pushing the HR to 160 or more, recovering back to HR 120-130 and going again. These build resistance to lactic acid buildup.
3. Build Strength
  - Comprehensive weight training program that focuses on strength endurance. This helps prevent injury, increase power and stamina, and improves metabolism

#### 4. Flexibility

- Stretching, quality over quantity, especially AFTER workout to prevent injury and keep muscles in balance. Full stride-length and efficient take-off and landing are impossible without flexibility.
- Drills
- Strides after each easy run

#### 5. Speed

- Strides, drills, circuits, and games, all fine-tune speed as does, most importantly, racing.

### What are our methods?

#### Base phase

- Goals 1 and 3. For most runners, this begins in the summer with a slow build up of an endurance base. As you train your cardiovascular system to operate more efficiently, you also train your muscles, joints and skeleton to handle the rigors of training. Additionally, you have psychologically adjusted to running (running a 60 minute run will make 20 in a race seem super-fast!)
- Weightlifting begins.

#### Pre-competition Phase

This phase generally runs from late August through September and focuses on the goals 2, 4 and 5. Training will involve both easy runs and more specific workouts such as hill repeats, negative split runs, fartleks, tempo runs. Initially, mileage will drop from summer; then it will build back up towards summer levels. We follow a hard-easy schedule day-to-day. Races, which occur on Wednesdays and Saturdays, are considered hard workouts. We will also learn *how to race*. Varsity, JV, Fro/soph rosters will be flexible, and we will gain an understanding what will be expected in November.

#### Competition Phase

This phase runs from October to mid-November. By this point we expect to be in race-shape. Weightlifting will cease, mileage will plateau, and workouts will become more race-specific. This means they will be faster and will reflect other race conditions.

#### Championship Phase

This phase runs for the last two weeks of our season (mid-November). Mileage drops, workouts become very race specific and attention is turned to preparing for the biggest races of the season. Strategy, visualization, relaxation, and team chemistry are as critical as any conditioning!

### Parent Involvement

The support and involvement of the cross-country parents can transform a good experience to a great experience. The goal is 100% participation at any level for all team families.

**Your athlete needs you:** You can help your athlete by being supportive and acting as a good role model. Encourage regular attendance at practice; thorough training including warm-ups, stretching, running and cool-downs; adequate rest; a balanced, low-fat diet; drinking plenty of water. Make sure your athlete has excellent shoes, and ask your runner if the athletic bag has the clothes, water and snacks necessary for the upcoming meet.

**Fulfill your volunteer commitments** so that your athlete observes you pitching in with other parents. We request that you volunteer for a minimum of two events or activities. This might be helping at a meet or providing food for a team dinner. High school kids may act like they don't want their parents to be at team events, but you will be surprised how much they actually like when you come and help, know their teammates or watch them.

**Cheer for your athlete and for the team at meets.** Applaud improvement, as it will surely come. At the end of the season, make every effort to attend the Awards Celebration. Your athlete will appreciate your interest in their sport.

**The team also needs you:** We need you to pay your athletic participation fees, as follow-up reminders are no fun for those involved. We need you to make two volunteer commitments at the Parents Meeting and then to fulfill it. We need you to support the coaches, their training philosophy and their decisions. And we need you to support the parents who are handling team activities; all of their time is volunteered and none of this is possible without them. Many hands make light work, so make an effort to contribute something of yourself. Thank you.

### **For More Information on Miramonte Cross Country**

Check the MatsCrossCountry web site on SportsEngine and register there to get on the mailing list. You will find announcements, schedules, results, contact information for the coaches and pictures as the season progresses. With registration, we will also be able to send you important emails re: schedule changes, meet time lines, etc. **Please check your emails frequently for updates and announcements.** You can enable this tool to text you alerts when new information is posted. There is also an APP for your smart phone if this is helpful.

