

2018 BROOKWOOD CLUSTER RUNNING CLUB

What to do:

1. **Sign up!** Go to this website & fill out the info - <https://brookwoodxc.typeform.com/to/VIfiwR>
2. **GET A PHYSICAL**
 - Physical is **good for one calendar year from the date of the doctor's signature**
 - **Physical form** can be found on our website – www.brookwoodtrackclub.com
3. **Start Running!**
4. **Summer practice begins June 11th at the Brookwood High School track from 9:30-10:30 a.m.**
We'll meet on Mondays, Wednesdays, & Fridays throughout the summer.
5. **Once school starts in the Fall:**
 - We will meet 1-2 days/week once school begins. We will coordinate with the elementary & middle school running clubs so as not to conflict with running club days. Specifics will be sent out once we get closer to the beginning of school.
6. **Cost:** (checks made out to "Brookwood Track & XC Club")
 - \$75 per person (includes Summer & Fall practices, meet entry fees, team t-shirt, and uniform)
7. **Tentative Meet Schedule (Fall – once school starts):** See the Schedule page of our website

Stay informed:

- website: www.brookwoodtrackclub.com
- Twitter: twitter.com/broncotrackclub
- Coach Rovie: Eric_Rovie@gwinnett.k12.ga.us
- Coach Chris Carter: Chris_Carter@gwinnett.k12.ga.us
- Coach Ben Dehnke: Ben_Dehnke@gwinnett.k12.ga.us
- Coach Joe Carter: joedebcarter@bellsouth.net
- Coach Stacy Dehnke: sjcart54@hotmail.com
- Coach Dudman: Kati_Dudman@gwinnett.k12.ga.us

A GUIDE TO CROSS COUNTRY

What is Cross Country?

- Athletes usually race across open terrain, golf courses, trails, most often through a combination of woods & fields.
- Course difficulty differs for each race.
- Most of Brookwood's races will be 3200 meters or 2 miles.

Scoring

- The places of the first five athletes for each team are added together to determine the team score. In the event of a tie, the team with a higher-finishing 6th place runner is the winner.
- It is important for the team to run as close together as possible. For example, a finish of 1, 3, 4, 6 and 83 (a score of 97) will lose to a team finishing 16, 17, 19, 21, 23 (a score of 96).

Cross Country Meets

- Races are often divided by age group or divisions:
- Cross Country is not the typical spectator sport, because you cannot see the entire race from one location. Spend a few minutes prior to the start of the race to pick your "spot," and remember: cheering for Brookwood is required!

BROOKWOOD'S TRAINING PHILOSOPHY

- Train Hard/Train Smart. Give your best at practice every day. There will be some days where you will need to run easy. These days are just as critical to becoming a successful XC runner as workouts/hard days. Recovery is important! Recovery allows for **SUPERCOMPENSATION**.
- Do not jump your weekly mileage up too fast; do not try to “make up” for lost mileage - this leads to injuries
- Follow the training plan put together by your coaches to give yourself the best chance of success.
- Training & Racing Plans - We consult multiple knowledgeable sources: Multiple Olympic trials qualifiers from 800 to marathon; USATF Olympic team doctors and physical therapists (Beijing & London); Olympians; Multiple Collegiate coaches; Multiple scientific studies/research literature

RUNNING SAFETY

- Athletes must run the routes given by coaches at practice. Turning around early or running a different route is a serious safety issue.
- For safety, cars ALWAYS have the right-of-way. You must stay on the sidewalk at all times!
- No headphones at practice. This is a safety issue.
- Stay hydrated at practice & throughout the day.
- Share the sidewalk (be courteous to others)

RUNNING SHOES (Great injury prevention!)

