

Dear TVHS Cross Country Members and Parents,

I look forward to coaching you this cross country season.

This year, practices will be **8:00 am – 9:30 am Monday-Friday. We will begin voluntary practices Monday, July 5.**

**Mandatory practice starts August 1.**

The 2021-2022 season paperwork is online! Go online to read the information that will take you to Final Forms [trivalley-oh.finalforms.com](http://trivalley-oh.finalforms.com) to complete your student's registration and necessary paperwork. Once you are registered you will be able to make changes electronically each year. You can complete necessary athletic forms now!

▪ **Prior to August 1**

- **Final Forms must be completed before participation on August 1.**
- **A current physical must be on file prior to August 1 in order to participate. Schedule now if one is needed or will expire before the end of the season.**

▪ **Pre-conditioning**

- **Preseason conditioning is crucial to success during the season. June conditioning is when the season is made. If you want to be successful in October, start in June. Contact other team members and run together. It's easier to want to run when you have a running buddy counting on you.**

▪ **Practice**

- **Voluntary conditioning starts Tuesday, July 5**
- **Mandatory practice starts Monday, August 1**
- **Practice will be 8:00 – 9:30 am (M-F).**
- **Meet at the picnic table area in the back by the FFA building, track side.**
- **We will utilize alternative running sites again this year. Monday at the high school track, Tuesday and Thursday at Shelly Wildlife, Wednesday at Dillon beach area and Friday at the Dresden fitness center. This could change and if it does I will post on Remind.**
- **Cross country is a sport of repetition so every practice counts, attendance at practices is extremely important**
- **If you miss a practice, please send a note explaining the absence the following day. If three or more mandatory practices are missed without turning in a note of explanation the following day, you will no longer be on the team.**
- **Be prepared to run outside with layers of clothes and durable running shoes.**
- **Athletes should attend 10 practices before the first meet.**

- **Schedule**
  - There is no schedule yet I am working on it. I will have it ready for the parent meeting in July
- **Parent Meeting**
  - There will be a parent meeting in July. Look for details on Remind
- **Fundraiser**
  - I am working on partnering with Muskingum Multisports for some 5K fundraising ideas. More information will be made available once finalized.
  - We will be having our Runathon again this year
  - I am looking at the possibility of a team bonding /team camp overnight around the first of August possibly to coincide with our Runathon.
- **Please sign up for the Remind by texting @ 84b77ba to 81010 for updates and communication, I can contact you and you can contact me. Main form of contact. The athlete and one parent should join.**

Let's have a great cross country season!  
Coach Tish Sauerbrey



## **Preseason Conditioning Tips**

- These tips will help you get ready for a successful cross country season

### Beginning Runners

- Goal – 10 minutes continuous run. Start with 5 and work up. A combination of run/walk in the beginning is perfectly acceptable
- Goal – guys, 6 -7 mile/day by July, girls 4-5 miles/day by July. Start slow with 2-3 miles and build up, too much too soon will result in injury
- A combination of strength training and running is the best way to get in running condition
- Strength training two days per week either by themselves or with short runs (1-2 miles)
- Build in a day of rest, Saturday or Sunday and a day of active rest on the other, ie, swimming, walking, kayaking, biking

### Advanced Runners

- Goal – guys, 6 -7 mile/day by July, girls 4-5 miles/day by July. Start slow with 2-3 miles and build up, too much too soon will result in injury
- Combine strength training and mileage training for best results
- Strength training two days per week either by themselves or with short runs (2-3 miles)
- Longer runs without strength training three days per week (5-7 miles)
- Build in a day of rest, Saturday or Sunday and a day of active rest on the other, ie, swimming, walking, kayaking, biking

## Strength training

- Choose four each time and do two sets of each with 3 minutes rest between sets
- Goal – 12 burpees start with 5 and work up
- Goal – 30 second low plank hold start with 10 sec. and work up
- Goal – 12 high/low planks start with 5 and work up
- Goal – 12 jumping jacks
- Goal – 12 supermans start with 5 and work up
- Goal – 12 calf raises start with 5 and work up
- Goal – 12 leg lifts (per leg) start with 5 and work up
- Goal – 12 pushups start with 5 and work up
- Goal – 12 clamshells (per leg) start with 5 and work up
- Goal – 12 inside leg lifts (per leg) start with 5 and work up
- Goal – 12 windshield wipers start with 5 and work up
- Goal – 12 mountain climbers start with 5 and work up
- Goal – 12 russian twists start with 5 and work up
- Goal – 12 plank shoulder taps start with 5 and work up
- If you are unsure how to do any of these the internet is a great source of inf