

BLUE DEVIL CROSS COUNTRY

SUMMER-FALL PROGRAM PARENT/ATHLETE MEETING

MISSION

To inspire, encourage and empower our student-athletes to achieve greatness in running and in life.

Vision

Run into Greatness (Greatness is a Choice)

Core Values

C.H.A.M.P.I.O.N

- Commit, do Hard Things, Attitude, Mentally Strong, Passion, Image, Others, Never Quit

COACHING STAFF & COMMUNICATION

- Head Coach: Michael Locati - Remind program (Remind preferred but text or call cell as well) 509.386.5212 mlocati@wwps.org
- Assistant Coaches: Angela Taylor, Bowe Ebding, Eric Hisaw, Marianne Smith
- Remind - text @distancec to 81010
- Twitter @WWdistance
- Instagram – wallawallaxc
- Google Classroom: 2020 Distance Crew code – g3fr7ds

VOLUNTEERING

- Parent Help
 - There will be opportunities in the fall for team meals and practice treats
 - Home League Meet in September and District 8 Championships!
 - Summer – popsicles always welcomed
 - Team Training Camp



GETTING CLEARED TO PARTICIPATE

- SUMMER/FALL - ALL Athletes must register on familyid.com – TBD (window opens COVID-19) <http://www.wahibluedevils.org/athletics/athletics-info>
- A current physical (good for 2 years)
- ALL SPORTS PHYSICAL ROUNDUP <http://www.wahibluedevils.org/athletics/athletics-info>
 - TBD (window opens COVID-19)
- FALL Registration begins **Aug. 1st, 2019** – Registration deadline **Aug. 21st, 2019**
- First practice in fall – **Monday August 17th, 2020** ⚡



*Each athlete must complete the above before they will be able to participate in the summer program.
Please note that a separate registration will be required to get cleared for the actual fall season.*

PRACTICE TIME – SUMMER

- Summer Program: June-July (August Senior lead)
- **Monday through Friday 7:00am**
- **Tuesday, Thursday, Friday** will be at Bennington Lake (Reservoir)
- **Monday and Wednesday** will be at the track – Lifting to follow
- Evening sessions TBD
- Practice will usually last 1.5-2 hours but varies depending upon the workout and the level of the athlete.
- Athletes are free to come and go based upon their schedule

SUMMER RUNNING POINT SYSTEM

- A point system in the summer (starts June 17th) is used to determine Summer Running Shirt
- A point system in the fall is used to determine lettering criteria
- 8 points each (16 total) are given for completing the summer clearance process by July 1st AND/OR the fall clearance process by August 21st
- 0 points awarded for late registration in the summer or fall
- Monday and Wednesday practices are worth 2 points each
Tuesday/Thursday/Friday Practices are worth 1 point each
- Running Logs are worth 2 points each week and must be turned in or texted/e-mailed by Tuesday of the following week
- TOTAL of 9 points for the week – 106 Points for Summer (June 17-Aug 23) 10 training weeks
- VACATION POINTS – Talk with Locati on how to get points while on vacation, must be cleared (1pt/3 days)



HOKA ONE ONE CHALLENGE

- Online Logbook and Prizes! (Taylor)

TEAM CHALLENGES

- Point System (Hisaw/Ebding)

TIME TRIAL

- In Season Time Trial – Everyone on team participates
- 2 races – 2 mile (must have trained the month of August to participate – varsity point qualifier, top 7) or 1 mile (for all others on the team – non varsity point qualifier)
- **PARENT MEETING - HIGHLY ENCOURAGED!** Parent Meeting and Potluck after time trial
 - Discuss fall season
 - Get everyone on same page

LETTERING

- Based on number of varsity races runner qualified in (changes year to year due to the number of races we may participate in as well as if we hold runners out or add) Typical 3-4x

TOLLGATE TRAINING CAMP

- In season 2-day Team Camp **DURING THE FIRST WEEK OF REGULAR PRACTICE**
- This is a regularly scheduled practice and is in season – *participation is required* (conflict please discuss with coach Locati)
- Depart: Friday –Saturday **TBD**
- Cost: \$0
- Parent Assistance: Help with Meals - SERVING, CLEANUP for LUNCH & DINNER
- Transportation: School District



FUNDRAISING

- No planned fundraising at this time

IN SEASON SCHEDULE

- WK 1 Team Training Camp (ALL) Fri/Sat
- WK 2 Time Trial – Date TBD (ALL)
- WK 3 Highlander Invite Spokane (ALL) Sat
- WK 4 Brooks Fort Steilacoom Invitational – Lakewood, WA (Top 7-9 runners) Fri-Sat
- WK 5 MCC League WW (ALL) Weekday & Nike Portland XC (Top 7-9 runners) Fri-Sat
- WK 6 No Meet
- WK 7 Max Jensen Richland Invitational – (ALL) Sat or Tracy Walters Invitational Spokane (ALL) Sat
- WK 8 MCC League Kennewick (ALL) Weekday
- WK 9 MCC Championships Hanford (ALL) Weekday
- WK 10 District 8 Championships Walla Walla– Sat (Top 9)
- WK 11 State Pasco Sat



