

WOODSIDE HIGH SCHOOL CROSS COUNTRY INFORMATION RESOURCE FOR PARENTS & ATHLETES

1. **Schedule.** All athletes must attend all dual meets and invitational meets. Please look at the schedule and plan accordingly.
2. **Roll will be taken every day.** Every effort must be made to schedule time so that there are no conflicts with Cross Country practice. Same for meets.
3. **Physicals.** All athletes who make the team must pass a physical before they can compete. NO EXCEPTIONS.
4. **Practice** will be held from 3:30 p.m to 6 p.m. (Monday through Friday) unless notified of any changes by the coach
5. **Meets.** All athletes must travel on the school bus, in uniform, to and from meets, ready to compete.

Note: A parent (Mother or Father) may pick up their athlete at invitational meets, but must be signed out with me, as I take roll before we leave the meet so no one is left behind.

6. **Illness or emergency.** Athlete must provide a parent note for illness and/or a doctor's release for injury upon return to practice.
7. **Academics** (including college visits). Athlete must provide a parent and teacher note upon return to practice.
8. **Medical appointments.** Athlete must inform coach the day before - not the day after.
9. **No personal coach or participating in another sport during the Cross Country Season.**(commitment). As a coach I need commitment from the athletes and the parents.

WHAT IS CROSS COUNTRY?

Cross Country is a distance running sport in which teams strive to improve endurance and speed through daily cardiovascular workouts. Cross Country is a team sport that tallies each team's first five runners according to their finishing place in a race. **Low score wins.** The top five runners from a team are called "scorers." A team's 6th & 7th runners are called "displacers," because they may increase the score of another team if they finish before a scoring runner from said team. The race course is run over a variety of surfaces such as dirt, grass, and asphalt and usually includes some hills. At the high school level, standard cross country races are usually 3 miles or 5k (3.1 miles), but some races are contested over shorter distances.

MISSION STATEMENT

We will teach every runner the fundamental principles of Cross Country. We aim to build a team that consistently works towards collective goals. We will help runners develop self-discipline, personal & community responsibility, a positive outlook on life challenges, and a life-long commitment to fitness. We want to be the best program in our League, Section Division, and State Division.

WOODSIDE TRAINING PHILOSOPHY

The Woodside training philosophy can be best summed up below:

- Year-round dedication to developing aerobic endurance with no more than 80 miles a week.
- Focus on the big picture: Identify the period of the season when we want to perform our best and train towards that goal. Run our highest volume of intensity at the right time – in the summer and before competition starts.
- Little things make champions: injury prevention, nutrition, flexibility, drills for running mechanics, core strength.

PARENT RESPONSIBILITIES

Thank you for supporting your student-athlete in what we believe is a winning program at Woodside High School. In many ways parents have the biggest impact on the success of their student-athlete. We need you to join the team in the following ways:

1. Financially – we are dependent on your generous donation in order to operate this program at a Nationally Elite level. If you have not yet done so, please contribute. There are 78 official days (practice & meets) up to and including PAL, 90 days to CCS, and 96 days to the State Championships.

2. Consistency – we need you to support and help your child attend all practices and meets. It may be inconvenient to change appointments and change your schedule but that is exactly what we need. We are trying to teach young people to be responsible and accountable to their commitments. Our program is a MAJOR commitment. It's a lifestyle.

3. Nutritionally – we need you to provide your athlete with healthy well-balanced food. Fruit and vegetables should be commonplace in your family's dinner repertoire. Fast food, high-fructose corn syrup, and other junk food should be virtually non-existent and/or reserved for very special circumstances. We are what we eat!

Additionally, multivitamins and iron supplementation are important parts of distance runners nutrition. Distance runners commonly become anemic; it's called heal-strike anemia.

4. Emotionally – your student-athlete is working harder in our program than all other programs at our school. We have the highest expectations and consistently raise the bar. Runners will come home tired, and they need to know that you are proud of them and support them.

5. FAN-tastically – we need you to be at meets. Cheering on your athlete and our team is an important part of an exceptional cross country experience. Learn about the sport and know your athlete's goals as well as team goals.

NUTRITION

Most of our athletes will need to consume 2500-3000+ calories per day, so obviously this is not a strict menu for your child to follow. The point of the packet is to provide you with an idea of the types of foods your student-athlete should be consuming. The body needs the proper fuel to get it from point A to point B. A few basic guidelines:

1. Moderation is key. Your child does not need to give up all guilty food indulgences. Just be sensible.
2. Eat plenty of fruits and vegetables. Vitamins are great, but they are not a healthy substitute for natural vitamins and nutrients. Vitamins are a supplement.
3. Avoid foods high in fat and saturated fats.
4. Limit dessert items. Having a bowl of ice-cream every night is unhealthy. Again, moderation is key. Have a bowl of ice-cream for dessert one night, and some slices of fruit another night.
5. Hydrate with WATER. Avoid sodas and never consume so-called “energy” drinks. Runners get more benefit from hydrating with water before a workout, and drinking a Gatorade or other sports drink high in electrolytes after exercise.
6. Eat plenty of carbohydrates. While “carbo-loading” before a short 3-mile race is somewhat of a fallacy, it is important to eat carbohydrates during the regular training cycle.
7. Eat plenty of protein. Protein allows athletes to build muscle.
8. Drink milk and take a calcium supplement. Let’s get those bones strong!!!
9. Eat fresh food. Fast food is high in fat and preservatives. Limit those trips to fast food restaurants to once a week.
10. Pre-race meal: stay consistent and don’t over-eat. This is not the time to experiment. A normal healthy carbo meal is the best option.

EQUIPMENT

MANDATORY ITEMS: The following items are required at all practices and competitions.

- Water Bottle
- Running Shoes (preferably fitted at a running specialty store)
- Racing Flats (there is a specific kind that you should buy, please ask)
- Running shorts (avoid basketball or long shorts!)
- GPS Watch
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RECOMMENDED ITEMS: These items are not required, but recommended for serious athletes.

- Racing Flats (Varsity Team mandatory)
- GPS Watch
- Foam Roller (for self-massage)
- Tennis Ball (for self-massage)
- shorts-of-the-day : Monday - America Theme; Friday - Woodside Orange Day

UNIFORMS

Cross Country competitors must wear school-issued racing uniform. Additional garments (compression shorts or athletic bras) must be solid black and worn beneath the uniform.