



2020 Great Oak Cross Country

Dear Incoming 9th Grade Athlete:

I would like to personally invite you to sign up for the Cross Country (XC) team at Great Oak High School. We have an amazing program which had over 150 athletes last year and both our teams have won many **STATE CHAMPIONSHIPS!** In 2019 our girls team went on to finish 9th in the nation, while our boys were 2nd at the Nationals Championship, and in 2015 they and brought home our first **NXN National Title!**

Cross Country is a sport that encourages all athletes to be involved, improve, and work together to accomplish the goals of the team. I am often asked by incoming freshmen “What is Cross Country?” There are two answers to that question. The first one is a sport that helps develop athletes using strength training and distance running. Athletes leave our program as *better* athletes! The second answer is that XC is a family. It is an environment like no other sport, where positive motivation is the norm and athletes learn to push themselves beyond their limits. It is a sport where athletes find out what they are made of, and make amazing friends along the journey. XC is where you push yourself to the point of exhaustion, and keep going. Cross Country is a sport that teaches success in all aspects of life, and how to achieve your goals and realize your dreams. As you prepare for your next school year, consider joining a team that will help you at all levels of your high school career!



Sincerely,

Doug Soles
Head XC & Track Coach
dsoles@tvusd.k12.ca.us

Looking for more information about XC? Try our website:
<https://www.gohsathletics.com/xc>

Sign-up is located at the top of the page to join the team!

Important Team Information:

- Summer Training** - Athletes train on their own until practice begins. All athletes are highly encouraged to come into the start of the season with a solid running base.
- Practice Begins** July 13th with a time trial to decide who goes to our XC camp. The top 16 boys and top 16 girls from the 2.85 mile time trial make it to camp. *The top 4 frosh boys and 4 frosh girls from the mile time trial will also qualify to Mammoth camp if camp is held this summer.*
- Mammoth Cross Country Camp** – TBD.
- Team Beach Trip** – Usually after 3rd meet in the season at Dana Point. It is a fun BBQ with the whole family on a beautiful beach!
- Team Trips** - This season the varsity team is planning on attending overnight trips to Mammoth (XC Camp), an undecided major out of state invite, Clovis Invite, State, and NXN.
- Team Dance** – We plan to have a team Neon Dance again this year, with a DJ and a fun theme!

Please Sign-up ASAP at the GOXC website to be added to the roster!

Great Oak XC- 9th Grade Training Calendar

June/July 2020

Suggested running before the season starts is below.

Make sure to get in some push ups and crunches.



"Running is the greatest metaphor for life, because you get out of it what you put into it."

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Rest		Easy		Easy		Aerobic		Aerobic		Aerobic		Aerobic	
Rest		20-30 minutes Easy		20-30 minutes Easy		30 minutes Moderate		20-30 minutes Easy		30 minutes Easy		Long Run 30-40 minutes	
Rest		LT		Recovery		Aerobic		Aerobic		Aerobic		Aerobic	
Rest		35 minutes Fast		30 minutes Easy		35 minutes Moderate		30 minutes Easy		35 minutes Easy		Long Run 40 minutes	
Rest		LT		Recovery		Aerobic		Aerobic		LT		Aerobic	
Rest		35 minutes Fast		30 minutes Easy		35 minutes Moderate		40 minutes Easy		35 minutes Fast		Long Run 45 minutes	
Rest		LT		Recovery		Aerobic		Aerobic		Aerobic		Aerobic	
Rest		40 minutes Fast		30 minutes Easy		40 minutes Moderate		30 minutes Easy		40 minutes Easy		Long Run 45 minutes	
Rest		LT		Recovery		Aerobic		Aerobic		LT		Aerobic	
Rest		45 minutes Fast		35 minutes Easy		45 minutes Moderate		35 minutes Easy		45 minutes Fast		Long Run 50 minutes	
Rest		Race		Recovery		Fartlek		Aerobic		LT		Aerobic	
Rest		First Day of Practice! Time Trial at 7:15 am at Butterfield Stage Park		Regular Summer Practice 7:30 – 10:30 am →									

Please plan on making the time trial on July 13th, it is a lot of fun!

FAQ about the start of the 2020 Great Oak XC Season

Q. Will COVID-19 have an effect on the cross country season?

A. The truth is nobody knows what will happen with school openings, dates, times, and whether or not sports will be allowed to practice in the summer or fall as normal. We will continue to plan everything starting July 13th as normal and then adjust based on information we have. Be flexible and ready to adjust as needed.

Q. What is XC and what does it stand for?

A. XC stands for cross country. It is an aerobic sport originally designed to get track athletes in shape for the spring track season. Today it is its own sport, with a rich tradition and great opportunity for runners of all abilities to come together to form a team. Most races in the California high school season are 3 miles. Great Oak Cross Country is a very close nit group and a lot of fun for the athletes!

Q. When does practice officially start?

A. Practice begins July 13th at Butterfield Stage Park. Summer practice times are 7:30 – 10:30 am Monday – Saturday. We have our Mammoth Camp Time Trial on the 13th to determine qualifiers to Mammoth Camp (If we are able to have camp this summer). We encourage all parents and athletes to come and be a part of this day to get to know the staff, athletes, and other parents. All athletes participate in the time trial with frosh doing 1 mile and returners doing 2.85 miles. All athletes are encouraged to run consistently coming into the time trials and the season.

Q. What Paperwork do I need to have done before my child can practice?

A. All athletes must have a completed online athletics packet w/complete physical turned in before they can practice with the team. There is a link to the online packet on the athletics webpage. Download the physical form and take to a walk-in place like the Minute Clinic for a quick physical. Turn in your clearance form or physical on your first day.

