



2022 JH XC Parent Guide

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Use your camera to scan the QR Code. This will take you directly to the JH XC Interest Form.

What kind of shoes does my son/daughter need?

Runners need good running shoes. Your child is going to be running quite a few miles in these shoes. Running shoes are designed for various foot types. There are 3 categories: neutral, stability, and motion control. Can't Stop Running Co. in Piqua will be sending reps to fit athletes for shoes **Wednesday, June 8th** at Kyle Park. This will take place during our normal training time. If you are unable to take advantage of this opportunity, we urge you to visit one of the specialty running stores in the Dayton Area: Runners Plus (behind the Dayton Mall), and Up and Running (downtown Troy). It takes 24 hours for a shoe to reform after a run of at least 30 minutes. In the long run it saves you money and reduces chance of injuries caused by worn out shoes (shin splints, calf, ankle, and knee pain). You can expect to spend about \$70-\$120 on running shoes. Your runner may also want spikes for the meets. Because our race is 2 miles long, I let runners and parents decide if they want to race in spikes. Spikes are designed only for racing off-road and they cost around \$50-\$100. Our veteran high school runners sometimes donate spikes for JH runners to cut down on costs. Runners should track how many miles they put on shoes. Running shoes usually handle 300 - 500 miles before they break down completely.

What type of commitment is there to cross country in the summer?

We encourage JH and HS runners to attend our summer training programs. They are voluntary but well attended. There is no pressure to run a certain pace or distance. We just want the athletes running to build a mileage base for the season (the better the base, the better the season as well as limiting chance of injury). A schedule is provided for summer running times and locations. There are also mileage incentives for JH and HS athletes.

What is the Runathon?

The Runathon is our program's largest fundraiser. The JH and HS participate in this annual event. The event will be hosted at Kyle Park this year. It begins at 700a.m. **Wed. June 29th** and continues all day and night until 700a.m. Thursday. June 30th. At least one runner needs to be running on the park course during the 24 hours and **all athletes are expected to participate**. The JH takes the 7am-7pm shift and the high school does the 7pm-7am shift. Typically, each JH athlete signs up for a 3-4 hour time slot. Runners are encouraged to acquire pledges or donations from family and community members for the amount of miles they run. It's a great time to bond with teammates.

What happens if my child has some problems with injuries?

If your child is experiencing a running injury, please notify the coaching staff. Our staff will direct the athlete on the next course of action.

When does official practice begin?

Official practice for JH begins **Monday August 1st , 2022**

Where do the teams normally practice?

The JH and HS teams do not practice together. Once school starts, JH typically practices at TMS campus, the city park, and possibly THS campus.

How long are practices?

JH practices begin at 3:15 on school days and normally end around 4:45.

How many meets are scheduled? How long are they?

There are approximately 8-10 meets scheduled for our regular season. They begin at the end of August and are usually on Saturday mornings with a couple of exceptions. The length of a meet varies based on the number of teams that attend. Some are finished in 2 hours, others last 4 hours or more. Our season ends in mid-October with the conference meet--**EVERY RUNNER PARTICIPATES IN THE FINAL CONFERENCE MEET.**

How do I know what time my child will run?

Around the beginning of August, race times will be finalized and posted on www.tippxc.com. Coach Lieber also began sending a meet newsletter last season via email. **An email containing meet and bus schedules will be sent out at the beginning of the official season.**

Can my child participate in soccer during cross country season?

Usually, our coaching staff will work to be flexible but fair with another practice schedule. If a student chooses to run for the school XC team we do expect a commitment to run in team meets; to run in meets athletes must attend a certain number of practices per week.

What distances do the athletes run?

The junior high race distance is 2 miles or 3200 meters. The HS typically races 5K (3.107 miles).

Is there anything I should know about nutrition for runners?

You can find nutrition information for runners on various websites. Nutrition is very important for runners. Athletes should monitor their intake of protein as running can break down muscle. Protein is the lifeblood of establishing muscle repair and growth. Of course hydration is especially important.

Is there a starting lineup for JH races?

No, JH athletes all run at the same time. **All JH athletes run the conference meet.** Varsity and JV designation is for the high school team.

What are the courses like?

That is what makes this sport awesome. The courses vary in degree of difficulty and terrain. There are meets that feature creek crossings, wooded trails, prairie, rolling hills, etc. That is one reason your runner may want to consider using spikes for races. They also run in all kinds of weather as long as it is deemed safe by officials.

What is the goal of cross country?

Our number #1 goal is develop a life-long love of running. Running keeps you young and healthy. It's a great way to develop character and relationships.

What should I do if I have a question regarding XC?

First, check our website www.tippxc.com, if that doesn't answer the question, email one of the coaches.

What is the camping trip all about?

We have decided to organize a summer-campout at Chenoweth Trails in Greenville, OH (Date is TBD but would be towards the end of July). This will be a one-day camp and we will NOT be staying overnight. A school bus will transport athletes to and from Chenoweth Trails. The plan is to leave TMS around 8 am and return in the evening, around 5 or 6 pm. Similar to the high school campout, there is a specific point system that must be met in order to attend. This point system is listed below.

