

CGD Cross Country

We are looking forward to a fun, successful Cross Country season! Here are a few important things to keep in mind:

- The athletes are **students** first, and academics are more important than the sport. We are both teachers before we are coaches. In this program, keeping up with school will always take precedence over athletics.
- **Nutrition and sleep matter just as much as running.** Practice is only one part of training. A distance runner needs 7-9 hours of sleep per night and a healthy diet to perform at his/her peak. Please make sure your student-athlete is sleeping and eating well. Hydration is not just before and after running; athletes should be drinking plenty of water all the time. Don't try new foods on race days. Don't eat for up to two hours before a race or practice. Keep food simple. (Hauptsteen's preferred pre-race simple meal: peanut butter on bread with a banana. Boring but effective.)
- **Training:** you have to trust the training in order for it to work. Practices are not random: the entire season is preplanned to include distance, speed, and hill workouts with as much variety as possible. Please remember that we want our athletes running their best at the **end** of the season, not the beginning. 100% attendance at all practices is the only way to ensure you are getting the most out of it. If you don't perform up to your ability during practice (ie: running with teammates at your level), then you will not achieve what you are capable of during meets.
- **Attendance:** the only excused reasons to miss practice: funeral, death in the family, sick during the day. If you get sick during the day at school – have the **office** let me know, not a friend! **Not reasons to miss:** appointments (hair, dentist, etc.), other school activities (play practice, clubs, etc.). **Find another time.**
- **Do not overtrain!** Running after practice can lead to stress injuries or lack of appropriate recovery, and most experts agree it's better to undertrain than overtrain. If your athlete wants to run more, an easy 20-30 minute run **before school** is the only time to allow for adequate recovery. A Saturday run of 45-60 minutes at easy pace is fine. Sundays should always be a day of rest; talk a walk or crosstrain if restless.

- **Mental training:** distance running is just as mental as it is physical. Cross country runners need grit, confidence, and positivity to succeed. We will set goals throughout the season, and we hope to have your support in creating a **positive** environment for your runner at all times. Every runner in the world has bad runs, but good runners are able to stay positive and bounce back. Please don't allow a bad race to turn into a bad season by dwelling on negatives. Also, distance running can be **boring. Successful runners build the mental strength to get over it.**
- **Games** are integral to running. We will train hard. We will also play hard.
- **Injuries:** we will do everything in our power to prevent injury through solid training, but shin splints and other injuries are bound to happen, especially if the runner has not built up a solid base over the summer. Stock up on ice and compression sleeves, and try not to make it worse by ignoring recovery.
- **Communication:** Since we are both classroom teachers, during the day (8a.m.-6.p.m.) is not the best time to contact us if you have a question or concern. If you have a question regarding **high school** XC, contact Coach **Hauptsteen** either via email or the Remind app. If you have a **middle school** XC question, contact Coach Klaver.

Please make sure to direct your questions to the appropriate coach so that there is no confusion or miscommunication.

Let's make it a great season!

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Middle school boys and girls: Jay Klaver jklaver@clargold.org 532-2412 Ext. 2615

Sign up for text or email updates (**high school only**): <https://www.remind.com/join/cgdx>