

Cross Country 2014-15

- ❖ Introduction of coaches and returning athletes.
- ❖ What is Cross Country?
 - 3 mile course through parks and/or school grounds. Typically partially wooded, with grass or wood-chip paths. Teams scored based on top 7 finishers' places in the race. Team with the lowest score wins.
- ❖ Official start of season is August 14, 2014
 - No contact period Aug 1-14
- ❖ Why summer conditioning?
 - Building up the stamina to run a FAST 3 mile race takes time to develop.
 - All areas of the body need to be developed: core strength, upper & lower body.
- ❖ What will we be doing for summer conditioning?
 - Road running...slowly building up to 8-10 miles at a time. YES!! I said 10 miles!!! It's possible for anyone if you train properly.
 - Weight Training
 - Swim workouts--Fridays
 - Pilates/Yoga Fusion @ Rush Fitness
 - Traveling to courses of opposing schools' courses.
 - Running at various parks in the Pekin/Peoria area: Forest Park, Jubilee, McNaughton, etc.
 - BONDING WITH YOUR TEAMMATES ☺
- ❖ Parent Involvement:
 - WE NEED YOU AND WE APPRECIATE YOU!!!
 - Volunteer to prepare meals prior to our big SATURDAY meets
 - Carpool to events that are off-campus (if needed)
- ❖ Fundraising:
 - Car Washes 12-2pm
 - June 7, June 21
 - July 12
 - Aug 9, Aug 23
 - Tickets: \$5.00 each
 - Each athlete sells 10 tickets per car wash or 10 packs (5 tickets for price of 4 or \$20/pack)
 - Total of 50 tickets per athlete to be sold.
 - Money raised goes toward team meals (parent reimbursement), team t-shirts/sweatshirts (not uniforms), Team bonding events, registration fees for summer races (optional), etc.
 - Sign-up Sheet for Parent Volunteers
 - Need at least 8 parents per carwash date
- ❖ Local Summer Road Races posted on www.ivs.org calendar with many more races
 - May 31 Washington Cherry Festival
 - June 7 Tremont Turkey Festival or Run Wild 8k at Wildlife Prairie Park
 - June 14 Steamboat Classic Peoria (4mile or 15K)
 - June 21 Dragon Dash to benefit Dist 108 Cross Country Team
 - June 28 Radical Run @ Coal Miner's Park
 - July 4 Firecracker 5000
 - July 11 Pekin Hospital Dash at Dusk
 - July 12 Jubilee Trail 10K
 - Aug 2 Run for Life 5K
 - More at www.ivs.org website
- ❖ Bradley Distance Running Camp
 - July 23-27