

# KWoods Athletics

## Boy's and Girl's Cross Country

### Boys Soccer

Please Note, we are also seeing if there is enough interest in starting a Boy's Soccer Team and still run Cross Country. Boys would hopefully run both Cross Country and Play soccer, alternating practices/and contests. But we need to see if we have the numbers to do this first.

## 1. To run, you MUST

- a. Sign up with Mrs. Pratt
- b. Get a physical. All athletes will be required to have a physical on file before they can practice. Any physicals taken last year need to be dated April 15, 2011 or later.
- c. Permission slip
- d. Pay to Participate fee and form
  - i. KWHS has a pay to participate fee for all varsity sports. This fee covers facilities fees, meet fees, referee/umpire fees, equipment and uniforms.
  - ii. The fee is \$75 per sport.
    1. There is a maximum fee of \$150 per athlete per year (third sport is free).
    2. There is a maximum fee of \$225 per family per year
    3. Checks should be made out to Kensington Woods High School
    4. If you need to, payment plans can be arranged. Please contact Mrs. Pratt for more information ([jpratt@kwoods.org](mailto:jpratt@kwoods.org)).
- e. Your physical, permission slip and Pay to Participate fee and form are due by the first day of practice. You may not begin practice without these things.

## 2. Eligibility

- a. You must have passed 5 out of 7 the previous semester to participate in Cross Country (if you made up classes in Summer School, this counts). You must also maintain passing 5 out of during the fall semester. I will be doing regular grade checks.
- b. Recent Transfers: If the Fall, 2011 semester is your first semester at KWHS, you may not be eligible to run in meets, however, you can practice. However, there are some exceptions to this rule, so see me if this applies to you.
- c. Zero Tolerance policy. If I, coaches, athletes, teachers, students or anybody else even hear about you using illegal substances at any time, you will be ineligible to participate.

## 3. Sponsors

- a. We are looking for sponsors for the seasons. If you know of a business that may be willing to sponsor a sport or the athletic program, please see Mrs. Pratt.

# KWOODS CROSS-COUNTRY

## Preparing for the Fall Cross-Country Season

To begin, I want to let you know how excited I am for the fall and Kensington Wood's fourth Cross-Country season. I can't wait to see you practice, race, improve and become a team. Below is some info you need for the summer to prepare you for the fall!

### Training

Training for the summer will be a time for you to develop a base for your running and fall training and racing schedule. The bulk of your training will be building mileage and a little bit of speed. You will build up the amount you run (both how often and how much) slowly to build your strength and endurance. You will see the time and effort you put in this summer in your ability and race times in the fall, I promise you!

The attached training schedule is a guideline. There is a lot of flexibility based on your determination, commitment, schedule and how you feel. If you feel you need more of a challenge, take it up a notch. If you feel you need a little bit more rest, take it easier. This is where you decide what type of runner you will be. You do not have to run these practices on the day they are on the calendar, just try to keep it close, and don't take more than 2 days off in a row, if possible. Where should you run? Anywhere! Run around your neighborhood, at a friend's house, on some trails at a local park or, even, on a treadmill! When should you run?

If it's one of those hot days, aim for early morning or evening for the coolest temperatures. This training will prepare you for running 5-6 times a week in fall, when we will have daily practices that you will be expected to be at. More on that at the end of the summer!

### Training Legend:

**LD:** Long Distance. Long runs are necessary to improve your aerobic fitness and endurance. You will begin small, adding more distance/time each week. I don't care how fast or slow you run, as long as you run for the prescribed length at a pace that allows you to finish as fast as you start. Run at a conversational pace. Run with friends and have fun!

**Tempo Run:** Here's how to do a tempo run. Begin at an easy pace. After 5 or 10 minutes of this easy pace, slowly speed up till the halfway point in your run. You should hold this peak speed for 5 or 10 minutes, then gradually slow down, finishing with 5 minutes of your easy pace for a cool down. The top speed should be somewhat slower than your 5K race pace.

**Fartlek:** A fartlek run is a chance for you to bring in some speed. Begin your run at an easy, conversational pace. After about 5-10 minutes, pick up the speed and "surge" for a specific distance (100-400 meters or longer, try picking out landmarks) or time (10-45 seconds). Slow back down to your jog for about the same amount of time/distance and then repeat! End with 5-10 minutes of your easy jog for your cool down. Fartletks help you develop the ability to alter your pace and recover during races/runs and also make the time go by much faster. It's a great practice for those days where you're not mentally excited for a run.

