

Cross Country Expectations



Practice Procedures:

- ☒ Practice begins once the shuttle from Ridge arrives at PVP
- ☒ Athletes start each day with an 800m jog and drills led by team captains
- ☒ Athletes then check in with their designated training coach for the day's workout
- ☒ After, athletes complete an assigned supplemental activity (Ex. hip bands, abs, lift)
- ☒ Each practice ends with 15min of stretching – *This is mandatory*

Important Reminders:

- ☒ We practice 6 days a week!
- ☒ If an athlete is missing practice for any reason, he/she must email the head coach before the start of practice.
 - Boys: Coach Gilhuley: Ngilhuley@bernardsboe.com
 - Girls: Coach Braga: Ebraga@bernardsboe.com
 - *Unexcused absences may result in sitting meets*
- ☒ Athletes must come prepared with the following:
 - Running shoes
 - Layers
 - Watch w/ a timing feature – a simple stop watch will do
- ☒ If something hurts, the athlete must communicate with a coach first!
 - ☒ Then, we will determine if they need to see the athletic trainers
 - ☒ Then, the trainers will decide how to proceed and if it is necessary to see a doctor.
 - It is essential to follow this protocol unless there is a medical emergency. This keeps everyone in the loop and on the same page.
- ☒ Most common aches and pains are knees and shins. If an athlete experiences pain or soreness in these areas, they should tell a coach IMMEDIATELY.
 - The athlete might need to stretch or ice these areas every day, or sometimes, even more than once a day!
 - Also, how old are their shoes? We recommend a new pair every season.
 - We recommend the brands: Asics, Mizuno, New Balance, Brooks, and Hoka
- ☒ Practice is not over until athletes stretch for 10-15 minutes. This is to prevent injury.
- ☒ Athletes are required to wear Ridge (XC/TF) clothing to all competitions.
 - Items provided and from the team store are permitted
- ☒ It is the athlete's responsibility to be aware of what is going on. They are responsible for checking the schedule in advance and for checking Google Classroom and GroupMe for announcements.
- ☒ Athletes and parents must pay attention to hydration and nutrition. Athletes need to make sure they are drinking water throughout the day. They should also never go to practice on an empty stomach! It is best to eat a larger meal at least three hours before practice, with a small snack or granola bar 30-40 minutes before.
 - It is essential that you have a conversation with your child about how to ensure they are properly fueled for the day!
- ☒ Ridge Runners (suggested but not mandatory)
 - Provide athletes with team t-shirt, rope, equipment and much more!

We are looking forward to a great season!