**The Miramonte Cross Country team is funded through two separate and distinct sources. Each family is expected to participate in both sources as outlined and further explained below:**

**Athletic Contribution fee to MHS Cross Country Team  
Miramonte High School Boosters Club**

### **Athletic Participation Fee**

**We ask each runner to pay the athletic participation fee of \$400,** which covers the following team expenses:

- Coaches Stipends and expenses
- Shade Shelters
- Team Uniform (singlet & shorts for use while a member of the team, returned clean at end of season)
- Busses to and from DAL Center Meets
- Sports Med Van usage and gasoline, tolls
- Gym Equipment
- Team T-Shirt
- Cross Country Sticker
- Race entries
- Subscription to XCStats
- Team awards and gifts at the end of the season
- End of Season Banquet and Slide Show

The Athletic Contribution Fee can be paid through the MHS webstore. You can also pay by check (made out to “Miramonte Cross Country”) and turn it into the school office (attention Corinne Niebla).

<https://miramonte.revtrak.net/sports/Sports-Fall/X-Country-Team/ - /list>

## The Miramonte Boosters Club

The funds raised by the Boosters Club are critical to maintaining the high quality and safe operation of the Cross Country program. The Boosters provided funding for our on-site cross country course (2 and 3-miles)--Eagle Scout projects. Boosters raises funds through membership drives, sales of spirit items and the annual fundraiser to fund the following:

- Weight room and supervisor
- Track Resurfacing
- Trainers salary and supplies
- Sparta Science Program
- Miscellaneous equipment
- State meet funding

<http://www.miramonteboostersclub.com/>

Boosters membership is the largest component of Cross Country fund raising. The membership goal of Boosters is to have every family with a student participating in Miramonte athletic programs join Boosters at whatever level is comfortable to them.

## XCSTATS

### About Xcstats

Simply put, the purpose of XCStats is to enhance the Track and Cross Country experience for high school athletes, their parents and coaches. We strive to help motivate athletes and have them experience success; to engage parents in the sport and increase their awareness of their child's accomplishments; and to save the coach time and give him or her the tools to build a respected and spirited cross country and track program.

To help realize this purpose, we focus on three objectives.

### Recognize Accomplishment

XCStats certainly didn't discover the concept that recognizing athletes for their accomplishments is motivating.

But, we will lay claim to developing an exhaustive criteria by which improvements are identified, and when they are, publicly recognizing them in our reports. It is this recognition that helps motivate high school athletes, and gives them a feeling of success, especially since most athletes times don't count in the official team competition, nor are they finishing near the top of the event. In fact, nearly 70% of XCStats athletes said achieving recognition for their improvement was a motivator for them and that this recognition made cross country/track more rewarding for them. With XCStats, no accomplishment is left unnoticed.

Our goal at XCStats is to recognize accomplishment, for all athletes, whenever it occurs, so that this frequent recognition helps to engrain a spirit of success on the team. With this spirit, all athletes perform better, are more supportive of one another and it's a lot more fun to coach.

## Inspire Performance

Recognizing accomplishments goes a long way toward inspiring future performance. But there's more to it. As a coach, you want all your athletes to be engaged in the competition and accountable for their performance, regardless of their skill level. Not such an easy task, especially with a large team and a long season! To this end, XCStats includes a goal-setting tool, where athletes and coaches can collaborate on setting appropriate goals for upcoming races. It seems obvious, but research has shown that goal setting is the most effective way to improve performance, but the process itself is probably more meaningful. When an athlete sets a goal, they are taking ownership for their performance, which gives purpose to their training and adds significance to their result. Setting the goal also involves some interaction with the coach, something that not all athletes have the benefit of. With goal setting, every event counts, kids stay engaged all season long, and their performance improves.