**ED:** Easy Days: These are the days of the week when you do not run hard. The distance is up to you, decide based on how you feel. And quite frankly you can't run hard seven days a week without risking injury or overtraining. So in between the hard workouts, run easy. If you are feeling you need an extra day off in the

week, use these days to rest. If you feel fine, just take it easy on these runs. Don't train hard every day assuming that it will make you a better runner; it may actually affect your training negatively.

**Fun Run:** Days we meet as a group for a special “fun run.” These runs are not required, but instead are a chance for us to get together and catch up as well as run! Fun runs are not just for cross-country runners! Bring friends and family if they want to join us!

**Race:** Throwing in a few races over the summer is a good way to monitor your training and shake it up a bit! Registration for these races is your own responsibility, but if you are going to race, ask some fellow runners and we can make it a group event! If you are going to race, please email me in advance and I will try to make it to support you!

## Recording your mileage

It is very important for you to keep track of your mileage. It not only is a chance for you to see how you've grown but for the both of us to see what you can and need to do. Track your mileage and how the run felt daily! Use the enclosed mileage sheets.

## Summer Mileage Club

Want a t-shirt? If you run 150 miles by Labor Day (and demonstrate it on your mileage chart), you will be not only blessed with a cool t-shirt, but you will have made yourself a better runner. An extra reward for the top mileage runner.

## Motivation Tips

- Find a Running Partner: Making a commitment to yourself and somebody else makes it easier to get out there and run regularly.
- Set a schedule and keep to it!: Plan in advance a day or two when you will run. Treat the run like it's school or another obligation and just do it!
- Look at your mileage chart and training schedule: Looking at how far you've come and how far you can go helps you get in the mood to run.
- Shake it up!: Getting sick of running? Instead of running one day, rollerblade, bike or do something athletic that you also enjoy!

## Sports Physical and Permission Slip

It is required by the State of Michigan that all student-athletes have an annual sports physical and permission slip on file before competing. Plan on making a sports physical appointment with your doctor sometime over the summer and have them fill out the attached form. If you recently had a physical (after April 15, 2011), just have the doctor fill out the attached form. These physicals and permission slip must be completed and turned in **by the first day of practice or before you start practice**. Often Urgent care places will do walk in physicals for \$20-\$30.

## Injuries

- Stretch before and after a run to help prevent injuries and build flexibility and strength (don't forget the push-ups and crunches!). Warm up and cool down with easy running on hard runs.
- If it hurts, ice it! 15 minutes on, 15 minutes off and repeat 2 times!
- If it keeps hurting, rest it! Try a different sport for the day that doesn't hurt it (swimming and biking are great and often use different muscles)

## Shoes

There is little equipment requirements to be a runner. However, the most important one that nobody should live without is a quality pair of running shoes. Most shoes are designed to last 400-500 miles.

Although you can find “running shoes” at most shoe stores, I am skeptical about their quality. Most shoe companies (even the running shoe companies) create a few levels of quality in their shoes and the lower levels are often sold at variety shoe stores. Instead, I recommend making the investment of a quality pair of running shoes available at a running specialty store like Running Fit, Runnin' Gear, Tortoise and Hair or Hanson's running. Most running specialty stores will also offer student-athletes a discount, you just have to ask! Although they may be a bigger investment, the higher quality of shoe will last you longer and will support your foot and body better (which is priceless). It is also a good idea to consult with an educated salesperson at a running specialty store. They can help assure that you are getting the best shoe for your style of running and foot.

Shoes don't have to cost a billion dollars or include every bell and whistle, but they do have to help keep you healthy and allow you to pursue your goals. If you are having trouble getting a shoe good for you, *please don't hesitate to talk to me!* I am happy to help in anyway I can.

We will also be having a Spike Night at Running Fit in the fall if you are interested in getting new shoes or Spikes for races. More on that soon!

## What to eat and drink

Eat healthfully with healthy carbs (whole grains, limit white sugar). You may start eating more when you are training more, which is expected. Just make those extra calories the best possible with healthy fats, whole grains, fruit and veggies!

Also remember to drink water! Summer is hot and you are losing a ton of water when you run and sweat. If you are thirsty, you need to drink water! If you sweat a ton, try and have some extra water. Save the Gatorade or sports drinks until after you run, they are just extra calories before, but they can be very helpful after a longer or hard run.

## Communication

I want to keep in touch with you and your training over the summer! Have questions, comments, concerns? Email me! Please! If you have any friends who want to join cross-country in the fall, please have them contact me or bring them to a fun run so I can meet them! I will email you updates and directions to the fun runs throughout the summer, so please make sure I have your current email address!

Have a great summer and keep running!

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