

Montrose Cross Country - Team Handbook

Tips From The Coach

- **Find your strength:** Look for some of the following: endurance, mental toughness, desire to do well, power, strength, speed, willingness to work, anything you may gain as an edge for your race. After you find your strength, then go to work and always keep in mind your strength and build on it.
- **Set goals that are realistic:** In distance running, hard work pays big dividends. In the summer, you should establish a good base to run on during the season. Set goals for the season and each meet. Talk to the coaching staff about your goals.
- **Get rest:** It is the coaches job to build a workout plan that gives you rest between interval days. It is your responsibility to get plenty of sleep. High School athletes should have 8 – 9 hours of sleep each night.
- **Eat right:** Too much fat and simple sugars are the main villain. Hamburgers, French fries, candy and potato chips, etc. should be replaced most of the time with a meal that's low in fat and simple sugars. Carbohydrates are the high-energy foods for runners, but you do need the protein that comes from lean meat. Fruits and vegetables are great. A good fiber cereal, bread, and baked potatoes are parts of a balanced meal. Pancakes and pasta are complex carbohydrates that build your energy stores.
- **Eating right:** Make sure you are eating enough so your body doesn't break down and you run out of energy.
- **Eating For Competition:** It is better to run a little hungry for each race, rather than being full. The body takes blood to process food and that is blood your legs and arms no longer have to carry oxygen.
- **Respect and Communication:** As the season goes along situations may arise that are not listed in our handbook. If an athlete or parent has a concern, they should contact the Head coach first, and then move on to the Athletic Director if a conversation has not resolved the concern.
- **School and Grades:** School is your work place and your grade is your paycheck. If an athlete earns a "D" or "F", they will perform 25 pnp's (opportunity to improve) each day at practice for the first week. If the grade continues to be low, they will miss practice until the grade is a "C" or higher. This means, an athlete should not start the year slow, but rather keeps up with class work and do well on all tests. The Head coach reserves the right make additional decisions based on each situation.
- **OVERTRAINING SYNDROME:** In the course of the season, if you begin to experience any of the following symptoms, please notify the Head coach as soon as possible.
 - Anorexia, Fatigue, Insomnia, Weight Loss (major), Decreased performance, Muscle soreness, Overuse injuries, elevated resting pulse, Frequent infections, Depression, Mood disturbance