## Build Community

It's the track and cross country community, made up of coaches, teachers, athletes, parents and alumni that create a vibrant and sustainable program. XCStats is designed to help build such a program, by highlighting successes and enabling easy and frequent communication. The service includes a complete email system allowing coaches to send emails directly from an XCStats web page. With a few clicks, the coach can send post-event emails to athletes, with a copy to their parents, highlighting their accomplishments. 95% of parents said that XCStats increased their awareness of their child's accomplishments, and 80% said that it helped them feel more involved with the cross country/track team. To increase the dialogue between the community members, we've added a private discussion forum so parents, athletes and coaches can share experiences and discuss topics important to the team.

The true purpose of XCStats is to improve the cross country & track experience for athletes, coaches and parents. We hope to inspire athletes, increase parents involvement with the sport and free the coach so he or she can spend more time influencing the lives of our youth.

## Glossary Of Cross Country Lingo

- Center Meet** Meets within our league (Wednesdays), count towards the league championship
- Circuits** Workout where athlete moves station to station performing certain activities ie crunches
- Deep Tissue** Massage performed on knotted, sore muscle tissue of legs involves baby oil and bad jokes
- DAL** Our league. Foothill Conference: Miramonte, Campolindo, Acalanes, Las Lomas, College Park, and Northgate. Valley Conference: Alhambra, Berean Christian, Clayton Valley, Concord, Mt. Diablo and Ygnacio Valley.
- D-IV** Our division based on our school size. In CC at the Section and State level, championships are awarded by division
- Drills** Body Exercise performed prior to running workout and race. Includes high-knees, skips, etc. focuses on flexibility, coordination and neuro-muscular pathways
- Dynamic Stretching** Stretching involving movement. Crucial before a race or tough workout. Must be done after a warm-up. Example: Leg-swings
- Easy Run** A run of 15-50 minutes. Moderate pace. HR doesn't exceed 155. Often used to recover from hard workout the previous day
- Fartlek** "Speed-Play". A run where different speeds/effort levels are employed. Example: run easy for 5 minutes, accelerate for 30 seconds, recover.
- Frosh/Soph** A race, usually 2 miles, dedicated solely to freshman and sophomore runners. These precede the varsity race
- Gaps** Distance between two runners. Gaps are crucial to watch for in a race. We don't want them to develop, unless we're the ones in front!
- Hill Repeats** Strenuous workout involving repeatedly running up hill and jogging back down. Builds lower-body strength and mental toughness

**Interval** A workout in which the time spent recovering between repetitions is monitored. This is a high-end lactic-acid fighting workout, performed middle to end of season

**Invitational** Large meet with many teams. Run on Saturdays

**JV** A race reserved for non-varsity juniors and seniors

**Lactate Run** A 15-40 minute run performed at just below anaerobic threshold. Could be divided into reps.

**LSD** Long Slow Distance run. 45 to 90 minutes at easy pace. Improves metabolism, burns fat, mental toughness. You can talk comfortably throughout

**Medium Tempo** run performed at anaerobic threshold. Conversation possible/breathing elevated

**Middle Mile** The Second mile in a three mile race. Crucial point to find teammates, make moves on opponents, position yourself for finish

**NCS** North Coast Section: Our section. Stretching from Bay Area up to Eureka. NCS teams are divided by division

**Negative Split Run** A workout where the athlete completes the second half faster than the first

**Pack running** Teammates working out and racing **together**. This is an effective strategy to keeping scores low and winning meets

**Repetition** Any workout where one performs an exercise more than once over a certain distance.

**Scoring 5** The top 5 runners on a team. Positions 1-5 score

**Scrimmage** A non-scored, early-season meet. Usually run over a shorter course (1.5-2 miles)

**Splits** An athlete's time through a certain point in a course (usually the mile markers)

**Static Stretching** Slow stretching of the muscles. Doesn't involve singing or bouncing

**Steady Runs** See medium tempo

**Surge** A quick, sudden movement in a race or workout

**Tempo Run** See lactate run

**Varsity** Usually 10 runners, designated as potential scorers in a race

**Varsity 7** At championship time and at invitationals, only 7 runners can be varsity. Top 5 score, next 2 can "push" opponents score lower.