Q. Where is a good place to get a physical fast & cheap?

A. Dr. Jerry Hizon's Motion Sports is a great place to go. Quick and easy. Do everything online!

<http://motionsportsmd.com/>

or

The Minute Clinic at CVS Pharmacy - Butterfield Stage & Temecula Parkway

or

US Healthworks in Murrieta lets you walk in and get a physical without an appointment.

Walk-in Clinic for a fast cheap athletic physical usually around **\$40**

US Healthworks
25285 Madison Ave. Suite 101
Murrieta, CA 92562
Phone: (951) 600-9070
Fax: (951) 600-9177
[Center Information](#)
[Map & Directions](#)
Hours: Monday - Friday
8:00am - 7:00pm

Q. My child wants to do XC, but is in a club sport. Can they do both?

A. Yes! We can usually make out a practice/meet schedule that allows athletes to do a club sport. It isn't always perfect, but it usually works well if the parents and athlete are committed to making it work. Email Coach Soles to see if it will work for your child. Many of our top athletes that have gone on to great scholarships started XC while they were still doing a club sport. As a parent, it isn't a bad thing to open as many doors to college for your child as possible at the next level. 😊

Q. We have a family vacation planned this summer. Can my child still join the team even though they will be gone for part of the summer?

A. Yes! We realize freshmen athletes will be in and out during the summer. The most important thing is to try to get their running in while they are gone if possible. We work with vacation schedules. Varsity level athletes should vacation before XC starts. Communication with coaches is important and appreciated so we know where athletes are at.

Q. My child hasn't done any running this summer. Should they still try to join the team?

A. Yes! Most of our incoming 9th graders have very limited running in at the start of the season. We train all athletes at their ability levels, so they will be training from a starting point, with athletes that are at their same ability level. It definitely helps to come in with a summer of consistent running though!

Q. My child is not ready for a 2.85 mile race on July 13th. What other option is there?

A. There are 2 races, the Freshmen Mile Time Trial which is 1 mile and consists of new runners, freshmen, and returning athletes that might not be ready for a near 3 mile race. Our XC Time Trial features current team members & alumni from seasons past who are ready for the longer race.

Q. Where should I go to get my child running shoes?

A. The best place in Temecula to go to get running shoes is The Running Center. They will custom fit your child and help them find the right pair of shoes for their feet. Tell them you run for Great Oak and they will give you a discount.

<http://www.runningcenters.com/storelocations.aspx>

Q. What types of shoes do they need?

A. They need 2 pair of shoes. 1 pair for training and a 2nd pair for racing. These are called training shoes and racing flats. They are both available at The Running Center. **Please do not** purchase minimalist shoes like Nike Free, Vibrams Five Fingers, or Minimus. These shoes do not offer enough support for the level of training your athlete will be doing over the course of the season. Please tell the Running Center people that your coaches want you in heavy shoes with more padding for training. Many of our athletes will get sponsor shoes from Nike as we get into the season as well, so if money is tight you may want to hold off on buying racing flats until you know if they will be getting some from Nike.

Q. What are the costs of XC, and when do we need to pay?

A. In order to keep our large program running, our PSG will be asking for \$200 from each athlete to ensure we can keep our large team and usual schedule for the kids. It is recommended that all athletes get team warm-ups, which are sold by our PSG starting in early September. All athletes will need to help with season fundraising to ensure we have the budget to pay for all season expenses. Nike will provide some gear for our athletes as well, which may include running and racing shoes.

Q. When is XC Camp, and who gets to go?

A. TBD this season due to COVID-19.

Q. What is the XC season?

A. The regular XC season goes from July 13 – Nov 4. The top 16 varsity athletes will qualify for post season through November/December, selected by the coaches.

Q. What can I do as a parent to be a part of the program?

A. Join our Parent Support Group (PSG) and sign up to help out at events like our Beach Party, Awards Banquet, Team Area Set Up, Video/Pictures, etc. Our first PSG meeting will be listed on the website sometime in August.

Q. Where are practices usually held?

A. Practice usually takes place on the back field at GO. Saturday usually is at Butterfield Stage Park.

If you have any other questions, please email Coach Soles at dsoles@tvusd.us

Why Would Anyone Join Cross Country???

1. FREE Nike Gear!!!
2. It looks awesome on a college resume
3. Everyone competes, no sitting on the bench!
4. To get cleared for all of their sports for the whole year
5. To get faster & stronger
6. To get in shape for their winter sport
7. To meet new people and make new friends
8. To make friends with upperclassmen (Juniors and Seniors) before school starts
9. It is a great way to impress the track coaches to help you make that team in the spring
10. Keeps you fit and looking healthy (great tans!)
11. Fun trips and lots of travel
12. We are one of the best programs in the Nation!
13. It is one of the most positive/team-oriented sports available to high school athletes!
14. It is a huge team with big races so you don't stand out if you are not the fastest on the team
15. It is a great stress reliever after school
16. There are lots of medals and awards to win
17. It helps build character and confidence in young athletes
18. It is a team focused on academic and athletic success
19. It is part of Great Oak's SPIRIT – Involvement
20. It is a ton of fun!!!
21. Most of our top varsity athletes end up with college scholarships!



How Do I Join?

- Step 1: Sign-up on the Google Form on the XC website to be added to the roster.
Step 2: Get your physical & fill out and complete your online athletic form on athletics website.
Step 3: Turn in your Physical to Mrs. Gorbacz in the Athletic Office at GOHS to get cleared.
Step 4: Make sure you have the clearance completed and you can start practice.
Step 5: Attend practice asap!

Then you are on the team!