



Snack Table at meets: The Tumwater High School Booster Club will only be providing snacks for the high school team this year. It would be nice to have some light snacks for our kids to also have under our tent at meets. Juice, fruit, granola bars, etc. If you do not plan on being at the meet, you can send items with your child to share or drop off at the BMS office. There is no obligation to sign up, but should you wish to help- a sign up form will be sent out soon.

BMS XC Spirit Wear: The link to order hoodies and tshirts will be available soon. These items are always optional, but kids generally love wearing their hoodies to school and at meets to show their XC spirit!

Athlete Expectations:

1. Have fun while maintaining high standards for yourself.
2. Be a positive representative of Bush Middle School and our Tumwater community.
3. Maintain academic grades and school work.
4. Follow the coach's instructions at all times.
5. Be dedicated to both team and personal improvement.
6. Be an inclusive, positive teammate.
7. Display good sportsmanship at all times.

Attendance:

1. **If unable to attend a practice or event, runners must contact the coach in advance.**
2. Excused absences include medical or dental appointments, school functions, funerals, church, and illness. The coach will make the final decision on whether or not to excuse an absence due to illness.
3. Runners are expected to be in school on the day of practice or meet.
4. Runners must attend 8 practices before the first meet on October 17th to be eligible to compete.

Away meet protocol: We will ride to and from all meets with the Tumwater High School team and coaches. Middle schoolers compete first and then will be encouraged to cheer on high school runners. Athletes may only leave away meets with a family member if a completed permission form ([Travel Release](#)). *Home meets are at Pioneer Park and do not require a travel release form.

Top 10 BEST things about Cross Country

1. It's FUN!!!! Our athletes work hard, but they have a great time!
2. There is no bench in cross country. Everyone competes and everyone contributes to the success of the team! This is also true for the high school XC team!
3. It teaches you discipline. Discipline is just the difference between what you want now and what you want most!
4. It will increase your fitness and endurance, which is perfect preparation for other sports!
5. It teaches you to set goals and to appreciate the process involved in accomplishing your goals.
6. You get to be a valuable member of a team, no matter how fit or fast you are. Every athlete has an important role to play in the success of our team.
7. Meet new people and make great friends who provide great support and are always in your corner!
8. Your success can be measured in many ways. You can compete against your own past times or you can compete against other athletes. You don't have to be fast to be successful, you just have to be willing to work hard!
9. You get to find your limits, and then push past them!
10. Did I mention.....It's FUN!!!!

XC Commonly Asked Questions:

What do I need to bring with me to practice?

1. QUALITY running shoes are most important. I highly recommend getting fitted for a pair of shoes at Fleet Feet. Good running shoes are key to injury prevention during the season.
2. Watch or phone to track time. Phones must be kept in a running belt or running armband holder.
3. Water bottle.
4. Weather-appropriate athletic clothes.

*Tip: Use a waterproofing spray on shoes. Kids run through a lot of rain and puddles. It's no fun to wear wet shoes the next day.

What will I do besides run? Every practice will include strength conditioning, mobility (stretching, injury prevention exercises). Running is a full-body sport that requires strength and flexibility to perform well and prevent injury. We will have a variety of running workouts, drills, and occasional games!

What are the race distances?

Most high school races are 3.1 miles (5,000 meters) and most middle school races are approximately 1.5 miles depending on the course measurements.

What is a typical race course like?

Cross-country courses vary greatly. Some courses will be hilly, while other courses will be extremely flat. Most courses have a variety of terrain such as pavement, grass, dirt, gravel, etc.

What do the flags on a race course mean?

Flags help direct runners on the course. Some mean that the course turns to the left, and runners must run on the outside of the flag. Some flags mean that the course turns to the right, and runners must run on the outside of the flag. Others might signal that the course continues straight, and runners may run on either side of the flag.

Is cross country an individual sport or a team sport?

It's both! Everyone gets to compete in races as an individual. Team scores are also tallied in each race.

How are races scored?

Cross country is a little different from other sports. In cross country, the team with the lowest score wins. Each runner that is on a team (at least five runners are needed to be considered a team) earns points based on finish position. The runner in first place gets 1 point and the runner in second place gets 2 points and so on. Team scores are determined by adding the scores of the top five finishers from each team. The 6th and 7th runners from each team are called pushers. Their scores don't count in the team score, but they can help to increase other team scores by finishing ahead of any of the top 5 runners from other teams.

Will there be a lot of long runs? What if I am not able to run as far?

No problem! I will set up a training program suited to your ability level. We train based on TIME, not DISTANCE. Some team members might run further within a given time frame. Everyone on the team will be working hard to increase their ability levels.

I hear people talking about PRs. What does PR mean?

A PR is a personal record. We keep track of PRs to see progress and to give each runner something to shoot for. It's a great feeling when you achieve a personal record!

Cross Country Vocabulary

- INVITATIONAL MEET...a multi-team meet
- TOP 7...the scoring members of a Cross Country Team
- COURSE...the marked and measured route of the race
- STARTING BOX...designated area to which a team is assigned on the starting line
- FALSE START...leaving the starting line before the gun sounds
- FINISH CHUTE...a rope bordered funnel past the finish line that moves runners into their single file order of finish.
- PACE...running speed over a particular distance • SURGE...a tactical increase in pace during the race
- KICK...a burst of speed at the finish of the race
- PACK...a group of runners in close proximity
- PERSONAL RECORD (PR)...best ever performance on a given course
- WARM-UP...a running and stretching routine that gradually warms up the body for intense running.
- COOL-DOWN...a jogging/walking routine that allows the muscles to purge themselves of lactates and the body to gradually lower its temperature to normal.
- WORKOUT...a daily training session

Training and Pace Guide:

Easy: You can hold a conversation, jog pace

Tempo: Fast than your easy pace and you maintain it throughout the run

Fartlek: A Swedish word meaning “speed play.” Effort and pace varies throughout the run as part of the workout

Hill Repeats: A workout involving running repeated