- Wear proper running shoes. Old shoes or non-running shoes lead directly to injury.
- Shoes should be replaced after ~350 miles or 6 months, whichever comes first. Old running shoes can still be used to wear around, just not for running if you want to prevent injury.
- Athletes do NOT need specialized (expensive) running shoes. **MINIMALISTS SHOES ARE NOT RECOMMENDED** (ex. - Nike Frees).
- Most athletes will do fine in shoes labelled as “Neutral”, “Cushioned”, “Performance Stability” or “Lightweight Stability”
- Good shoes can be found at the following websites for a good price
 - www.eastbay.com
 - www.roadrunnersports.com
 - For additional discounts at these sites, see www.couponcabin.com

NUTRITION

- It is **EXTREMELY** important for **runners to take in sufficient iron (red meats), calcium (dairy products), Vitamin D, and Vitamin C (fruits)**.
- Daily multi-vitamins are recommended (please consult your child’s doctor).
- Female athlete triad - Nutrition (eating healthy and **eating enough**) is critical to avoid this
- **Hydrate** - Drink fluids after you wake up before coming to practice (fluid loss occurs through moisture in your breath when you exhale). Stay hydrated during the day. **A good rule of thumb is to take in ~100 fluid ounces each day** (equivalent to 3 full Nalgene-type/size water bottles). Athletes should take in both water & electrolyte sports drinks (Gatorade G2 or NUUN) during the day.
- **30-minute rule** – Within 30 minutes of completing a hard workout, your body is especially efficient at taking in and using food, strengthening your muscles. Bring bars/fruit to practice with you. Food and sports drinks containing **carbohydrates AND protein** will speed up recovery (chocolate milk is great!)

STAYING HEALTHY

- All runners, at some point, experience muscle soreness and various aches and pains. Please talk to coaches.
- **SOFT SURFACES!** Running on soft surfaces greatly reduces injury risk.
- Train Hard/Train Smart
- Give your best at practice every day. There will be some days where you will need to run easy. These days are just as critical to becoming a successful XC runner as workouts/hard days. Recovery is key.
- Mileage - do not increase mileage too fast; do not try to “make up” for lost mileage - this leads to injuries

DOCTORS & INJURY-PREVENTION SPECIALISTS

- Dr. Josh Glass (chiropractic) - www.georgiasportschiropractic.com
- Dr. Charlie Peebles & Dr. Perry Julien (lower leg specialists, orthotics) - www.atlantafootandankle.com
- Harris Patel (physical therapy) - www.sportsmedsouth.com
- Kyle O'Day (running form analysis & correction) - www.continuumsports.com
- Lori Wert (sports massage) - (740)600-4096 (located on North Road)

IMPORTANCE OF SUMMER TRAINING

For articles on training, see our High School XC Training page - <http://www.brookwoodcrosscountry.com/training.html>

- Summer mileage **supports in-season training & racing** by increasing blood volume, improving glycogen (energy) storage capacity, building more capillaries (more oxygen to muscles), and strengthening connective tissue (injury prevention).
- Longer runs are important, once you are able to do them. Longer runs lead to increased number of capillaries, **improvement** in running efficiency, **improved** ability to burn fat & use it as energy, and **improved** mental toughness (time on your feet).
- Endurance training causes two important adaptations within the muscle cells. First, you grow more and larger mitochondria, often called the “powerhouses” of your cells because they provide essential energy for distance running. This increase allows you to **run faster**. This aerobic (with oxygen) energy system has **no detrimental side effects**, so it's highly desirable to develop more mitochondria.
- Summer mileage improves in-season racing: improved ability to recover between workouts, improved ability to recover between races, increased ability to stay injury-free

How to get ready for Summer:

**Athletes are welcome to do more than the mileage that is listed below. However, please talk to one of your coaches before doing so. Together, we can come up with mileage goals that will help you reach your full potential.*

- **Beginners & younger runners:**

** Try to minimize walking during your runs. Run as slow as you need to but, try not to walk!*

- Week of May 27th: 1 mile 2-3 days/week
- Week of June 4th: 1 miles 3 days/week
- June 11th: Summer practice begins!

- **Experienced & older runners** (currently able to run 2-3 miles with no difficulty):

- Week of May 27th: 3 miles 2-3 days/week
- Week of June 4th: 3 miles 3 days/week
- June 11th: Summer practice begins!

2018 YOUTH CROSS COUNTRY TEAM BUDGET



1. Uniforms	\$ 1800.00
2. Team T-shirts	\$ 600.00
3. Meet Entry Fees	\$ 455.00
TOTAL	\$2,855.00

INCOME: ~40 x \$75 = \$3,000.00

