

# 2008 Brookwood Cross Country Program Information



## A Tradition of Excellence

*State Champions: 1989, 1994, 1995, 1997, 1998, 2001, 2002, 2003*

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### REMINDER ABOUT PHYSICALS:

- You must have a valid physical to participate in cross country.
- Physical forms need to be filled out completely including insurance information.
- Download a form from our website: [www.brookwoodxc.com](http://www.brookwoodxc.com).

### SUMMER PRACTICE:

- Practice begins May 26<sup>th</sup>, 8:00-9:30 – every M-W-F this summer at the BHS track.
- Attend 20 out of the 27 summer practices and log miles at [running2win.com](http://running2win.com) to make earning a varsity letter easier!

### SUMMER CAMPS:

- July 19-25 – team camp at MYRTLE BEACH for the top 20, and 4 top 9<sup>th</sup> graders.
- Brevard Distance Runner's Camp – July 6-12 – see [brevarddistancerunnerscamp.com](http://brevarddistancerunnerscamp.com) for more information if interested

### MILEAGE LOG:

- This year we've gone paperless...log your mileage online at [www.running2win.com](http://www.running2win.com) (see handout included in this packet for further details).

Check our website regularly: [www.brookwoodxc.com](http://www.brookwoodxc.com)

## GENERAL INFORMATION

### Participation Requirements

- You must have a current school physical to participate in cross country.
- You must have passed 5 high school classes during the last semester, plus be on track to graduate. (This does not apply to upcoming 9<sup>th</sup> graders)
- There are no cuts in cross country as we try to encourage as much participation as we can. You must understand that even though no cuts are made, we expect all of our athletes to commit their efforts and time to this sport.
- You must abide by team rules at all times.

### Team Rules

1. Smoking and alcohol consumption—1<sup>st</sup> offense-1 meet suspension. 2<sup>nd</sup> offense-dismissal
2. Drug abuse—One year suspension from all sports
3. Behavioral problems—Behavior not up to Brookwood standards (generally behavior that would not be tolerated at school). If on a road trip, parents will be called and athlete will not run in that meet. In other cases, disciplinary action will be decided upon by the coaches, and if necessary, the athletic director and administrators. Parents will also be notified. School rules apply to all cross country practices and meets.
4. Uniformity—In competition, all athletes are expected to wear the uniform issued by the school, running/racing shoes, and plain socks. The athlete is expected to represent Brookwood honorably, without drawing attention to himself with his attire. Exceptions to this policy must be approved by Coach Dehnke prior to competition. 1<sup>st</sup> violation - 1 meet suspension, 2<sup>nd</sup> violation - dismissal.

\*Situations may arise which are not covered by these rules. In these situations, coaches will make decisions and consult with parents if the situation warrants it. We will always make every attempt to be fair and consistent.

### Attendance

1. Absences because of schoolwork – student-athlete must produce a **note** from the teacher. **Always** come to practice immediately following after-school work – check in with coach before practice concludes to be excused.
2. Excused absences – student has dental/doctor appointment, school work to make up, or family emergency and produces a note explaining the absence.
  - 1<sup>st</sup> 2 offenses-no penalties.
  - 3<sup>rd</sup> offense-time is added to next race in 15 second increments—15 sec. For 3<sup>rd</sup> time, 30 for 4<sup>th</sup>, etc.Excuse must be submitted **in writing** to be counted.
3. Make-up practices – if an athlete knows he will miss an entire practice, he may arrange to meet Coach Dehnke at 5:50 AM in the front of school the day he will be missing. This will count him “present” for that day’s practice. This is particularly helpful for those students who have regularly-scheduled after-school commitments.
4. An unexcused absence—coach calls roll and receives no communication as to where athlete is. 1<sup>st</sup> offense-30 sec. Penalty. 2<sup>nd</sup> offense-1 min. time penalty. 3<sup>rd</sup> offense-dismissal.
5. Once an athlete has missed 5 or more practices (excused or unexcused), he must attend **5 consecutive practices leading up to each competition** in which he is to compete.
6. Meet absences — Runners may miss 1 meet with prior permission of the coaches with no penalty and be excused. However, if the current #13 runner misses a meet, he will be ranked with the #13 time for that meet; likewise, our #22 runner who misses would be ranked with the #22 time, etc. If a second meet is missed, the runner will be counted as coming in last and his ranking will be affected accordingly. A 3<sup>rd</sup> miss will mean dismissal from the team. An unexcused miss will result in that runner being ranked last in that meet. A 2<sup>nd</sup> unexcused miss will mean dismissal.

