

Name _____

Mira Costa

Cross Country (XC)



Home of the Mustangs
Summer Guide Book

Unofficial 2013 CROSS COUNTRY SCHEDULE

Please refer to www.mcxc.org for an updated schedule

Day	Date	Opponent	Place	Time
Fri. - Fri.	8/9 -16	Mammoth Training	Mammoth	
Thurs.	8/22	Watermelon Run	Polliwog, MB	4 pm
Wed.	9/4	PV Mini meet (2 miles)	Palos Verdes	TBA
SAT.	9/14	Laguna Hills Invitational	Laguna Hills	TBA
SAT.	9/21	Woodbridge Invitational	Estancia H.S. (Costa Mesa)	TBA
Thurs.	9/26	League meet # 1	Palos Verdes	2:30
Wed.	10/2	South Bay Cup	Columbia Park, Torrance	1:30
Fri.	10/4	Twilight Classic (Girls Var. only)	Arizona	TBA
SAT.	10/5	Hometown Fair Run (MB 10K)	Manhattan Beach	TBA
SAT.	10/12	Clovis Invitational (Boys Var. only)	Woodward Park, Fresno/Clovis	
Thurs.	10/17	League meet # 2	Redondo	2:30
Sat.	10/26	Mt. SAC Invitational	Mt. SAC: Walnut	1 pm
Thurs.	11/7	Bay League Finals	Palos Verdes	1:30
Sat.	11/16	CIF Prelims	Mt. SAC: Walnut	TBA
Sat.	11/23	CIF Finals	Mt. SAC: Walnut	TBA
Sat.	11/30	State Finals	Woodward Park, Fresno/Clovis	TBA

Mira Costa Cross Country Team: Information and Expectations Summer Course Syllabus

Mission:

Our mission is to safely provide an opportunity for students to train and race to their highest athletic potential. Our goal is to do this in an inclusive and accountable environment that stresses teamwork and healthy competition.

Expectations:

Athletes	Coaches
<ul style="list-style-type: none"> • Should prioritize their health and safety • Strive to reach the level of athletic success equivalent to their potential • Shall work to help individuals and the team reach their goals' • Need to focus on the highest levels of attendance, dedication, and self improvement • Will encourage all athletes to succeed 	<ul style="list-style-type: none"> • Will work to guide the team to meet goals • Shall promote a well -balanced program that includes athletic success and academic success. • Shall push all athletes to their highest athletic potential

Communications:

- Most questions, concerns, and misunderstandings can be cleared up with face-to-face dialogues between coaches and athletes.
- If this is not successful or appropriate, parents can contact the coaches by phone or email.

Girls XC Head Coach: Renee Williams-Smith	Boys XC Head Coach: Robert Calderon
Phone: (310-720-5832)	Phone: 310-592-7130
Email: (reneewsmith@gmail.com).	Email: rcalderon@mbusd.org

Consequences:

- Participation in Cross Country is a privilege.
- There is a three strike rule: Athletes will receive warnings for problems such as truancy, failure to complete/participate in workouts/stretching/core, WALKING, failure to dress, failure to follow coaches directions, etc. Warnings will be given verbally and then recorded. They may include suspension from practice or meets. After the second warning, parents will be notified. After the third, students will be dropped from the team

Summer school Grades:

- XC Summer School is 6 weeks. You are expected to run Monday-Friday.
- Saturdays are optional but are highly encourage. Varsity and Mammoth athletes need to run. Saturdays.
- Grades are based on attendance/participation and writing journal logs
- Attendance/participation and running journals count for one point each.
- Journal entries will not merit credit for days in which you are absent
- Practices can be made up on Saturdays and Holidays. These practices can also be banked in advance of missed days, including but not limited to illness, injury, academics, family, etc. In the case of catastrophic injury that prevents participation in tem practices and meets, an alternative semester assignment(s) will be given on a need basis.
- Grading Scale:

Grade	%		Grade	%		Grade	%
A	90		B-	82		C-	70
B+	87		C+	77		D	60
B	83		C	73		F	0-59

CROSS- COUNTRY TRAINING TIPS

How Much, How Far, How Hard?

- Consistency/Frequency: How many times a week do you run? This is the most important part of training. Get out there 6 days a week for a run, even if it's only for a few miles. This is the fastest way to get better.
- Duration: The next important component is duration. How long do you run? Once you have mastered consistency, increasing the distance that you run is the next goal. For beginners that will be between 20 and 45 minutes, while our Varsity runners will be running up to 90 minutes.
- Intensity: How fast do you run? This is something that will come in time and is the ultimate goal. Don't worry about how fast you run, it will come naturally as you get in better shape by being consistent with your training and increasing duration. To start with all your runs should range from comfortable to comfortably hard.

Health

Injuries: To improve as a distance runner you must stay healthy and injury free in order to be consistent. This is one of the most important things you can do. Nothing else matters if you can't run. Here is a way to help you stay injury free:

- Stretch after runs
- Drink water
- Eat something healthy 20-30 minutes after a run or workout such as a protein bar.
- Ice sore muscles and joints for 10-15 minutes after runs (this reduces inflammation and helps you recover faster)
- Drink water
- Get plenty of sleep(this is when your body repairs itself)
- Drink Water
- Eat well- balanced meals (your body can't repair itself if you don't supply it with the proper nutrients)
- Drink water
- Run appropriately easy on recovery days. We run hard every other day. On our recovery runs, let your body rest by taking it appropriately easy (not slow).
- Drink water
- Buy a pair of running shoes (you should get a new pair every season). Two pairs that you can alternate would be better. Preferably two different type shoe (for instance: a lighter pair and a heavier stability pair)

COMMITMENT

- In order to be a great runner you have to be willing to make running a high priority. That doesn't mean you can't enjoy life. It simply means that you need to make time to run every day. As quoted by Juma Ikangaa: "The will to win means nothing without the will to prepare."