

BAINBRIDGE HIGH SCHOOL CROSS COUNTRY (BIXC)

BASICS

BHS Cross Country is a “no-cut” sport. Everyone participates, everyone races. Expectations are the same for all levels of runners, from new to experienced, from freshmen to seniors.

Season: August 21 (first day of required practices) - November 4 (State Championship). Last all-team practice is October 30. Approx. 6 weekday meets, and 4 Saturday meets. Required attendance at practice, Monday-Friday, with 4 absences allowed (not including illness or family emergency).

Team Values: Family, hard work, steeze (style with ease), commitment, inclusiveness

Requirements: Basic fitness. In the first week of the season (Aug 21-27), all participants must be able to run 3.1 miles in about 30 minutes. Exceptions are given to hardworking freshmen only. Participants must be able to be active for 60 minutes continuously, 5 days per week. Cross Country is a competitive BHS sport, not a “couch-to-5k program.” We teach runners how to train to compete.

Training: A wide range of training plans for varying experience and abilities, which are done within training groups determined at the beginning of the season.

Pre-Season Conditioning: Runners are required to do summer training, in order to gain the fitness needed for fall competition. Our pre-season conditioning program is open to all, appropriate for all levels, geared at improving everyone’s strength and running ability from state competitors to beginners.

PRE-SEASON AND EARLY SEASON ACTION

- June 4, 11:30am** Welcome to XC Waffle Feed, at Battle Point Park picnic shelter. Information, introductions, food and fun. Meet team families and get questions answered. All welcome!
- May 31-June 21 Now!** M/W/F, after school runs and cross-training. Starting 3:15pm at BHS, 3:30pm Woodward. Register for BHS fall sports, online at www.bisd303.org/domain/865 (or google BHS Athletics) See your MD for sports physical, Get tested for iron +serum ferratin levels at this time. Low iron levels are common among runners. Low iron levels will wreck your season if not fixed - which takes 1-3 months. Even with a good diet, runners can have low serrum ferratin levels.
- June 22-Aug.20** **Summer pre-season conditioning. Highly recommended for all! Open to 7-12th grade students. A voluntary program of BIXC, and not sanctioned by BHS. See page 2 ⇒**
Mondays: 9:30-11am, Fort Ward boat ramp
Tuesdays: 6:00-7:00pm, Lynwood Center
Wednesdays: 9:30-11am, Battle Point Park (ballfields by west entrance)
Thursdays: 6:00-7:00pm, BHS Track
Fridays: 9:30 -11am, Phelps/Hidden Cove ballfields
Weekends: Join up for hikes and trail runs, BIMPRD trail work parties. TBA
- July 4th** Fourth of July Fun Run 1 mile or 5k. Wear your XC tshirt or borrow one! Meet at 8:30am, Winslow Green gazebo for warmup.
- July 10-Aug 7** Monday Evening All-Comers Track Meets. 6:15pm-8:00pm at BHS Stadium. BIXC runners and parents volunteer help welcomed!
- July 12** 2-Mile Timed Run (for pacing, baseline, and measuring improvement)
- July 15-22,22-29** Steens Mountain High-Altitude Running Camp. (Advanced runners only, registration in Jan.)
- July 23-28** Olympic Peaks Running Camp, Fort Flagler, Marrowstone Island. Sign up open for runners of all levels, new through advanced. www.olypeaks.com
- July 29** BIXC volunteers at Land Trust dinner. Sign ups TBA
- July 30** 2nd annual BIXC Alumni/Team Run and Potluck at Battle Point Park! Details TBA
- August 9** 2-Mile Timed Run (for pacing, and measuring improvement)
- August 10** Mount Townsend hike, all day. Parent hike partners too! Carpooling TBA
- August 13** Roots Rock Half-Marathon. Volunteer for our aid station. Carpooling TBA.
- August 20** Midnight Mile, 11:59pm, BHS Track
- August 21** **BHS Fall Sports Season Start! Practice Monday-Friday, through October 31.**
- August 23** **Mandatory Team/Parent meeting, 6:30pm, BHS Commons.**
- August 24** All-team camp, 9:30am-4:30pm. Location TBA
- August 21-Sept 5** Practices, M-F, 3:30-5:30pm. Labor Day, Mon 9/4 optional. Locations TBA.
- Sept 6** First Day of School

PRE-SEASON TRAINING INFORMATION

Join new, returning and alumni XC runners for conditioning and team-building. BIXC student leaders organize pre-season runs for athletes of all levels. But why?