### Perfect Attendance Awards

At the banquet, a plaque will be awarded to any athlete who attends all required practices and meets for which he is eligible. To qualify, athletes must have no absences, excused or unexcused. The plaque will include the athlete’s name, a photograph, and statistics for the 2006 season.

## LETTERING

### To earn a letter:

1. Finish in the top 20 in the final team rankings
2. Depending on your grade, run one of the following times:  
Senior-18:00; Junior-18:15; Sophomore-18:30; Freshman-19:00
3. Run cross country for 3 years
4. Come to 20 practices over the summer (must be there at 8:00 a.m. & stay until the session is over to be counted present), turn in all summer mileage sheets and run one of the following times:  
Senior-19:00; Junior-19:30; Sophomore-20:00; Freshman-20:30

### To earn a letter with recognition and a plaque:

1. Qualify for the State meet
2. Finish in the top 25 in the varsity region or county meets, top 12 in B-Team county or region meets, or in the top 10 in the 9<sup>th</sup> grade county or region meets.
3. Run one of the following times based on your grade:  
Senior-17:45; Junior-18:00; Sophomore-18:15; Freshman-18:30

### To letter with recognition and get a huge plaque:

Meet criteria for lettering with recognition & be 3 or 4-year letterman.

## RANKINGS

We will use a ranking system to decide the top 20 award winners at the end of the season, who will go to meets that limit the # of runners that may participate, etc. Beginning with the Time Trial on August 16th, the cumulative time of each runner in each race will be kept. The runner with the lowest cumulative time at the end of the season will be ranked #1, the runner with the second lowest cumulative time will be ranked #2, etc. The varsity team for region and state will consist of the top 7 in the rankings after the Manhattan Invitational. This system rewards consistency. See attendance rules for more details.

## CHAMPIONS CLUB

After spring semester grade reports, athletes will be eligible for induction into the Champions Club. To be eligible, athletes must...

1. be a **sophomore, junior** or **senior** with at least one year in our program
2. be in good standing with our program the previous season (attendance, behavior)
3. have not been the subject of **school disciplinary actions**
4. have met **lettering time standard** for their grade level the previous season
5. have superior grade report – 3.33 or better

There will be three levels to the Champions Club award...these awards will be given at the fall booster club meeting in August.

- 1<sup>st</sup> year – t-shirt with "Brookwood Champions Club" logo and "Athletics, Academics and Personal Responsibility"
- 2<sup>nd</sup> year – jacket with similar logo as t-shirt
- 3<sup>rd</sup> year – engraved watch: "Brookwood Champions Club" and the year the award is given

## MYRTLE BEACH TEAM CAMP

**July 19-25 -- A team camp for our elite runners. This will include the following...**

1. Top 20 in MB Time Trial (June 27) plus next 4 best 9<sup>th</sup> graders in that trial.
2. In addition to being in the top 20 or in the top 4 9<sup>th</sup> graders, must have been to at least 9 practices through June 25<sup>th</sup>.

## BREVARD DISTANCE RUNNERS CAMP

**July 6-12 -- A camp for individual runners, any level.** Go to [brevarddistancerunnerscamp.com](http://brevarddistancerunnerscamp.com) if interested.

## **NEW YORK TRIP**

### **We will attend the Manhattan Invitational (Oct. 11)**

1. Our top 5 runners average 16:30 or under at the time trial on August 19<sup>th</sup>.
2. If we qualify as a team, we will invite individuals who run 17:20 or under on the time trial on August 19<sup>th</sup>.

# SUMMER TRAINING

*"Autumn holds no secrets about how summer was spent."*

The team concept at Brookwood is complex. At some schools, a runner meets his teammates in September when they start a competitive schedule. Here at Brookwood, we have a different and unique opportunity as well as responsibility. The "team" to a Bronco runner is much more advanced. As an individual, a Bronco runner uses the team as a motivator, a challenger and a re-enforcer of positive ideals and training goals. A Bronco understands that his ultimate running ability depends not only upon him, but also upon the relationship he develops with teammates. Understand what is expected of you as a member of a long line of championship performers. The opportunity is obvious...train with the best and you will be the best. Work hard together; have fun together; dream together.

