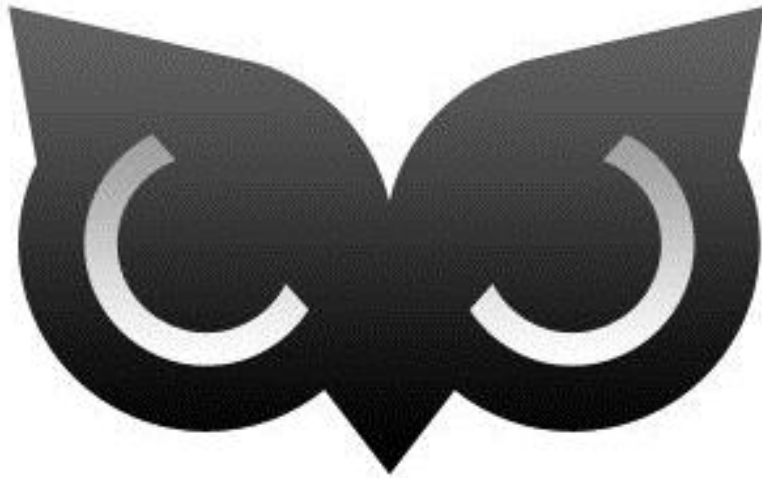


SAGES



CROSS COUNTRY

2017

Monticello Middle School

Cross Country

Overview

- We race 2-miles through woods, fields, pavement, and everything else.
- Practices: Monday – Thursday, 3:45 – 5:00pm at the Middle School
- Meets: Typically Saturday's starting August 19th

Registration

- Students can sign up for Cross Country in one of the following ways
 - Sign up in the office after August 1st.
 - Fill out the online form through the MMS Cross Country website or visit <http://bit.ly/MMSCCSignUp>
 - Show up to practice or ask Mr. Hartman
- Students must have their concussion form, insurance form, sports physical, and activity fee completed and turned into the office prior to the first practice.

Summer Running

- Monday's and Thursday's at Lodge Park. 5pm. Starting June 5, 2017
- These runs are optional, but a great way to stay fit during the summer months.
- Runs are self-guided. Coach Hartman or one of the high school coaches will be there to supervise or make recommendations. Be sure to bring water.
- Cross training over the summer (swimming, biking, etc.) is great idea!

KMC Sprint Triathlon

- On August 12, 2017 runners are encouraged to participate in the KMC Sprint Triathlon or Mini Triathlon.
- This is in no way mandatory. It's a great way to cross-train prior to a cross country season of only running. It's exhausting, but an awesome event to complete.
- More details and sign-up information: <http://triharderpromotions.com/sage-city-sprint/>

First practice & Parent Meeting:

- Tuesday, August 9th, 7:45am Parent Meeting. Practice 8am – 9:30am. In front of MMS

100 Mile Club:

- Any runner who logs 100 or more miles between May 25, 2017 and August 15, 2017 will receive a "100 Mile Club" T-Shirt. See attached form.

