

# Petersburg High School Cross Country



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## Welcome!!

Coach Thompson and Coach Eddy are ready for another great year and we welcome you into the fold. This handbook is just a short guide to line out some of the things we have shared with runners for years.

We'd like to start by telling you how much we both have loved running and athletics in general our whole lives. We both played (maybe LIVED to play) basketball here in Petersburg and Coach Eddy was also a XC and Trackster at PHS (there was no running at PHS when Thompson attended).

Coach E went on to run in college at Eastern Oregon and has done dozens of competitive races as an adult including the Portland Marathon. Thompson didn't really start running until he was 26 (first marathon), and has done marathons and triathlons including the Boston Marathon in 2007 and The Alaskan Extreme Triathlon in Seward in 2017. I think we both agree, you just gotta keep moving!!

We hope to share our love of running and athletics and maintaining great health in general with all of our runners and parents. We are always excited by the new running year and hope we can work hard and have a ton of fun (and muffins!).

### ***Rules and Regulations***

The official distance of a high school cross country meet is actually between 2500 and 5000 meters, or 1.5 to 3.1 miles. For our dual, invitational, regional and state meets we will be racing the 5000 meter distance.

As cross country is a TEAM sport, runners score according to their placing. That is, if a team's first five runners (the scorers) place 2<sup>nd</sup>, 4<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, and 13<sup>th</sup>, their team score is  $2+4+10+12+13=41$ .

The team with the LOWEST score is the victor.

The runners on a team who finish in the 6<sup>th</sup> and 7<sup>th</sup> spot do not score points, but do increase the overall running placement of runners from other teams behind them.

If two teams tie for lowest points, it is the placement of each team's 6<sup>th</sup> runner that determines which team wins. If one team only has five runners, then the team with the 6<sup>th</sup> runner will be the winner in that scenario.

What is key to the last three paragraphs, is that cross country is a team sport and ALL SEVEN runners can make the difference between a team win or loss.

### ***(Rules and Regulations continued)***

At the beginning of a race each team will be assigned a position along the starting line. At the finish, your time will be recorded when your torso crosses the finish line (not your foot or head or hand).

You must wear the team uniform during the race including team approved shorts or tights. There are regulations on the size of the brand logos. Socks can be of any color and style. If you wear a cap to begin race, you must finish with the cap.

You will be disqualified for false starts, interfering with other runners, using foul language or exhibiting unsportsmanlike behavior, receiving assistance from another person or competitor, or fail to complete the defined legal course.

### **Viking Cross Country Team Philosophy**

*Prepare/Process/Persevere/Produce*

**Prepare:** In a nutshell, our philosophy is that “The quantity and quality of anything you receive is directly proportional to the quantity and quality you put into it.” It’s really a mathematical equation....

QUALITY INPUT = QUALITY OUTPUT

Running is a year-round sport if you really want to fulfill your potential, become the faster version of you. We often think of cross country as the preseason for track, and track the preseason for cross country. Taking December off to rest is ok.

**Process:** When we talk to our student athletes about training or school, we present it the same way. You shouldn’t go into your high school physics final without putting in a large quantity of consistent, focused, and well planned out work. The same is true for running—you have to build your base and work on different parts of your running (form, speed, endurance, strength, mental toughness). Our process is our training program which will be a little different for each runner, but as we often say, “Our goal isn’t just to make you faster, it’s to make you faster LONGER.”

**Persevere:** Things get tough. Running is hard.

You may have read the t-shirt that says, “Our sport is your sport’s punishment.” Running is more than physically tough, it’s mentally tough. I’m not taking anything away from other sports, but the fact is, during a cross country race there are no halftimes, no timeouts, and no substitutions. Your race is over when you cross the finish line, and you need to sustain your speed and mental strength for 15 to 20 to 25 minutes depending on how fast you are. Things get tough. Running is hard.