## Reminders...

1. Our **training philosophy** depends on the work we do in the **summer** – follow the mileage prescribed for you. Take personal responsibility for your individual success and we will succeed as a team.
2. **Log your miles at [www.running2win.com](http://www.running2win.com)!** Record the mileage, time, course, etc. More data is good!
3. As you head out to your camps, retreats and vacations...**stay on schedule with your running!** We can all make excuses for not doing our weekly workouts, and our opponents would like us to do just that. Great runners always find a way to follow through, even when it is difficult to do so. Your ultimate success is a direct result of how hard you work over the summer!
4. We use mileage to measure the work we do, especially in the summer. **Keep up with the schedule.**
5. We train hard roughly every other day. Build endurance with long and easy mileage in between harder practices.
6. Do one long run each week – approximately 20-30% of that week's mileage.
7. Recruit others; encourage your teammates to improve; invite them to run with you. We will all be better for your leadership.

**ATTENTION:** A group of guys (ALL ability levels welcome!) will meet at BHS to run on non-practice days every Tuesday and Thursday at 8:00 in the morning. For weekend long runs, get together as much as possible as well – get off the roads (parks with trails: Yellow River, Little Mulberry, Stone Mountain, Tribble Mill, etc.).

## Mileage Log – online at [running2win.com](http://running2win.com)

Attached, you will find instructions on how to access our group on [running2win.com](http://running2win.com). Log your mileage regularly so that your coaches can monitor your activity.

- **COUNT EVERYTHING** – warm-ups, workouts, mileage, cool-downs, etc.
- We will use a **Monday through Sunday** week, and the previous week's mileage must be logged by the following Wednesday. Eligibility for meets and awards depend on you recording this mileage!
- This is also a great way to **communicate** with coaches and teammates to get together or to ask questions.

## Summer Practice Dates

Summer workouts are not mandatory to make the team; however, being able to earn a varsity letter is easier if you attend. 90% of our team will meet at the Brookwood Track all summer. If you are gone for a week, that's okay. Keep up with mileage and log it as soon as you return.

We will meet at 8:00 a.m. at the front of Brookwood High. Practice will last 1 1/2 hours at the most.

- June 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27
- **NO OFFICIAL PRACTICE WEEK OF JULY 4<sup>th</sup>!** (dead week, declared by state legislature)
- July 7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30, August 1, 4, 6, 8
- School starts August 11<sup>th</sup>. Practice will be every weekday after school: 2:30-4:00 p.m., Monday–Friday.

Get together with the group on Tuesdays, Thursdays and Saturdays also...see "ATTENTION" under "Reminders."

**Mileage and Off Season Running Program** (see attached Varsity, Top JV and Beginner schedules for details)

We will do **workouts** at practice. Once a week, do a **long run**. On your own, work on endurance training (easy and long runs). These "easy" miles are important, they prepare your body for harder training, and help you recover from our workouts.

Mileage needs to be run at a relatively easy, comfortable pace. Often considered a pace at which you could carry on a conversation, approximately 1:30 to 2:00 slower per mile than 5k race pace. Add short (80-100m) **strides** (accelerations) at the end of long and easy runs.

**Remember!** Arrange to meet your teammates for easy runs away from practice (Tues, Thurs, Sat – 8:00 at school!). If we work together as a team, we will succeed as a team.

## Varsity Runners:

SUMMER GOAL = 11 weeks, **700 MILES** (average of 64 miles per week) (Questions? Ask your coach!)

This schedule is for seasoned junior and senior athletes with varsity experience and expectations, athletes with 2-3 years of running experience. The 3 key days, **workouts** and **long runs**, are listed next to the mileage amount for each week, separated by dashes.