Questions? Please email Coach Hartman – harbr@sages.us

Tentative Meet Schedule

Monticello Schools

1 Sage Dr Monticello, IL 61856-1813

School Phone: 217-762-8511 x1219 Home Phone: Fax: turan@sages.us

Superintendent
Dr. Vic Zimmerman

HS Principal
Tip Reedy

MS Principal
Jeanne Handley

Athletic Director
Andrew Turner

Middle School Cross Country (Coed) 2017-2018

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Depart</u>	<u>Time</u>
Saturday	Aug. 19	@ Clinton Invite	Clinton	7:30AM	9:00AM
Saturday	Aug. 26	@ Champaign Invite	Champaign Central	7:30AM	9:00AM
Tuesday	Aug. 29	@ Clinton Junior High School	Clinton Junior High School	3:00PM	4:30PM
Friday	Sep. 01	@ Chrisman Invite	Chrisman	2:15PM	4:00PM
Saturday	Sep. 09	@ Shelbyville Invite	Shelbyville	6:30AM	8:30AM
Saturday	Sep. 16	@ Mahomet-Seymour Invite	Mahomet	7:15AM	9:00AM
Thursday	Sep. 21	M-S/Unity	Lodge Park	2:45PM	4:00PM
Saturday	Sep. 23	@ Olympia Invite	Olympia Invite	6:30AM	9:00AM
Saturday	Sep. 30	Monticello Invite	Lodge Park		9:00AM
Tuesday	Oct. 03	@ PBL	PBL	2:45PM	4:15PM
Saturday	Oct. 07	@ Sectional	Sectional		10:00AM
Saturday	Oct. 14	@ State	Normal Parkside		TBA

Monticello Middle School

Cross Country – Rules/Expectations

Students join Cross Country for many reasons – love of running, to get in shape for another sport, trying something new, or parent request. Whatever the reason, we do ask that students do their best not to walk during practice. Yes, the first few weeks can be especially tough. No, walking will not get you kicked off the team. but walking creates scheduling headaches and generally frustrates teammates. If you're injured or feel funny, walking is ok.

Practice

We practice 4-days per week, if a runner has more than one unexcused absence during the week, they will NOT be competing in our Saturday meet. If a runner has 3 unexcused absences throughout the season, they will be asked to leave the team. If a runner has an unexcused practice absence the day before a race or Thursday before a Saturday meet, then he/she will NOT compete in the following race. Runners have made a commitment to our team and we expect them to be present at practice ready to give their best effort.

If there is inclement weather on a practice day, we will make a decision by 2:30 PM as to whether practice is cancelled or not. If it is cancelled, an announcement will be made to the runners and an email will go out to parents. If there is an early dismissal due to heat, practice will be cancelled UNLESS we can practice in the MMS gymnasium.

Please inform the coaches ASAP about a missed practice or race. It is up to the coaches' discretion if the miss will be excused or unexcused.

If your runner is participating in another sport that conflicts with our practices, please see the coaches and an alternative plan will be made for them. It is expected that MMS sports take precedent over travel sports

Meets

Runners should be ready to board the bus 10-minutes prior to our departure time. If you find that you are running late for any reason, please call. It's important that we arrive at the meet in time to walk/jog the course, get loose, use the restroom, pin race bibs on, etc.

If a parent/guardians takes a runner home after a meet (instead of having them ride the bus back to the MMS), please be sure to have the parent/guardian sign the runner out. The sign out sheet will be located at our team camp. Please leave the binder at camp. If a runner is getting a ride home from another parent after a meet, please be sure to send a note prior to the meet.

Missing a meet is considered an unexcused absence and more importantly lets your teammates down.

Varsity Runners: A varsity team consists of 7 runners from any grade level. We choose varsity runners based on their effort at practice as well as their performance at meets. A varsity team can change from meet to meet, so there is always an opportunity for your runner to improve his/her time/effort to make the top 7 for varsity.

Qualifying for State

Cross-country is scored using the finishing places of the top 5 runners on a varsity team. The lower the score, the better. At sectionals, teams qualify for state by placing in the top 3 teams at the meet. If a team does not qualify, there is still the possibility that an individual can qualify. If a team qualifies for state, 7 runners will compete and there will be three alternates in case of injury or sickness.

Eligibility

Be sure that you are doing well in all your classes. Eligibility lists are distributed on a weekly basis. Runners are responsible for their grades, I will not ask teachers to grade things in a pinch to bail out a student failing a class. If a runner is struggling with his/her academics, he/she may still practice, but will not be able to compete until his/her grades are brought up. If a runner is unable to stay off the ineligibility list for 3 weeks (non-consecutive), they will be asked to leave the team.

Sickness

If a runner is sick the day before a meet, please do not come to our meet. Runners need to fully recover. Pushing runners to compete or even practice while they are sick will set them back even further.

Injuries

Make sure that your runner communicates any aches or pains to the coaches. We'll make sure we monitor the runner at practice and give them advice for rehab. Learning the difference between aches, pains, and injuries is important.