**Produce:** Goals drive us. It is beneficial and healthy to put realistic goals out there for us to aspire to. And sometimes it is important to put even higher goals out there, the old “shoot for the stars” analogy. This is the idea of production after all the preparation is done. But your goal doesn’t have to be the Olympics or State Championships. Great goals can be producing better times, being consistent in your training schedule, eating better nutrient dense foods, feeling better—being a better YOU! More on goals later, including the difference between process, outcome, and performance goals (POP).

## **ACADEMIC/ELIGIBILITY REQUIREMENTS BP 6145 Extracurricular and Co-Curricular Activities**

### **Eligibility Requirements for Petersburg High School Students**

In order to participate in extra/co-curricular activities, students in grades 6 through 12 must demonstrate satisfactory educational progress in meeting the requirements for graduation.

**AR 6145 Extracurricular and Co-Curricular Activities - Petersburg High School** Students participating in any high school-sponsored activity must have no “F’s” and/or no “D’s” and/or no “I’s” in any enrolled course on the most recent grade check in order to be eligible for competition and travel.

A student who is deemed ineligible on their most recent grade check has the ability to petition the principal/activities director 7 calendar days after the most recent grade check in order to regain eligibility during that current 2-3-week grade check period. It is the student’s responsibility to complete an academic petition form and present their case after 7 calendar days of ineligibility.

The Petersburg School District Activities/Athletics Department inspires champions today and prepares leaders for tomorrow by providing an excellent environment allows student-athletes to achieve their highest academic, activity/athletic and personal aspirations.

Students receiving an incomplete will remain ineligible until it is replaced by a letter grade. Eligibility will be determined at the next scheduled grade check. A student who is ineligible at the end of the fourth quarter will remain ineligible until the 1<sup>st</sup> grade check of the following school year. Students may attend practice during periods of ineligibility and over the summer.

The Superintendent or designee may revoke a student's eligibility for participation in extra/co-curricular activities when a student's poor citizenship is serious enough to warrant loss of this privilege.

### **Team Rules**

**Practices:** These are extremely important in terms of physical training and team building. Practice times in the summer will be different than when school starts, but they are required if you want to participate in meets and travel. You should be to practice at least 5 minutes BEFORE the scheduled time so that we can begin, and thus end, on time. We take attendance, as well as whether a runner is late. If you must miss a practice, you MUST contact both Coach T and Coach E that you won’t be there well BEFORE practice time. Unexcused absences will be recorded and if they are in excess you’ll be dropped from the roster (this rarely happens). There are three phases to practices, the warm up, the drills and training, and the core and cool down. Each part is important.

Academics: You must maintain grades in accordance to the PHS policies as well as the State of Alaska hand book from AASA. If your grades are too low you will not be eligible to travel, sometimes not even allowed to practice and that will be an unexcused absence.

Travel: We provide a very detailed itinerary for each trip outlines what we will do and when for each day gone. In addition to that PHS has a set of guidelines for student travel that must be followed. The bottom line for travel is that we are representatives of our school and community and will exhibit the best behavior and attitudes. The coaches will be helping you make decisions during the trips and if any school rules are violated runners may be sent home immediately at their own cost.


Meets: Be respectful, be there as scheduled, show GREAT sportsmanship, encourage your team mates and others. You must show up to meets already in your uniform with the necessary shoes and other gear. We warm up as a team and support each other during these races.

Nutrition: We will discuss this a lot during the season, but our emphasis is on have a nutrient dense diet. If you want to have a well running machine, you fuel it properly. Please stay away from sodas, processed junk food, too many sweets and candy, etc. Eating healthy makes a difference just as does getting good sleep each night. The best athletes in the world understand and follow these principles.

Being a good Teammate: Support each other. Cross county is a team sport and every single runner is important. Treat each other well, like a family, a family you like.

