

Capital High Girls Cross Country 2023



WELCOME

The Bruin Cross-Country coaching staff has been involved with the sport of running for many years. Based upon our experience and knowledge, we have developed a program that we are confident will offer a positive experience to all parties involved. Below are listed some objectives that we will emphasize this season in our coaching:

- Be positive in all coaching.
- Develop a belief in the strength of the team built upon the strength of individuals.
- Emphasize and recognize individual goals and accomplishments at all levels.
- Create a supportive, positive team culture.
- Motivate runners to do their best.
- Encourage communication between runners and coaches.
- Emphasize sportsmanship.
- Educate runners about the sport of running.

While running is a positive life-long activity, injuries may occur. These injuries are typically overuse type injuries requiring, in many cases, something as simple as ice and rest to heal. As coaches, we work to minimize injuries in our training schedule, but coaches must be notified when they do occur. Early diagnosis and treatment will, many times, promote a quicker recovery. Capital High School has a full-time athletic trainer and training equipment available for the treatment of injuries.

If questions arise throughout the season regarding the program, we encourage you to contact us as soon as possible. The Bruin Cross-Country staff truly enjoys working with your runner and look forward to a great Cross-Country season.

ATTENDANCE

- An athlete must have **8** practices before their first competition. (Montana High School Association rule.) All practices attended after and including Friday August 11 count toward the 8 to compete in a race. We will practice Monday through Saturday. Practice length will vary from 1.5 to 2.5 hours. Most practices will finish in under 2 hours.
- Practice will begin at 7:00 am Friday August 11 – Friday August 25. Practice will begin at 3:30 pm Monday August 28 for the remainder of the season.
- Saturday practice will take place in the morning and these practice days will vary depending on the Cross-Country Meet schedule.
- We ask all student-athletes to notify a coach if they must miss a practice. Unexcused absences may result in an athlete being removed from competition and continued unexcused absences may result in being dismissed from the team.
- Be on time for all practices and bus departure times for meets. We encourage all student-athletes to show up 15 minutes prior to scheduled departure times.
- Cell phone use is not allowed during practice. We ask that all student-athletes put these items away during practice unless they are expecting or need to make an important phone call.

TRAVEL

- Student-athletes are expected to abide by the same rules as in the classroom while traveling on buses contracted by the district. Student behavior during all phases of any trip is subject to school policy. Students will treat everyone with dignity and respect.
- Student-athletes are encouraged to ride home from out-of-town events with the team. However, a student may be released to their **parent/guardian** with a signed note to the coaches. If any other family member or family friend were to take the athlete from the meet, approval must be completed with the school admin. office.

INSURANCE

- The Helena School District is not responsible for medical expenses resulting from injuries in the normal course of participation in Helena School District and MHSA activities. All participants involved in athletics must have some form of insurance coverage. This is ultimately the parents' responsibility. The district currently purchases a Supplemental Group Plan. A family's medical coverage, however, is considered the primary coverage and will pay first in the event of an injury.
- Participating in Cross-Country carries inherent risks. As with most any endeavor in life, athletes can become injured, and accidents can potentially occur.

COMPETITION

- Runners need to be dressed in competition attire. A runner will be disqualified if the uniform doesn't meet the rule book requirements. Coaches will answer any questions regarding uniform rules.
- Runners will represent their school and their families in an appropriate manner at all times while involved in all areas of the competition.

VARSITY QUALIFICATIONS

The following criteria will be assessed by the coaching staff to determine the members of the varsity team during the regular season. **All criteria will be considered in the decision made by the coaches** – one is not necessarily more important than the others.

- Practice attendance.
- Attitude.
- Injuries/present health.
- Are you completing varsity workouts every day?
- Your place on the team from the last competition.

STATE MEET QUALIFICATIONS

The following criteria will be applied by the coaching staff to determine the State Cross-Country Team:

- MHSA requires participation in **two** meets (any level) and a qualifying time for girls of **30:00 or faster** in one regular season Cross Country meet prior to participation in the State Meet.
- Practice attendance.
- Attitude.
- Injuries/present health.
- Are you completing varsity workouts every day?
- Consistency throughout the season.
- Your place on the team later in the season.

Coaches will make the final decision to determine who will represent CHS at the State Meet and alternates will be determined on an as needed basis.

LETTER REQUIREMENTS

- Run in any race at the varsity level.
- Run a 5k race at a cross country meet under 21:00 minutes.
- Participating as a member of the State Championship team.
- Seniors that have completed 4 years of running cross country.
- Coaches discretion.