<u>Week</u>	<u>Mileage</u>	<u>Workout 1</u>	<u>Workout 2</u>	<u>Long Run</u>
Pre-Summer (May 19)	<b>50 miles</b> =	2-3 mile tempo run	3-4 hill repeats	10 mile long run
Week 1 (May 26) <i>Summer practices begin</i>	<b>55 miles</b> =	3 mile tempo run	4-5 hill repeats	11 mile long run
Week 2 (June 2)	<b>60 miles</b> =	2 + 2 mile tempo run	5-mile hill fartleks	12 mile long run
Week 3 (June 9)	<b>55 miles</b> =	4 mile tempo run	45-min. fartlek run	11 mile long run
Week 4 (June 16)	<b>60 miles</b> =	60-min. progression run	5-6 hill repeats	12 mile long run
Week 5 (June 23)	<b>65 miles</b> =	5 x LT miles	MB Time Trial	12 mile long run
Week 6 (June 30) <i>No "official" practice – meet with teammates at school at 8:00 each day!</i>	<b>60 miles</b> =	60-min. progression run	6-7 hill repeats	12 mile long run
Week 7 (July 7)	<b>65 miles</b> =	6 x LT miles	7-mile hill fartleks	13 mile long run
Week 8 (July 14)	<b>70 miles</b> =	5 mile tempo run	7-8 hill repeats	14 mile long run
Week 9 (July 21) <i>Myrtle Beach</i>	<b>65 miles</b> =	6 x LT miles	60-min. progression run	13 mile long run
Week 10 (July 28)	<b>70 miles</b> =	5 mile tempo run	7-8 hill repeats	14 mile long run
Week 11 (Aug 4) <i>School and daily practice starts next week</i>	<b>75 miles</b> =	6 x LT miles	7-mile hill fartleks	15 mile long run

- For **timed workouts** (indicated in minutes) and **for figuring mileage by time**, estimate mileage *conservatively*: varsity guys: 7:30/mile, JV: 8:00/mile, Beginners: 9:00/mile.
- Record all of your running! Keep track of your mileage on [www.running2win.com](http://www.running2win.com) (see attached instructions).
- We will do workouts together at summer practices – but these are subject to change. On days when we don't have practice, run comfortably, enough to equal the weekly mileage amounts.
- Check with Coach Dehnke if you want to do more than this.

- KEY:** LT Miles – run at tempo pace (approximately 20-30 seconds slower than 5k race pace) for 1 mile; rest 1 minute, repeat; jog easy for 5-10 minutes before and after the workout; “LT” stands for lactate threshold
- Tempo Run – run at tempo pace (approximately 20-30 seconds slower than 5k race pace) steadily; jog easy for 5-10 minutes before and after the workout
- Hill Fartleks – during a steady mileage run, run hard up the hills (with good, upright form) and run easy on the flats and downhills; this should be a steady run – no stopping; jog easy for the first and last 5 minutes of the run
- Hill Repeats – find a good hill, approximately 100-200m in length; run hard up the hill; jog easy or walk down the hill, repeat; jog easy for 5-10 minutes before and after the workout
- Fartleks – during a steady mileage run, run hard for an interval of time, then easy for the same interval; repeat with the designated time periods (usually the intervals will be 1:00 to 5:00 in duration); jog easy for 5-10 minutes before and after the workout
- Progression Run – during a steady mileage run, after running easy for the first 10-15 minutes, pick up the pace a little every 5 or 10 minutes until you are running close to “tempo pace” (see “Tempo Run” above for a definition); run easy for the last 5-10 minutes of the run.

*Questions about these workouts? See Coach Dehnke*

## Top JV Runners:

SUMMER GOAL = 11 weeks, **450 MILES** (average of 41 miles per week) (Questions? Ask your coach!)

This schedule is for athletes with 1-2 years of experience, sophomores and juniors looking to help score on the JV level, travel with the team to big meets, and as a step toward being a varsity runner. The 3 key days, **workouts** and **long runs**, are listed next to the mileage amount for each week, separated by dashes.

<u>Week</u>	<u>Mileage</u>	<u>Workout 1</u>	<u>Workout 2</u>	<u>Long Run</u>
Pre-Summer (May 19)	<b>30 miles</b> =	2 mile tempo run	1 day of 3-4 hill repeats	6 mile long run
Week 1 (May 26)	<b>35 miles</b> =	2 mile tempo run	3-4 hill repeats	7 mile long run
	<i>Summer practices begin</i>			
Week 2 (June 2)	<b>40 miles</b> =	2 + 1 mile tempo run	4-5 hill repeats	7 mile long run
Week 3 (June 9)	<b>35 miles</b> =	2 mile tempo run	30-min. progression run	7 mile long run
Week 4 (June 16)	<b>40 miles</b> =	3 mile tempo run	5-6 hill repeats	8 mile long run
Week 5 (June 23)	<b>45 miles</b> =	3 x LT miles	MB Time Trial	9 mile long run
Week 6 (June 30)	<b>35 miles</b> =	45-min. progression run	5-6 hill repeats	8 mile long run
	<i>No "official" practice - meet with teammates at school at 8:00 each day!</i>			
Week 7 (July 7)	<b>40 miles</b> =	4 x LT miles	4-mile hill fartleks	9 mile long run
Week 8 (July 14)	<b>45 miles</b> =	2 + 2 mile tempo run	6-7 hill repeats	9 mile long run
Week 9 (July 21)	<b>40 miles</b> =	5 x LT miles	45-min. progression run	9 mile long run
	<i>Myrtle Beach</i>			
Week 10 (July 28)	<b>45 miles</b> =	3 + 2 mile tempo run	6-7 hill repeats	10 mile long run
Week 11 (Aug 4)	<b>50 miles</b> =	5 x LT miles	5-mile hill fartleks	10 mile long run
	<i>School and daily practice starts next week</i>			