### Training Philosophy

As you will see as we move through the season, our goal is not just to make you fast, but to make you faster longer. Your 100 meter times from the beginning to the end of the season may only vary slightly, maybe not change at all because much of a 100 meter sprint is just pure talent. In distance running we are building endurance, the ability to run faster and more efficiently over a longer period of time. We will include long slow distance runs (LSD), hill running, tempo runs, intervals, and fartleks to build you up as runners. Having a good base is important and thus those of you who have run for weeks or months over the summer will be ahead of the game. We will have hard weeks and easier weeks, long practices and short, but our goal is to prepare you for a 5000 meter race (3.1 miles) that you can run successfully and when finished know that you have given it your full effort. We LOVE one mile time trials each week to help gauge progress. We have different ZONES we will ask you to run in depending on the kind of workout or recovery run we are doing. We have included a chart to give you a reference to those zones.

<b>Maximize Performance</b>	<b>5 MAXIMUM</b> 	90-100% 171-190 bpm	Less than 5 minutes	<b>Benefits:</b> Increases maximum sprint race speed <b>Feels like:</b> Very exhausting for breathing and muscles <b>Recommended for:</b> Very fit persons with athletic training background
<b>Improve Fitness</b>	<b>4 HARD</b> 	80-90% 152-171 bpm	2-10 minutes	<b>Benefits:</b> Increases maximum performance capacity <b>Feels like:</b> Muscular fatigue and heavy breathing <b>Recommended for:</b> Fit users and for short exercises
<b>Lose Weight</b>	<b>3 MODERATE</b> 	70-80% 133-152 bpm	10-40 minutes	<b>Benefits:</b> Improves aerobic fitness <b>Feels like:</b> Light muscular fatigue, easy breathing, moderate sweating <b>Recommended for:</b> Everybody for typical, moderately long exercises
	<b>2 LIGHT</b> 	60-70% 114-133 bpm	40-80 minutes	<b>Benefits:</b> Improves basic endurance and helps recovery <b>Feels like:</b> Comfortable, easy breathing, low muscle load, light sweating <b>Recommended for:</b> Everybody for longer and frequently repeated shorter exercises
	<b>1 VERY LIGHT</b> 	50-60% 104-114 bpm	20-40 minutes	<b>Benefits:</b> Improves overall health and metabolism, helps recovery <b>Feels like:</b> Very easy for breathing and muscles <b>Recommended for:</b> Basic training for novice exercisers, weight management and active recovery



## Previous Years, Runners, Times

### Top Runners 2012-2019

- 2012 Grace Weller Region 5 Runner Up
- 2013 Grace Weller 20:40 Region 5 Runner Up  
Tucker Hagerman 18:17
- 2014 Kayleigh Eddy 21:11  
Daniel Holmberg 18:25
- 2015 Kayleigh Eddy 22:06  
Tucker Hagerman 18:01
- 2016 Kayleigh Eddy 21:04  
Nathaniel Lenhard 18:07
- 2017 Maia Cowan 20:13 Region 5 Champ  
Tolin Eddy 17:59
- 2018 Maia Cowan 19:31 Region 5 Champ  
Tolin Eddy 17:34
- 2019 Melanie Chase 20:38 Region 5 Champ  
Uriah Lucas 17:18 Region 5 Runner Up

### Team Finishes 2012-2019

- 2012 Girls 3A 3<sup>rd</sup> Place Regions 9<sup>th</sup> Place State  
2012
- 2013 Girls 3A 1<sup>st</sup> Place Regions  
2013
- 2014 Girls 3A 2<sup>nd</sup> Place Regions  
2014 Boys 3A 2<sup>nd</sup> Place Regions
- 2015 Girls 3A 1<sup>st</sup> Place Regions  
2015
- 2016 Girls 3A 1<sup>st</sup> Place Regions  
2016
- 2017 Girls 3A 1<sup>st</sup> Place Regions  
2017
- 2018 Girls 3A 1<sup>st</sup> Place Regions

2018 Boys 3A 2<sup>nd</sup> Place Regions

2019 Girls 2A 2<sup>nd</sup> Place Regions 3<sup>rd</sup> Place State

2019 Boys 2A 1<sup>st</sup> Place Regions 2<sup>nd</sup> Place State