MEET EQUIPMENT

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| ▪ Uniform singlet - shorts | ▪ Extra food and drink | ▪ Money for dinner (\$10 - \$15) |
| ▪ Warm-up top/bottom | ▪ Light gloves and knit hat. | ▪ Sunscreen |
| ▪ Training flats/Racing Spikes | ▪ Rain gear – plastic bag/pack cover | |
| | ▪ Clean socks | |

SCHOOL ISSUED EQUIPMENT

- Student-athletes are responsible for all equipment issued at the beginning of the season. Wash uniforms with care noted on the garment. Do not iron or dry clean. We will be forced to charge you replacement prices if the uniform is lost, stolen, or damaged.

REQUIRED GEAR

Training shoes -

- Can be purchased at many retailers around town such as Capital Sports, Universal Athletics, Bob Wards, etc.
- The lifespan of a running shoe is about 300-500 miles.
- Fit - should have approx. 1/2 to a full thumb width between your big toe and the end of the shoe when standing.
- Over-pronate/Neutral shoe types etc. - bring in your old running shoes and the coaches can look at the wear pattern to see if the athlete over pronates. If so, we can suggest certain models that will better support the medial side of the foot.

Racing Spikes -

- Light weight racing shoes with great traction. Spikes can be interchanged depending on footing conditions - 1/4 to 3/8th length is generally used in Cross-Country with longer spikes only used in very muddy, wet conditions.
 - *Generally said, to lower an athlete's time by five seconds per mile or 15+ seconds in a 5k race.*
- Fit is more snug than training shoes. Should be comfortable, but snug when you try them on with the socks you'll use when racing.
- You're looking for XC or mid/long distance track spikes. Ask coaches questions about models, fit, etc.
 - *Saucony Kilkenney and Havok, Nike Rival XC and Zoom D, New Balance XC series are a few examples of XC racing spike models.*

Watch

- Don't need anything fancy - just a wristwatch with a stopwatch function. This is helpful for timing all runs, but especially helpful when we're trying to record splits at interval workouts.

Clothing for Practice

- Shorts, shirt, running pants, coat, hat, gloves etc. Wicking material for shorts and shirts is helpful but not necessary.

NUTRITION / HYDRATION / REST & RECOVERY

General Nutrition and Practice

- Each athlete should bring water (or a sports drink like Gatorade) and a snack to **every practice**. Protein + carbohydrate snacks are the best way to recover after workouts!
- Make sure you are eating breakfast, lunch & dinner every day, and hydrating during the day.

Pre-Race

- For optimal performance it is recommended that athletes get a good night's rest two days prior to competition. Eating well and getting a good night's rest are important considerations for all athletes.

Race Day

- Go with food that is easy on the stomach.
- Stop eating at least an hour before the start of the race and have small sips of water or electrolyte drink up to about 15 minutes before start.

After Race/Workouts

- It is imperative to replenish 20-30 minutes after a workout. Granola bars, fresh or dried fruit, trail mix are all helpful to get some natural sugars, salt, and protein into the system.
- Electrolyte drinks are great to aid recovery and replenish fluids.

CAPITAL HIGH SCHOOL CROSS COUNTRY SCHEDULE 2023

Saturday, August 26	Boulder Invite @ Veterans Park	9:00 AM
	<i>Varsity & JV Teams</i>	
Friday, September 1	Kalispell Invite @ Rebecca Farm	12:00 PM
	<i>Varsity & JV Teams</i>	
Saturday, September 9	Bozeman Invite @ Bridger Creek Golf Course	4:00 PM
	<i>Varsity & JV Teams</i>	
Friday September 15	Butte Invite @ Highland View Golf Course	12:00 PM
	<i>Varsity & JV Teams</i>	
Saturday, September 23	Mountain West Classic @ University Golf Course	9:30 AM
	<i>Varsity & JV Teams (Missoula – University of Montana)</i>	
Friday, September 29	Great Falls @ Anaconda Hills Golf Course	3:00 PM
	<i>Varsity & JV Teams</i>	
Thursday, October 5	Home 7 of 7 meet @ Bill Roberts Golf Course	12:00 PM
	<i>Varsity & JV Teams</i>	
Wednesday, October 11	Home X-Town @ Bill Roberts Golf Course	4:00 PM
	<i>Varsity & JV Teams</i>	
Saturday, October 21	Kalispell – State Meet @ Rebecca Farm	AA Boys – 11:25 PM
	<i>Varsity Team Only</i>	AA Girls – 12:20 PM

If you have any questions throughout the season, please feel free to contact us.
Thanks,

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