- For **timed workouts** (indicated in minutes) and **for figuring mileage by time**, estimate mileage *conservatively*: varsity guys: 7:30/mile, JV: 8:00/mile, Beginners: 9:00/mile.
- Record all of your running! Keep track of your mileage on [www.running2win.com](http://www.running2win.com) (see attached instructions).
- We will do tempo and hill workouts together at summer practices – but these are subject to change. On days when we don't have practice, run comfortably, enough to equal the weekly amount.
- Check with Coach Dehnke if you want to do more than this, but not the varsity level, and we'll make adjustments.

**KEY:** LT Miles – run at tempo pace (approximately 20-30 seconds slower than 5k race pace) for 1 mile; rest 1 minute, repeat; jog easy for 5-10 minutes before and after the workout; "LT" stands for lactate threshold

Tempo Run – run at tempo pace (approximately 20-30 seconds slower than 5k race pace) steadily; jog easy for 5-10 minutes before and after the workout

Hill Fartleks – during a steady mileage run, run hard up the hills (with good, upright form) and run easy on the flats and downhill; this should be a steady run – no stopping; jog easy for the first and last 5 minutes of the run

Hill Repeats – find a good hill, approximately 100-200m in length; run hard up the hill; jog easy or walk down the hill, repeat; jog easy for 5-10 minutes before and after the workout

Fartleks – during a steady mileage run, run hard for an interval of time, then easy for the same interval; repeat with the designated time periods (usually the intervals will be 1:00 to 5:00 in duration); jog easy for 5-10 minutes before and after the workout

Progression Run – during a steady mileage run, after running easy for the first 10-15 minutes, pick up the pace a little every 5 or 10 minutes until you are running close to “tempo pace” (see “Tempo Run” above for a definition); run easy for the last 5-10 minutes of the run.

*Questions about these workouts? See Coach Dehnke*

## **Beginning Runners:**

SUMMER GOAL = 11 weeks, **300 MILES** (average of 27 miles per week) (Questions? Ask your coach!)

This schedule is for beginning runners with less than 1 year of running experience. The 3 key days, **workouts** and **long runs**, are listed next to the mileage amount for each week, separated by dashes.

<u>Week</u>	<u>Mileage</u>	<u>Workout 1</u>	<u>Workout 2</u>	<u>Long Run</u>
Pre-Summer (May 19)	<b>20 miles</b> =	1 mile tempo run	3-4 hill repeats	4 mile long run
Week 1 (May 26) <i>Summer practices begin</i>	<b>22 miles</b> =	1 mile tempo run	3-4 hill repeats	4 mile long run
Week 2 (June 2)	<b>25 miles</b> =	1 mile tempo run	4-5 hill repeats	5 mile long run
Week 3 (June 9)	<b>20 miles</b> =	2 x LT miles	4-5 hill repeats	5 mile long run
Week 4 (June 16)	<b>25 miles</b> =	2 x LT miles	3-mile hill fartleks	5 mile long run
Week 5 (June 23)	<b>30 miles</b> =	1.5 mile tempo run	MB Time Trial	6 mile long run
Week 6 (June 30) <i>No "official" practice - meet with teammates at school at 8:00 each day!</i>	<b>25 miles</b> =	30-min. progression run	4-5 hill repeats	6 mile long run
Week 7 (July 7)	<b>30 miles</b> =	2 x LT miles	4-5 hill repeats	6 mile long run
Week 8 (July 14)	<b>32 miles</b> =	2 mile tempo run	4-5 hill repeats	6 mile long run
Week 9 (July 21) <i>Myrtle Beach</i>	<b>35 miles</b> =	2 x LT miles	30-min. progression run	7 mile long run
Week 10 (July 28)	<b>32 miles</b> =	2 mile tempo run	4-5 hill repeats	7 mile long run
Week 11 (Aug 4) <i>School and daily practice starts next week</i>	<b>40 miles</b> =	2 mile tempo run	4-5 hill repeats	8 mile long run