We are looking forward to a fun and exciting season! Thanks for all of your support!

Coach Bryan Hartman – harbr@sages.us

Coach Amy Hoss – hosam@sages.us

Monticello Middle School

Cross Country

*****This form can be filled out online*****

*****<http://bit.ly/MMSCCSignUp>*****

Runner's Name: _____ Grade: _____

Allergies: _____

Injuries: _____

Parent(s)/Guardians Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #'s: _____

Email Address: _____

Here was our typical 2016 workout plan.

1. Dynamic Warmup
 - a. Hips forward, arms up - Rock Back. Rock side to side. <Switch legs>
 - b. Hips forward, back leg at 90 degrees, arm up - Rock Back. Twists. <Switch legs>
 - c. Curtsy step, arm up - Lean side to side. Twists
 - d. One foot forward, little knee bend. Arch in back. Reach forward alternating. Switch sides
 - e. Calf stretch position against wall, front leg bent and up - swing side to side
 - f. Calf stretch normal. Good stretch on back leg, pivot hips toward back leg
 - g. Walking lunges, arms rotate to side of forward leg. Maybe 20 yards
 - h. Repeat with arms going opposite way.
 - i. Power skip w/ pause. Don't leave ground. Leg in to out. Leg out to in.
 - j. Slow karaoki w/ crossover. High knee
 - k. Butt kicks. Try to keep knees back
 - l. Speed skating. Bring arms out to side.
2. Run
 - a. Pick one or two: Distance, Intervals, Speed work, plyo, build-ups, etc.
 - b. Jog
3. Cool Down - Static (30+ seconds)
 - a. Gastrocnemius - Wall Stretch.
 - b. Quad Stretch.
 - c. Hamstring - leg forward, slight knee bend, arch in back, lean forward. Reach forward w/ opp arm. Slide hip or switch hands if not feeling it..
 - d. Hip Flexor - leg forward, hands up. Static
 - e. Glute - Curtsy step. Reach up and over to back leg
 - f. Twists then hold
 - g. Piriformis Stretch
 - h. Back Stretch

MMS Cross Country

100 Mile Club

Starting May 25, there are 11 weeks until the week that school starts, August 16th. In order to reach 100-miles by this time, you will need to run at least 1.5-miles, 6 days a week, which is a very achievable goal. I would suggest starting at a low mileage per week and build up or you can start at 1.5-miles, 6 days a week then as that becomes easier move to running more miles in one day.

It is perfectly fine to achieve and succeed the 100 miles before school starts. In fact, I highly encourage you to challenge yourself to see how many miles you can log this summer! Potential cross-country runners should be running 4 to 6 days per week during the summer with one day of complete rest. Always remember, this may not be easy at first and you may need to walk at times, but never give up! The more you train and keep pushing yourself, the easier it will become.

Daily Workout

Drink water long before you decide to go for a run.

Warmup	Walk/Jog 2-3 minutes to get loose and increase your heart rate. Dynamic Warmup <ul style="list-style-type: none"> • See attached
Run	Distance Run, Speed Work, or Intervals <ul style="list-style-type: none"> • Run with a friend or on your own. • If it's hot, DO NOT RUN IN THE MIDDLE OF THE DAY (11am – 4pm)! • Wear sunscreen • Assume cars do not see you. Stay out of their way.
Cool Down	Drink water and/or Gatorade Static Stretches (Hold for at least 30 seconds. If they cause pain – stop) <ul style="list-style-type: none"> • See attached

Attached you will find a log sheet to record the date, number of miles ran on that date, time if you keep it, then your parents initials just to signify that you did run. Try to incorporate some hill courses into your summer running to help condition your legs. Students who reach the 100-miles+ before the start of school on August 16th, 2017 will receive a 100-mile club shirt.

If you have any questions, please email Coach Hartman harbr@sages.us. You do not have to complete 100 miles to be a member of the MMS Cross Country team, however it will make the first few practices much easier and help you be a stronger competitor in our meets. Have a great summer, enjoy your fun runs.