50 point Requirement to Attend Campout @ Chenoweth Trails		
Category	Event	Total Points
Summer Training Attendance	Attend at least 75% of scheduled summer training practices (27 out of 35 scheduled practices)	20 points
Summer Mileage **50% of mileage must be ran with team and tracked on google sheet mileage chart** Special circumstances will be considered by coaching staff	30 miles in 6 weeks	20 points
	40 miles in 6 weeks	25 points
	50 miles in 6 weeks	30 points
	75 + miles in 6 weeks	35 points
	100 + miles in 6 weeks	40 points
Runathon	Participate (run) in Runathon	10 points
	Collect over \$50 in sponsors for Runathon	10 points
Miscellaneous	Effort points	1 point each
	Participate in a road race	10 points each

Initial 2022 Tippecanoe JH XC Meeting Summary



What information do you need from me?

- Please complete the JH XC Interest Form. A QR code is listed on the top right of this page
- Sign up for the TMS XC 2022 Remind (code: @aa9693f). Any immediate updates/cancellations will be sent here

What is Cross Country at the middle school level?

- Cross Country is a two mile race across all kinds of terrain
- Each course is marked; often a gator leads the race. A map is provided prior to the race. Sometimes the team jogs/walks the course before the race.
- At each race there are several divisions consisting of both high school and middle school.
- There will be a girl's race and a boy's race for middle school with awards for the top finishers in each race. The amount and type of awards depends on the number of runners. Each race will vary. There are many places along the course for spectators to watch.
- Scoring is based on placing. Low score wins! Your place at the finish determines how many points you score for the team.

Cross Country begins in the summer!!

- Official practice for the 2022 season begins on Monday August 1st, 2022. Season (competition) starts Saturday August 27th, 2022.
- Summer training will make you a better runner and help build a stronger team. Plus it is fun way to meet your teammates and run with your friends.
- No physicals are required to attend summer training
- All physicals are due July 31st and all fees must be paid prior to the first competition on Aug 27th
- Runners should build a strong base of mileage during the summer months. You are putting mileage "in the bank" for the season. It is not a good idea to start the season with a zero balance. It also helps acclimate to the heat and avoid injury.
- All summer runs are voluntary!
- Training runs will begin June 6th, 2022 and will be held from 830-930 Mon - Friday.
- Each runner will record his/her runs on google sheet
- Vital equipment: a watch with timer and good running shoes!

Conditioning is key.

- Athletes should supplement their running with strength and flexibility exercises and cross-training.
- Runs should begin with a 5-10 minute warm up followed by 10 minutes of stretching. Athletes will want to stretch all the muscles in the legs, arms, and core.
- After each run we will stretch and do strengthening exercises for core body strength, as well as strength training for various muscle groups for runners.

Summer running can be challenging. Here is a simple guide for first year runners:

- Weeks 1-3: Running 3-4 days per weeks, low intensity, 15-20 minute runs until comfortable running without stopping, lots of cross training (biking, skating, swimming, water running, yoga)
- Weeks 4-6: Running 4-5 days per week, build to 20-25 minute runs, still cross training.
- Weeks 7-10: Running 5 days per week, goal of 30 minutes with an occasional 4 mile run. Some cross training will be replaced with more mileage.

June 2022

◀ May

July ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Kyle Park 830-930 am	7 Kyle Park 830-930 am	8 Kyle Park 830-930 am *Can't Stop Running Shoe Fitting @ 9am*	9 Kyle Park 830-930 am	10 OFF	11
12	13 Kyle Park 830-930 am	14 Kyle Park 830-930 am	15 Kyle Park 830-930 am	16 Kyle Park 830-930 am	17 OFF	18
19	20 Kyle Park 830-930 am	21 Charleston Falls 830-930 am	22 Garbry Woods & Shoe Pick Up Bus 830 am @ TMS Return approx 1130 am	23 Charleston Falls 830 – 930 am	24 Kyle Park 830-930 am	25
26	27 Kyle Park 830-930 am	28 Charleston Falls 830-930 am	29 Runathon 7am – 7pm *Each athlete will sign up for a 3-4 hour time slot for this event*	30 OFF		

July 2022

◀ June

August ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 OFF	2
3	4 OFF	5 TMS 8:30 – 9:30 am	6 Kyle Park 830-930 am	7 Charleston Falls 8:30 – 9:30 am	8 Kyle Park 830-930 am	9
10	11 Kyle Park 830-930 am	12 TMS 8:30 – 9:30 am	13 Kyle Park 830-930 am	14 Charleston Falls 8:30 – 9:30 am	15 Kyle Park 830-930 am	16
17	18 Kyle Park 830-930 am	19 TMS 8:30 – 9:30 am	20 Kyle Park 830-930 am	21 Charleston Falls 8:30 – 9:30 am	22 Kyle Park 830-930 am	23
24	25 Kyle Park 830-930 am	26 TMS 8:30 – 9:30 am	27 Kyle Park 830-930 am	28 Charleston Falls 8:30 – 9:30 am	29 Chenoweth Trails Campout 8 am – 5 pm *Date subject to change*	30
31						