- For **timed workouts** (indicated in minutes) and **for figuring mileage by time**, estimate mileage *conservatively*: varsity guys: 7:30/mile, JV: 8:00/mile, Beginners: 9:00/mile.
- Record all of your running! Keep track of your mileage on [www.running2win.com](http://www.running2win.com) (see attached instructions).
- We will do tempo and hill workouts together at summer practices – but these are subject to change. On days when we don't have practice, run comfortably, enough to equal the weekly amount.
- Check with Coach Dehnke if you want to do more than this, but not the top JV level, and we'll make adjustments.

**KEY:** LT Miles – run at tempo pace (approximately 20-30 seconds slower than 5k race pace) for 1 mile; rest 1 minute, repeat; jog easy for 5-10 minutes before and after the workout; "LT" stands for lactate threshold

Tempo Run – run at tempo pace (approximately 20-30 seconds slower than 5k race pace) steadily; jog easy for 5-10 minutes before and after the workout

Hill Fartleks – during a steady mileage run, run hard up the hills (with good, upright form) and run easy on the flats and downhill; this should be a steady run – no stopping; jog easy for the first and last 5 minutes of the run

Hill Repeats – find a good hill, approximately 100-200m in length; run hard up the hill; jog easy or walk down the hill, repeat; jog easy for 5-10 minutes before and after the workout

Fartleks – during a steady mileage run, run hard for an interval of time, then easy for the same interval; repeat with the designated time periods (usually the intervals will be 1:00 to 5:00 in duration); jog easy for 5-10 minutes before and after the workout

Progression Run – during a steady mileage run, after running easy for the first 10-15 minutes, pick up the pace a little every 5 or 10 minutes until you are running close to “tempo pace” (see “Tempo Run” above for a definition); run easy for the last 5-10 minutes of the run.

*Questions about these workouts? See Coach Dehnke*

## A Parent's Guide to Cross Country

### What is Cross Country?

- Long distance running; a team sport.
- Not held on a fixed track like athletics, AKA track and field.
- Athletes usually race across open terrain; golf courses, steeplechase courses; most often through a combination of woods, fields and always a hill or two, or three, etc.
- Course distances and terrains differ for each race.
- There are no national or world or Olympic records for this sport.

### What Distances are normally run?

- The National Federation of High School Associations has set a minimum distance of 2.5K and a maximum of 5K for cross country races, not to be confused with training distances that can be greater.
- Most of Brookwood's races will be 5Ks, or 3.1 miles.

### Scoring

- Cross country scoring is different from most sports, that is, the lowest score wins.
- A cross country team usually consists of seven athletes. As each athlete finished the race, he/she is given a place card while in the chutes. This card is given to the coaches as soon as possible after the race, to be turned in to the judges.
- The places of the first five athletes for each team are added together to determine the team score. In the event of a tie, the team with a higher-finishing 6<sup>th</sup> place runner is the winner.
- It is important for the team to run as close together as possible. For example, a finish of 1, 3, 4, 6 and 83, a score of 97, will lose to a team finishing 16, 17, 19, 21, 23, with a score of 96.

### Training

- Practice sessions are scheduled at school after dismissal from classes. Check the schedule provided for specific details.
- Practice runs are comprised of conditioning drills and runs of different distances through school neighborhoods.
- Training is always supervised by the Cross Country Coaching Staff, assisted by upper classmen.
- If an athlete has not been training on a regular basis, he will probably experience muscle soreness and various aches and pains. Feel free to discuss these cases with the coach. His experience is invaluable in addressing these problems and your concerns.

### Nutrition

- There are two main things to remember, WATER, lots of it, and foods, which are EASY to digest, primarily carbohydrates. Experienced athletes often speak of carbo-loading prior to a race, with foods such as pasta, rice, pancakes, etc.