EQUIPMENT

Shoes

- Training shoes (Shoes can make or break you. Please get fitted and spend the time and money on good shoes. Specialty running stores have many brands and high quality – Suggested: Runners Soul in Kennewick)
- Racing flats/Racing Spikes – Can be purchased at end of summer prior to first meet (recommended but not required)

Watch

- Absolutely necessary! Just needs to be a basic split/time watch (recalling splits)

REST AND NUTRITION

Multi-Vitamin & Iron Supplement

- Vitamins are a vital part of our daily intake. They are not a direct source of energy, but they aid in the conversion of carbohydrates, fat, and protein into energy. This is extremely important to runners. The best way to ensure your athlete is getting all the nutrients he/she needs is to take a high quality multi-vitamin. The lowest priced multi on the shelf may not always be the best value. You want to ensure that the supplements that your child puts into his or her body are properly absorbed. Vitamin D, Calcium, B12 (complex B), Zinc, Magnesium
- Iron is needed in a runner's body for several reasons. Without dietary iron runners may feel fatigue, making running their best practically impossible. Without an adequate amount of iron, runners will be unable to carry oxygen to their muscles. Iron deficiency is not uncommon among runners. Many runners who are fatigued believe they may be overtraining but that is not always the case. It can be a complicated topic and is not simply fixed by taking iron. Usually when it is noticed it may take months to return back to normal. Eating foods rich in iron or taking a low dose iron supplement is typically fine. Please do not hesitate to ask regarding this issue as it is just as common in men as women.

Hydration

- Water is probably the most important thing your athlete can put into his or her body besides oxygen. In addition to summer months being the hottest of the year, your athlete will be putting enormous demands on his/her body. Hydration is essential!!
- Morning runs – Athletes need to drink water when they get up and then may sip until they run.

How much water does your athlete need?

- Most nutritionists agree that runners need up to 3 quarts of water a day. That is about 3 of those 32-ounce bottles! This might seem like a lot of water, but when we run, we sweat. When we sweat, we lose water. When we lose

water, we can become dehydrated. When we become dehydrated, we can forget about running well. The more water he or she has in his or her system, the better your athlete will run.

Electrolyte/ Hydration Supplement Drink

- There are many “sports drinks” on the market that claim to aid in athletic performance. Please be careful when selecting a sports drink as many of them contain excess sugars and undesirable stimulants. Electrolyte replacement drinks are meant to be consumed immediately prior to, during, and after workouts. Fruits are a great way to replenish electrolytes as well. Recommended fruits include: bananas, kiwis, cantaloupe, peaches, strawberries, pineapples and tart cherries.

Muscle Recovery

- Your athlete will work hard at practice depleting his or her energy stores and breaking down muscle tissue. It is essential that he/she re-fuel his/her body as soon as possible after an athletic effort. We encourage athletes to help ensure muscle recovery by drinking a post workout recovery shake or by bringing a healthy snack containing carbohydrates and a small amount of protein. They should try to get this into their system within the first 30-60 minutes of workout completion. This will help in injury prevention.

Eating Schedule & Balanced Meals

- With summer practice being at 7:00 in the morning, your athlete will soon discover that he/she may need to adjust his/her eating schedule. In addition, you as a parent may need to intervene and insure that your athlete is eating foods that will provide the proper nutrition to meet the new demands on his/her body (i.e. more fruits, vegetables, lean proteins and pastas...Less chips, cookies, and NO sodas). In order for your athlete to stay healthy, it is vital that your athlete consume balanced meals and space them out in a manner in which he/she will be able to perform come practice time. A well-nourished runner will need to eat 4-6 times per day and ABSOLUTELY MUST eat a balanced breakfast post run. Cereal, juice, and toast is NOT balanced because it contains nearly no protein.

Sleep

- The last ingredient to a healthy and successful runner is proper rest. The workload we give your athletes in this sport will often stress their bodies to the point of fatigue. This stress is necessary in order to extend their threshold for higher work load & pain tolerance. However, it is even more important to rest the body once it has been pushed to those limits. As coaches, we provide this kind of rest by inserting recovery days in between hard days. As athletes, it is their responsibility to give their body adequate sleep rest. How much rest is enough? Your athlete should average 8 hours of sleep per night. Much like nutrition, without proper rest your athlete will become fatigued and possibly injured. Fatigue can add up over time and affect future training. Think of it like a rechargeable battery that cannot fully recharge.

