

SEMS Cross Country Outline

Daily Procedures:

1. After 6th period, go to the locker room to change into your running clothes and shoes. Then, leave your backpack in the locker room and meet at the lunch tables.
2. Bring water with you; just remember to bring it back down to the locker room after practice.
3. Between 2:30 and 2:40, your coaches will signal for you to walk to the shade structure at the upper fields.
4. Shade structure routine - Yesterday's recap, new information/reminders, today's goal, train hard!
5. Do YOUR best and set high goals for yourself and your team.

Meets:

1. When you wear SEMS gear, you represent all students, teachers and staff members. At our meets, remember you are there for a reason – to compete to the best of your ability and to support your teammates. Please refrain from playing games and wasting time or energy at the meets. Save your energy for your race!
2. You must ride the bus to the meets. YOUR parent CAN sign you out and take you home from the meet.
3. Bring water and healthy snacks. Be responsible for yourself.
4. Races typically take place as follows: 4:15 – 6th and 7th grade girls; 4:40 – 6th and 7th grade boys; 5:05 – 8th grade girls; 5:30 – 8th grade boys. **The 6th and 7th grade girls race is the only one that is an exact time.** All others follow about 20-25 minutes afterward, depending on the distance of the race and the pace of the previous group.
5. When are our meets? As soon as the coaches meeting takes place, it will be posted on our webpage and a paper copy will be sent home with each runner. Most meets are on Thursdays and our championship meet is on a Wednesday.
6. You must run in **3** or more meets to run in the championship meet.
7. At the championship meet, top 25 6th and 7th grade boy and girl finishers and top 20 8th grade finishers receive medals. Top 3 teams in each of the four divisions earn trophies.

Cross Country Tips:

1. Be prepared to push yourself – even with moderate effort, you will improve your speed and endurance as long as you are consistent. Your fitness level can begin to decline after 3 days of inactivity.
2. Being tired, sore, out of breath, etc. is nothing to be afraid of. You will learn to “be comfortable being uncomfortable” as the season progresses.
3. Do your homework – we only practice twice a week and you need to do more than that to see consistent improvement. Invite someone to run with you, on foot or on a bike as you put in your miles on the weekends. Make friends, call each other, and be creative.
4. Take care of your body. This starts when you wake up each day, if not the night before. Eat healthy on a regular basis throughout the day, not just all at once. **DRINK WATER THROUGHOUT THE DAY, NOT JUST AT PRACTICE OR THE MEETS!**