### Cross Country Meets

- Cross country meets are normally scheduled after school and on Saturday mornings. Meets may last a few hours or all day, depending on the organization and number of entries. Please check the schedule that will be provided for specific meet locations and times.
- Races are often divided by age group or divisions:
  - V Boys – Varsity Boys – Top 7
  - V Girls – Varsity Girls – Top 7
  - JV Boys – Junior Varsity Boys – Unlimited
  - JV Girls – Junior Varsity Girls – Unlimited
  - 9<sup>th</sup> Grade Boys – 9<sup>th</sup> grade Boys – Unlimited
  - 9<sup>th</sup> Grade Girls – 9<sup>th</sup> grade Girls - Unlimited
- Transportation to and from meets will be provided in most instances.
- Cross Country is not the typical spectator sport, because you cannot see the entire race from one location. Spend a few minutes prior to the start of the race to pick your "spot," and remember: cheering for Brookwood is required!

# Brookwood Boys XC – 2008 Schedule

## A Tradition of Excellence

*2007 State Runners-up  
State Champions: 1989, 1994, 1995, 1997, 1998, 2001, 2002, 2003*

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<b>Date</b>	<b>Event/Meet</b>	<b>Location</b>	<b>Time</b>	<b>Who?</b>
6/27	Myrtle Beach Time Trial	Brookwood HS	8:00 AM	Everyone
8/16	Team Time Trial	Brookwood HS	7:00 AM	Everyone
8/19	Booster Club Meeting and Athletes	Brookwood HS	6:30 PM	All Parents
8/23	Stage Races	River Green, Duluth	TBA	Top 20 in summer mileage
9/11	Dual Meet w/Mill Creek Carrollton	Little Mulberry Park	TBA	All not going to
9/13	Carrollton Invitational* overnight	Carrollton, GA	TBA	Top 20,
9/20	Gwinnett Co. Championships	River Green, Duluth	TBA	Everyone
9/27	UT Volunteer Classic*	Knoxville, TN	TBA	Top 24, overnight
9/27	Peachtree Ridge Invitational to UT	River Green, Duluth	TBA	Everyone not going
10/7	Triad w/Grayson, Parkview Manhattan	Tribble Mill Park	TBA	All not going to
10/11	Manhattan Invitational* qualifying	New York, NY	TBA	Depends on
10/18	Coach Wood Invitational	Gainesville, GA	TBA	Everyone
11/1	Region 8-AAAAA Championships	TBD	TBA	Everyone
11/8	State AAAAA Championships	Carrollton, GA	TBA	Varsity
12/1	Brookwood XC Banquet and Athletes	Brookwood HS	6:30 PM	All Parents

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\*Overnight trip costs will be released prior to each trip.

**This schedule is subject to change.** Look for a finalized schedule in August.

More detailed information will be available at our website: [www.brookwoodxc.com](http://www.brookwoodxc.com).

## **Brookwood XC Running Log – [www.running2win.com](http://www.running2win.com)**

Instead of using a paper mileage log system, we will be using an online site, which enables me to monitor mileage without paper waste. Please see the directions below, as athletes **MUST** use this system in order to be eligible for summer awards. Record each day's mileage by the following Wednesday for it to be counted. After that time, it will not be counted. Let me know if you've got questions or if you need help.

-Coach Dehnke

Here are **directions**, telling you how to **register and join** the Brookwood Boys Distance team within the running2win community.

1. Go to this website: [www.running2win.com](http://www.running2win.com).
2. Click on the red "Register Free" box near the top of the page.
3. Create a username and password (usernames must be school-appropriate), and fill in the information requested.
4. At the bottom of the page, click on the blue box labeled, "Register my running2win account."
5. Click on the "Teams" link in the blue header at the top of the page.
6. Then click on "Request to join a running2win team" under the heading "Join a team."
7. Enter this ID in the "Team ID" box: **T-9494071211-05**, and click "Submit request"
8. If that doesn't work for you (step 7), click "Find a team," scroll down until you find "Brookwood Boys Distance," and click the "Request to join" link.
9. I'll receive an email, and I'll add you to our "team" – it's that easy!

Once you've registered and joined our team:

1. Daily, **enter your mileage** run or your workout totals, with as much detail as you want by clicking "log today's run" in "my logbook," then add the details.
2. **View team** running totals, notes, messages, forum posts, etc. by clicking on "Teams" along the top, then "Brookwood Boys Distance" under the heading, "Teams I'm on."
3. Use "**r-mail**" to communicate with me or your teammates, or post on the forum.
4. Check out your teammates' mileage totals by clicking on their calendar icon next to their name on the team page.

REMEMBER to keep up with this regularly: if not daily, record your mileage here every couple of days, and **NO LATER** than the following Wednesday, if you want it to count for awards and meet eligibility.

Questions? Trouble getting signed up? See Coach Dehnke for help!