

2019 BROOKWOOD YOUTH RUNNING TEAM

*Open to all rising 4th through 8th graders in the Brookwood cluster!

What to do:

1. **Sign up!** Make sure that you have been added to the email list (email Eric_Rovie@gwinnett.k12.ga.us) and join the Remind (text @bwdyouthxc to 81010) to receive updates.
2. **GET A PHYSICAL**
 - Physical is **good for one calendar year from the date of the doctor's signature**
 - **Physical Form is posted on the team website:**
https://www.brookwoodtrackclub.com/uploads/2/8/1/6/28169977/brookwood_xc_club_team_physical_form.pdf
3. **Start Running!** See Page 2 for details.
4. **Summer practice begins Wednesday June 12th at the Brookwood High School track from 9:30-10:30 a.m.** We'll meet on Mondays, Wednesdays, & Fridays throughout the summer. The more advanced runners will be identified and will move to Wednesday evening practices for longer runs. Athletes can be dropped off in the upper parking lot above the stadium (intersection of Dogwood and Hollybrook) and should be picked up promptly at 10:30.
5. **Once school starts in the Fall:**
 - We will meet 1-2 days/week once school begins. We'll meet from 6:00-7:00 p.m. at Brookwood High School. 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")
 - \$125 per person (includes Summer & Fall practices, meet entry fees, and team t-shirt)
7. **Uniforms:** All athletes who do not have a uniform from the previous season can order one. **Uniforms are not included in the team dues.** The team uniform (a maroon Nike singlet top and maroon Nike shorts) will cost \$50.
8. **Tentative Meet Schedule (Fall):**
 - *Start times for these races will be sent out once they are finalized. **Parents will need to arrange transportation for their kids to & from meets.**
 - **August 24th** – Battle of Atlanta (3k): Nash Farms Battlefield – Hampton, GA
 - **September 14th** – Gwinnett County Championship (3200 m): Georgia International Horse Park – Conyers, GA
 - **September 28th** – Darlington XC Classic (3200 m): Darlington School – Rome, GA
 - **October 12th** – Middle School State Championship. (For athletes who meet time standards) Bleckley County Elementary School – Cochran, GA

Stay informed:

- Website: <https://www.brookwoodtrackclub.com/>
- Join the Remind by texting @bwdyouthxc to 81010
 - 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 Stacy Dehnke: sjcart54@hotmail.com
 - Coach Dorrie Gann: Dorrie_Gann@gwinnett.k12.ga.us

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!*

- If you are new to running, begin by running 1-2 miles 2 days/week
- Work your way up to running 2 miles 3 days a week.
- Running on days when we don't practice is essential for improvement.

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

- If you are currently able to run without difficulty, begin by running 2-3 miles 2 days/week
- Work your way up to 3 miles, 3 times per week
- Running on the days when you can't practice is essential for improvement.

IMPORTANCE OF SUMMER TRAINING

Articles on training:

- See our High School Training page - <http://www.brookwoodcrosscountry.com/training.html>
- Google "Runner's World Return to Base"
- Google "Runner's World When Speedwork Sabotages your Gains"

- Highlights of above articles:

- 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**

