

# RED WING CROSS COUNTRY

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[www.gowingers.com](http://www.gowingers.com)

Philosophy – We will maintain an inclusive environment where all athletes and their contributions are valued. The coaching staff will positively motivate all athletes to set goals and do their best daily in an effort to accomplish their goals. This will require all participants to maintain a positive attitude and put forth their best effort. The verbalization of negativity will not be tolerated.

## Footwear / Equipment

Training shoes – **Comfort is the key for a “good” running shoe.**

A running shoe is strongly recommended for daily practices. Dunham’s, Famous Footwear, and the Red Wing Shoe Store carry running shoes. Many running specialty stores in the Twin Cities are also good options. Magazines and the Internet are good resources if you know what shoe and size you are looking for. A shoe costing between \$60 and \$90 is appropriate.

Our uniform partnership with Adidas also allows for shoes and spikes to be purchased from them at a reduced price. Website flyer will be sent out.

Spikes – Most varsity athletes wear racing spikes during their races. They are lighter weight and provide a faster “feel” for the runner. They are available at many of the same locations as the training shoes.

Coach Nelson has collected many pairs of used spikes that may be used by athletes. When you grow out of your spikes consider donating them for use by a future XC athlete.

Tights – If you wish to wear full length (below the knee) tights under your shorts during cold weather they must be **black**. Color does not matter if the spandex does not extend below the knee.

Undershirts – If you wish to wear a shirt under your uniform during cold weather it must be the same color as your teammates (Varsity for sure) (either short or long-sleeve). Communicate with what color everyone has.

Uniforms: you will be issued a uniform singlet and short. Be responsible and respectful of your uniform (**when you take it off at a meet put it in your bag, keep it off the ground!**). We are very fortunate to have new uniforms this season. Please care for them!

## What to bring to meets

The following are items that should be brought to every meet regardless of weather: running shoes, extra socks, sweatshirt, water bottle, spikes, racing socks, rain gear, hat / headband, gloves, toilet paper (porta potties run out!), inhaler / medications, healthy snack, money for concession stand or if we stop.

### Race preparation / warm up

60 min prior to race, jog/ walk course for 20 minutes

40 min prior to race, stretching and strides for 15 minutes

25 min prior to race, jog course back to camp for 5 minutes

20 min prior to race, at camp change shoes, socks, bathroom, etc for 10 min.

10 min prior to race, go to starting line and finish stretching and strides

### Bus and Meet Conduct

While at cross country meets, as well as traveling to and from the meet, you are representing Red Wing and the cross country coaching staff. If the meet is at a golf course, do NOT run on the greens or tee boxes and stay out of the club house. No footballs, frisbees, soccer balls, etc are to be brought to our meets.

### Practice Schedule and procedure

Before school starts practices will be at 9 – 11 AM

Locations for summer practices vary and will be included on a schedule.

During school practice will be at TBMS. 3 – 4:45

Non-school day (MEA break, etc) practice schedule will be announced.

Prior to practice we will warm up with dynamic and static exercises. After our run, athletes are expected to do 4-6 build ups, a core circuit, and a strength / agility circuit. **Practice is not over until all of these are completed.**

### Practice Attendance

All cross country athletes are expected to be at all practice sessions. If you are in school, I expect you to be at practice! Missing practices may result in the athlete being suspended from the meet or running down a level (run JV). If you know you **must** be gone from practice the student-athlete will let coach Nelson know. If you go home from school with an illness please let coach Nelson know!

### Team Captains

Team leaders will be appointed by the coaching staff. Experience, leadership ability, attitude, effort, etc will be considered. Some years we may not have a captain(s).

### Results

Results will be posted or emailed to athletes. All athletes will receive a complete results booklet at the completion of the season.

### Meet Itineraries

A day or so prior to the meet, all athletes will be emailed an itinerary for the upcoming meet. This sheet will have race times, locations, and other information regarding the meet. Athletes are to share this information with their parents. Please do not call the school for information regarding cross country meets. Coach Nelson will answer any questions you may have.

## Alexandria Trip / Fundraising

The cross country team has the unique opportunity to travel to and stay in Alexandria for a meet. We leave Friday afternoon, travel to the Arrowwood Resort, where we stay Friday and Saturday night. The race is run Saturday morning at the resort. We depart for home on Sunday morning, returning to Red Wing around 1 PM. The cost for the trip is about \$120 per athlete. This covers 2 nights lodging, bus transportation, and meals Friday night and Sunday morning. Please talk to Coach Nelson if you have further questions. We also put on 3 events during the summer to offset the costs and give kids the opportunity to earn money for the trip.

## Home Meet

We host our home invitational cross country meet on Friday, September 30th at RWHS.

## Post Meet Athlete Pick-Up

Athletes will be dropped off on non-school days and picked up after meets at RWHS

## Injuries / Hydration

A proper warm-up and pre-season conditioning can effectively reduce injuries related to distance running. Follow our stretching routine and ICE anything which hurts after your run. Take care of your body thru rest (SLEEP!), proper nutrition, and hydration. See Coach Nelson's list of nutritional suggestions. Do not attend practice if you have not have anything to eat or drink that day. As a guide for proper hydration, your urine should be clear. (not dark yellow)

Side aches – The cause of side aches while running is not totally understood. Proper posture (not hunched over), not drinking high sugar beverages before you run (dilute Gatorade by ½ with water), and not eating large meals before running, may reduce the occurrence and severity of side aches. Abdominal strengthening may also help with side aches (sit-ups and crunches). An increase in overall fitness reduces side aches.

Shin splints – Shin splints refer to lower leg pain. Proper pre-season conditioning, lower leg strengthening (toe taps) and stretching can alleviate this pain. We also try to run on soft surfaces as much as possible. If you do experience this pain, ICE after every workout.

Scoring – Most meets are scored for both varsity and JV. The top seven runners receive points based on their placing in the race. Only the top 5 places are added together to determine the team score. Low score wins. The 6<sup>th</sup> and 7<sup>th</sup> runners still hold a team place, thus they are important in adding points to our opponents score. In the case of a tie, the placing of the 6<sup>th</sup> runner is used to break the tie.

Questions - Coach Nelson's voicemail 385-4688, cell 651-380-6518 or [jhnelson@rwps.org](mailto:jhnelson@rwps.org)