

2023 HHS Girls' Cross Country Callout Information

The Girls' Cross Country summer training for 2023 begins today! Follow the plan for summer running. The purpose of summer mileage is to physically prepare for the rigors of the fall season. Summer preparation is the foundation of an injury-free and successful fall cross country season. Those who finish the high school track and field season late May to early June will receive special instructions about taking time from running.

May 29, 2023 - Summer training officially begins. You need to follow the workout calendars reflective of your current fitness level. Be honest with your fitness and yourself about where you need to begin your mileage.

Our first "in-person" meetings will begin on Monday, June 12 at 8:00 am at door 10 of the Citadel. We will continue to meet on Monday and Thursday mornings through June and July.

Plan to attend a minimum of FIVE(5) morning meetings to run as a group.

IHSAA Moratorium Week – July 3 through July 9 – there can be no contact between coaches and athletes. Athletes are NOT allowed to meet on school grounds during moratorium week.

SUMMER EXPECTATIONS - To keep preventable running injuries at a minimum, girls planning to participate in the fall will need to attend a minimum number of five(5) summer workouts – There are 12 meeting opportunities beginning June 12, 2023.

· You are also EXPECTED to keep a running/workout calendar throughout the summer. You should also total the weekly mileage each Saturday and post it on the log.

- You are EXPECTED to run consistently throughout the summer. Biking & swimming are not considered summer running mileage.

· Parent signatures are required on running log/calendars. You will be expected to maintain your running log from the shared google docs.

Checkpoint Information

Each runner is **expected** to document daily/weekly mileage on their running log. There will be THREE major checkpoints during the summer running months to monitor and check fitness. Each runner is expected to document the required mileage and time and distance for each fitness checkpoint and report the results to Coach Wyss or Coach Behrens and on your log.

There will be THREE mandatory check-ins for summer progress

Checkpoint 1 - to occur between May 28 and June 9 - 1 mile time trial

Checkpoint 2 - to occur between June 18 and 24 - 2 mile time trial

Checkpoint 3 - to occur between July 9 and July 22 - 3 mile time trial

The checkpoints are to serve as motivation to continue improving your fitness level and accountability to your team members. **Remember, the goal of summer running is to prepare for the intensity of training for the fall racing season.**

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Advice for Summer Running -

- 1. PURCHASE/INVEST - in a new pair of running shoes at the beginning of the summer AND plan to purchase another pair at the beginning of the cross country season.** This is your training gear, the only thing between you and the ground. If you are committed to the program, you must invest in your running shoes. You should also plan to use/purchase a running watch. You will use this on EVERY run we have at practice; the expectation is you have access to a watch for workout purposes.
- 2. DO THE SUMMER RUNNING -** The most important thing you can do for yourself is to come into August practice in good physical condition. Research and experience show girls' cross country is one of the most injury-laden sports. **The major reason for running injuries is a lack of summer preparation, which is the mileage and consistent training.**
- 3. FOLLOW THE MILEAGE CALENDARS –** The mileage calendars are planned to help you gain fitness and to acclimate your body to the stresses of running. Summer mileage must be done with consistency and in moderation. You should not try to “catch up” on mileage because you missed a few days by running 40 miles in one week. A gradual increase in mileage and consistency is best for all. You must train intelligently for your body to accept the stress of running.
- 4. START SLOWLY, BE CONSISTENT –** If you are **not** currently running 20 miles or more per week you cannot expect to begin running 20 miles in your first week of summer training. Increase your mileage gradually. The rule is **to increase no more than 10% per week and use the hard day/easy day principle.** By running intelligently over the summer, you can expect a successful cross country season. There is a direct correlation between summer mileage and in-season success and improvement. **You are required to keep a running log - record your mileage DAILY.**
- 5. BY THE END OF JULY -** You should be able to run three miles comfortably in **24 to 29 minutes, without stopping, when you come to the first practice on July 31. You should also be able to handle the weekly work of running six days per week.** The summer calendar contains daily mileage suggestions for all team members regardless of your fitness level.

Perseverance + Team Commitment + Personal Dedication = Success

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Suggested Summer Running Schedule

MAY - Begin your summer training by focusing on steady-state running using a stopwatch rather than focusing on distance and tempo. This approach does well to keep your legs and mind fresh. If you are overcoming injury do some cross-training by mixing biking and running. You should be mentally prepared to put in some good work leading up to our official start of the season.

JUNE – If you are following the running calendars you should notice the slight increases in running time and distance. Remember to keep the mileage and workouts on your running log. The running log is important because it tells the story of your progress, your soreness, and acts as the motivator to get out there and move! Who wants to see three blank days in a row? By mid-June, you should be getting close to 20-25 miles per week. The summer running season will go quickly so be aware of every day and every opportunity. If you have not been running through May please start slowly; 15 miles the first week, 17 miles the second week. . . Increase your mileage gradually and you will feel better and remain injury-free. You should be running between 7:30 and 9:00 pace on your easy days and with more effort on your tempo days. Remember, some of you have more running experience than others, let that be your training guide. Follow the training calendars!!!

JULY - We now have four weeks before practice begins on July 31. You should be increasing your mileage gradually – 10% is the safest increase. Check your shoes and be sure they are in good shape. Shoes really are good for only about 300 - 400 running miles so if you were wearing your training shoes during track and have continued to train through the time out of school, you WILL NEED to purchase a new pair.

