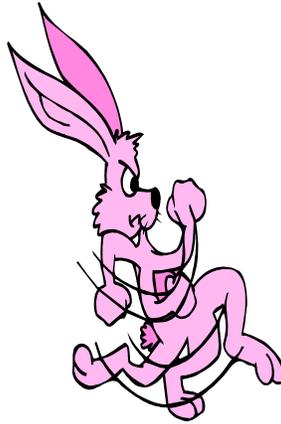


CROSS COUNTRY RUNNING TEAM



Parent(s),

Please read over all the information in this package carefully and return the permission slip and last page of the athletic contract to Mrs. Mayne or Mr. Pearce by **Monday, Sept. 17th**. Students who do not hand-in their forms will not be allowed to take part in the meets.

Meet dates are listed in the information package and practices are each Monday with the exception of one Tuesday practice on October 9th due to Thanksgiving on Monday. The first practice will be on Monday, Sept. 10th from 2:35-3:00pm on the SAA Lower field. **Please meet Mrs. Mayne outside on the Lower Field at 2:35pm.** Please wear proper runners and St. Ann's gym strip for all practices and meets.

Students are encouraged to run at home at least 2 other times other than the weekly practice.

Go Cross Country Crusaders!!



Welcome to St. Ann's Cross Country Running Team! I hope everyone is ready to continue on our school's strong tradition of running as a **Cross Country Crusader** this year. This year, practices will be on Monday from 2:35-3:00pm with the exception of one Tuesday practice on October 9th due to Thanksgiving on Monday. Dates for Cross Country Meets are listed below.

I would encourage students in Cross Country to **run frequently**. This may be running around the school at recess/lunch, or playing a fast game of soccer during Daily Physical Activity. Of course, running with the family during the week would also be great...or...maybe have parents ride their bikes while their child runs around McArthur Island, Kenna Cartwright or another neighbourhood recreational area. Go for a run at least two times a week during the cross country season over and above meets and practices.

Cross Country runs are not for students who rarely run on a regular basis. They are often long distances, up and down rocky terrain. The meet distance for Grades 3 and 4 are approximately 1.2-1.5k and Grades 5,6,and 7 run distances from 1.7-2.4K On that note, please ensure that **appropriate running shoes** are available for practices and for the competitive runs. **Water** is also imperative before and after training and competing.

Please see the attached **Athletic Contract, and Permission Slip** for your son/daughter to review with you. Contract and Permission Slips must be **returned to Mr. Pearce or Mrs. Mayne by Monday, Sept. 17th**. ***Only students who hand in their contract and permission slip on time will be able to attend meets.***

Important Note: Wear St. Ann's gym strip and bring a water bottle for all practices and meets. Bringing a snack to eat after meets is also helpful. Also recommended is a high carbohydrate supper the night before a meet and a healthy breakfast and lunch.

DOUBLE TIE SHOELACES FOR MEETS AND PRACTICES

Cautionary Note: Running Cross Country takes a certain amount of strength and endurance to ensure safe and enjoyable runs. Please review the importance of training before a big run with your child if they are interested in joining Cross Country. **Go for a run at least two times a week during the Cross Country season over and above meets and practices.**

Transportation Note: Students will be transported to meets by school bus. **Parents will be required to pick up their child from each event location at approx. 4:00pm.** The time is approximate because each grade level runs at a different time so not all students will finish their run at the same time. Whenever possible I will inform parent in advance of their child's race start time through an email or a note. **Teachers will not be available to provide supervision for late pick-ups.** We appreciate your consideration of this matter.

Parent Sign-Out Sheet: Please sign your child out with Mrs. Mayne when you are ready to leave the meet. For safety purposes please notify Mrs. Mayne of any alternative pick-up arrangements.

Practices: Monday's from 2:35-3:00pm with the exception of one Tuesday practice on October 9th due to Thanksgiving on Monday. Students who ride the SAA School Bus home each day at 3:00pm may leave practice a few minutes early to catch the bus.