- XC runners must build "base" in the summer. This is a process of gradually, consistently increasing the amount of miles run each week to gain the strength and physical resilience needed for running 5 days/week Aug.-Nov.
- Like other things in life, consistent distance running practice improves skills, mental strength and ability.
- The quality of summer training is the major determinant in an XC team's success in fall racing and an individual's ability to enjoy their potential, ie, be a stronger and faster runner!
- Your training group in the fall season will be determined by how much running you do over the summer, and being able to handle a certain amount of miles per week. New runners will be in low to mid mileage groups.
- Fall groups *generally* are grouped by what our runners are able to sustain and will benefit from: 1) Low mileage = 10-15 miles/week. 2) Mid = 15-25 miles/week. 3) High mileage = 25-45 miles/week.

Pre-season running groups vary in pace and distance. All runners should start within their current running experience. Returning runners will work on gradually building their mileage and average-run speed. Hill running, beach intervals, speed-change work and squirt gun fights added as appropriate.

New runners should plan to run 2-3 days/week in June. Increase to 3-4 days/week in July. And finally progress to 4-5 days week in August through November. Be smart enough to do *your* appropriate workout, not your friends'. After several weeks of running, as you feel yourself getting stronger, take on challenge and move up a group for a day (talk with a coach and/or team leader).

- Cross-train (via hiking, swimming, deep water/pool running, cycling/spinning, elliptical machine) on days you're not running, to get in aerobic and muscular benefits with less impact.
- Train consistently, get adequate recovery after each run, and gradually build up the amount of miles you run per week. You'll be less likely to over-fatigue your muscles, tendons and bones, which can lead to injury.
- Be ready for some muscle tiredness and needed recovery days. To aid recovery and improvement, drink water, eat nutritiously, and get 8-10 hours of sleep, of course.

Strength Training is crucial. An optional group workout focused on runners' needs and injury prevention, will be offered by Erin Chadburn, DPT at a subsidized rate. Must be registered for BHS XC, see below.. For details see Cross-Training handout.

Plan for training regardless of your work schedule, vacation plans, or transportation. Your summer training will sometimes be on your own. XC team members need to show up with improved fitness and ready to run hard, healthy and strong at the start of the season. Regardless of your speed and experience, everyone in XC will be asked to work equally hard and smart. If out-of- town, contact a coach or team captains for your workout calendar or make one up yourself. You know yourself best!

Runners keep training journals to track their daily workouts (and rest days), their weekly mileage totals and progress. It all works, from a regular notebook to apps, specialized journals (a free version at Super Jock n'Jill) or the BIXC calendar. We're testing the athlete profile on athletic.net. Claim your profile, set up an account, and try it out! Keep a training journal this summer, and contact coaches, who can help you plan your training. Those who keep a training journal all summer, achieve their goals, and attend at least 10 summer practices will earn the traditional BIXC summer running prize.

TO SIGN-UP FOR THE BHS CROSS COUNTRY TEAM

Please register online before June 22 at the BHS Athletics website for best results. You *must* have all online forms and your physical completed by August 14, in order to participate on August 21 - the first day of the season. If not registered, you'll not be able to practice. Payment of athletic fee is not due until competition starts. **Athletic-fee scholarships available; contact Sarah Spray, BHS Accounts, sspray@bisd303.org**

MORE INFO:

- Bainbridge High School website > Athletics > Fall Sports > Cross Country
- Facebook: BIXC Parents; BI Cross-Country
- Coaches: Anne Howard Lindquist (alindquist@bisd303.org), Paul Benton, Rick Peters, Dustin Haydock, Fuxia Stankus, Erin Chadburn