

What is C.C.Y.O XC? A Co-Ed, Competitive & Educational, 6-8th Grade Cross Country Running Team

The coaches competed in high school cross country, are enthusiastic about the sport, focused on fun, positive coaching, and teaching students practical skills that will benefit them in high school.

Mission: *CCYO XC members will experience fun every day, be coached in a positive way, and learn about distance running and sportsmanship.*

Coaches' goals: that students experience the sheer joy of running, learn about sportsmanship, training, racing, and make friends with teammates.

What we will be practicing this season:

1. "ROOTS" Respect for: **R**ules-**O**pponents-**O**fficials-**T**eammates-and one's **S**elf
2. "ELM Tree of Mastery": Success is giving your best effort to master your own skills. We emphasize: **E**ffort-**L**earning-**M**istakes are O.K.
3. Warmup: Should prepare the proper muscles for strenuous activity while progressively increasing body temperature, heart rate, and range of motion.
4. Long Run: A sustained run where effort progressively increases but pace remains the same or gradually becomes slightly faster. We shouldn't finish our long runs slower than we started. We should end our long runs at the same pace as we started or even slightly faster.
5. Running workouts: various intervals of time run at different paces meant to increase a runner's aerobic & anaerobic capacities. Workouts include: short intervals, long intervals, fartleks, leprechaun runs, and threshold runs.
6. Racing techniques: different strategies aimed at performing our best over a raced distance. Techniques include: negative splits, navigation, form, and kicks.