Meets:

1. Wed. Sept. 19th at 3:15pm (bus leaves the school at 2:15pm), OLPH Cross Country Run. This run is sponsored by OLPH but takes place **at McArthur Island** across from the KYSA Building (old golf course). Parents **MUST** arrive for pick-up no later than 4:00pm.
2. Wed. Sept. 26th at 3:15pm, R.L. Clemitson - Barnhartville (bus leaves the school at 2:15pm). Parent arrive for pick-up no later than 4:00pm
3. Tues. Oct. 2nd at 3:15pm, Arthur Stevenson Run. This run is sponsored by Arthur Stevenson, but it takes place at **Centennial Park** in Westsyde.
4. Wed. Oct. 10th at 3:00pm (**Parents responsible for transportation**), District Championships, Dallas Elementary, parent pick-up no later than 4:00pm.

Go Crusaders!

Cross Country Training Plan



Technique

During Cross Country, the ground can be soft or slippery. Therefore, the stride length must naturally be shorter. If you use the road-running action, with the heel striking the ground well in front of the body, you may skid and fall. Similarly, if your back leg is too far back, you will lose something in the push-off. As the ground beneath their feet is uneven, the runner has to make constant adjustments in balance, using more muscles. Even the angle of the foot will be different. When running on hard surfaces the straight line from heel to toe should be pointing in the direction you are running. On soft surfaces it is necessary to point the toes slightly outwards, so that you slip less.

A training program

The phases of training, which will merge into one another, are endurance work, hills, steady runs and race-specific training.

The endurance phase

- Building endurance by gradually increasing the weekly distance run
- Adjusting to the style of running on softer and hillier ground

The hill-running phase develops from the endurance phase by putting in more effort in the hillier parts of the daily runs, and then by doing a short hill session and a long hill session or practice as well.

Steady runs are an important part of the training, because they continue to develop aerobic fitness, while allowing recovery from the more intense hill sessions.

Race preparation

Your training right before a race should include some good long runs with a few days rest between. In these sessions you are trying to get as close as possible to the feeling of the race, practicing fast starts, mid-race surges, bursts over the hills, whatever may be needed.

Strategic approach

Strategically, front runners stand much more chance of success in cross-country. You need to keep a bit of a fast pace in the early stages. This does not mean running so fast that you can't finish the race. You should have worked on endurance so that you can have a speed burst at the beginning, taper off and then speed up again, if needed at the end.

Tips for Running

Avoiding Injuries:

1. Since many cross-country runners must run in rainy weather and over muddy terrain that is littered with branches and vines, there are many opportunities for injuries. To keep yourself safe, be sure to wear comfortable shoes with good traction and support.
2. Pay very close attention to the path or course. If you are supposed to wear glasses, by all means, wear them! So many runners are injured unnecessarily in this way.
3. Remember to double or even triple tie your running shoes. This will prevent trips and falls.
4. Also, a runner should never compete when they have an injury.

I get pains in my side or "stitches". What can I do to lessen these during a race?

1. One thing that helps to relieve these "stitches" is if the runner raises his or her arms above their head while running.
2. The best thing to do is to prevent these pains in the side. The best way to do this is by drinking plenty of fluids prior to race time. A runner should consume fluids prior to race time. Water and Gatorade is recommended normally. However, it is not always recommended for children to consume large quantities of Gatorade. It is probably best to stick with water.
3. Try to run three times a week and gradually increase the distance to build up endurance.

I've heard that certain foods can give you energy. What should I eat before racing?



1. Although runners should always maintain a healthy diet low in fat and high in carbohydrates, this is especially beneficial the few days prior to a race.
2. Most runners try to eat loads of carbohydrates a day or so prior to the competition. A good habit to get into during the season is making pasta the main dish on those days prior to the big race.
3. Immediately before the race you should just drink plenty of fluid. This is after a healthy breakfast that is low in fat and high in carbohydrates. Cereal with 2% or skim milk, toast, orange juice, and maybe a banana is a good idea before the meet. Since most meets are afterschool a healthy lunch is also required.

Just like with anything else, a good dose of common sense is important during cross country. Think ahead and stay safe!