The training calendars have some specific workouts. You can add some hills, tempo runs, and fartlek to your runs one or two times per week. If you have been running, great job, keep coming to the meetings on Monday and Thursday and running together. Follow the training calendars!!!

Mileage Club/Incentives for Success

As an incentive to run over the summer, there are two mileage club possibilities. Those meeting the standards for the mileage club will be awarded a t-shirt proclaiming their accomplishments. The mileage club level will be a 300 Mile Club and a 400-mile club. Several veteran runners have accomplished the 300-mile goal and several others that were within 25 miles of the 300-mile goal. The newest challenge for some of you could be the 400-mile club. The mileage must be documented each day and each month the mileage must be verified by a parent signature. You may use your mileage log or the one provided for you in the packet. The mileage logs will be collected after August 14, 2023. **The mileage log may include mileage from May 29, 2023, through August 14, 2023.**

300 Mile Club: Run a minimum of 300 miles from May 29 through August 14. The time standard is 20:50 for 5,000 meters.

Average weekly mileage = 27 miles per week or a daily average of 5.5 miles per day/5 days per week of running or 5 miles/6 days per week.

400 Mile Club: Run a minimum of 400 miles from May 29 through August 14. The time standard is 20:30 for 5,000 meters.

Average weekly mileage = 33 miles per week or a daily average of 5.5 miles per day for 6 days per week of running or 6.6 miles/day if you run 5 days per week.

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- **The goal of the cross country program is to build competitive JV and varsity teams. Each participant must be held accountable throughout the summer – the volleyball, soccer, and football teams have tryouts and cuts.**
- **Cutting participants will be considered if the minimal criteria for summer work is not met. We must have some form of accountability to keep everyone safe throughout the competitive season. Follow the mileage calendars and suggested workouts to begin the season prepared to handle the increased workload in August.**
- **The distance of the girls' cross country race is 5 km or 3.1 miles. For the middle school girls, the distance is a significant change making the summer training even more important. For veteran runners, the 5 km distance creates the expectation for you to come to fall practice in good shape. If you want to have a great team and you want to be a contributor, you must run the summer mileage.**

Tips to Keep You Running and Keep You Running Safely

- **Set moderate goals for yourself; create a weekly calendar and be flexible.**
- **Run in the morning – it's easier to stay focused and beat the heat.**
- **Hydrate your body throughout the day with water.**
- **Run with a friend, run in a safe place and vary your route.**
- **Running with someone at least two times per week is great motivation.**

If you have questions concerning your running/training calendar or running throughout the summer, please contact me. Feel free to call concerning training questions, road races, shoes, injuries, etc. My phone number is 260-740-1428. If I am not in please leave a message and I will return your call. You can also contact me at swyss@sacs.k12.in.us. You may also contact Coach Behrens via phone at 260-348-4321 or by email at tbehrens@sacs.k12.in.us.

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All participants MUST have a physical, concussion, sudden cardiac arrest, and permission form for random drug testing. All forms must be filed electronically on Final Forms. No student-athlete will be allowed to remain or participate in practice until all required forms are filed.

As plans are made for camps, conditioning, and tryouts during the 2023-24 athletic season, all Pre-Participation Forms must be completed online.

2023-24 IHSAA Sports Physicals must be performed by a medical professional after 4/1/23.

Student and Parent accounts must be complete in ***FINAL FORMS*** before any participation can occur.

Questions? please contact jarnold@sacs.k12.in.us or (260) 431-2283.

Final Forms - Homestead Athletic Link - Homestead High School Homepage - <https://homesteadathletics.com/>

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2023 HHS Girls Cross Country Meet Schedule

Date	Event	Location
8/12/23	Snider Hokum Karem(B & G)	TBD
8/19/23	Zionsville Early Bird (JV & V)4km	Zionsville
8/26/23	Taylor Invite(JV & V)	Taylor U.
9/2/23	Marion Invite – (JV & V)	Indiana Wesleyan U.
9/9/23	Bruin Invite (JV & V)	Northrop HS
9/16/23	W. Noble Invite (JV & V)	W. Noble HS
9/23/23	New Haven Classic(JV & V)	PFW
9/30/23	Nike Twilight Meet(JV & V)	LaVern Gibson - TH
10/14/23	IHSAA Sectional (Varsity)	PFW
10/21/23	IHSAA Regional (Varsity)	PFW
10/28/23	IHSAA State Finals (Varsity)	LaVern Gibson - TH

IMPORTANT DATES FOR THE 2023 CROSS COUNTRY SEASON

Date	Event	
6/12/23	First Summer Practice Opportunity	8:00-9:30 am
7/2-9/23	IHSAA Moratorium Week - no coach/athlete contact	
7/31/23	Official 2022 Fall CC practice begins	8:00 am
TBD	Mandatory Parent/Athlete meeting	6:00 pm
8/7-8/8/23	Teacher Work Days - practice begins	3:00 pm
8/9/23	First Student Day – practice begins	3:00 pm
8/14/23	All summer logs due to coaches w/ appropriate signatures	
8/31/23	Flex Day – practice begins	3:00 pm
9/26/23	Flex Day – practice begins	3:00 pm
10/16-20	Fall Break - All Varsity runners will be required to attend ALL scheduled practices during the Fall Break week	
10/27/23	P/T Conferences - practice will be earlier but TBD	