

John Marshall Rocket Cross Country



Parents Meeting
August 24, 2021

Welcome

Agenda

- I. Coach Introduction
- II. Coaching Philosophy
- III. Communication
- IV. Attendance, Lettering, Expectations
- V. Practice & Meets
- VI. Calendar
- V. Questions

Coaches

Head Coach: Mike Sonnabend (5th season)

- Proud JM Rocket
- Married 30-years to Jane
- Three boys: Sam (22), Nick (18), Andrew (16)
- Minnesota State Mankato graduate
- Special Education Teacher (PrairieCare)
- Head Coach Boys Track & Field (8th Season)

- **OF NOTE:** Had a bone marrow transplant in March 2020 and missed the entire season. Recently, had a reaction to a “booster” and recovering.

Assistant Coach: Dan Feda (5th season)

Coaching Philosophy

My coaching purpose is to teach athletes life lessons that encourage and reward responsibility, promote individual commitment, and create loyalty to teammates and school, so all athletes, regardless of ability, experience success and feel they are a better person for having been a part of the athletic program.

~ Coach Sonnabend

Communication

Team Website



Attendance

- All practices and meets
- Saturday's and breaks included
- On time and ready to go
- **Excused:** Medical and family emergency
- **Unexcused:** Everything else
- Allowed six unexcused absences
- Can be used for anything
- **Communicate:** Email absence in advance or as soon as possible
- Sixth absence will result in not participating in Big 9 and Section 1AA

Lettering

To earn a varsity letter the athlete must meet one or more of the following criteria:

1. Receive a ranking of 10 or better at season's end. Rankings are based on average individual placement in meets compared to other teammates. A runner must have competed in more than half the regular season meets to qualify.
2. Finish in the top half of of the Big 9 Conference Meet -or- Section 1AA Meet.
3. Complete a 5000 meter course in 18:49.63
4. Senior with at least two years of competition and is in good standing.

Expectations

Year One: Just figure things out

Year Two: Work on improvement

Year Three: Go For It!

Practices

- Monday - Friday 3:45 - 5:45
- Saturday 8:00
- The length of practice may vary depending on the workout. Our goal is to get done by 5:15
- Plan on practice every day, unless after school activities are cancelled or an announcement is made at school and texted.

What Does Practice Look Like

Intensive Group

Base Group

Intensive Group

- Work with Coach Dan
- Must have a VDOT score of 45 or higher (Green)
- Must be able to complete the workout at the directed intensity

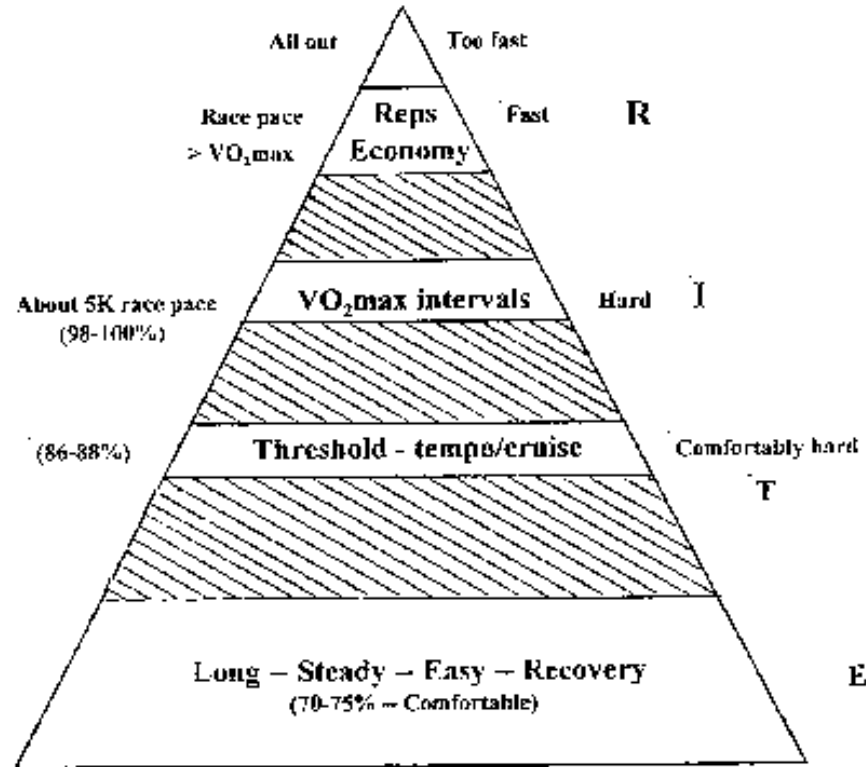


What Does Practice Look Like

Normative data (Heywood 1998)^[6] for Male (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	<35	35 - 37	38 - 44	45 - 50	51 - 55	>55
20-29	<33	33 - 35	36 - 41	42 - 45	46 - 52	>52
30-39	<31	31 - 34	35 - 40	41 - 44	45 - 49	>49
40-49	<30	30 - 32	33 - 38	39 - 42	43 - 47	>48
50-59	<26	26 - 30	31 - 35	36 - 40	41 - 45	>45
60+	<20	20 - 25	26 - 31	32 - 35	36 - 44	>44

What Does Practice Look Like



What Does Practice Look Like

Base Group

- 5 Groups Based on VDOT
- Work on building endurance
- Gradually increase length of run
- One speed workout per week
- Plan to use heart rate monitors
- Graduate into intensive group



Meets

Meet information will be posted on the team website in advance

- Place
- Bus Times
- Race Times
- Course Maps
- Concessions & t-shirt sales
- Expected return time will be texted when we leave the meet

Calendar

Big9.org

Home page



Team



Questions

