



## **PARENT GUIDE**

### **What kind of shoes does my son/daughter need?**

Runners need running shoes, not Walmart brand either. Your child is going to be running quite a few miles in these shoes. Running shoes are designed for various foot types, too. There are 3 categories of shoes to fit foot types: Neutral, Stability, and Motion Control. Can't Stop Running, a running shoe store, will be sending out representatives to fit the athletes properly on June 10<sup>th</sup> at Kyle Park beginning at 9:00 a.m. If you do not take advantage of this opportunity, we urge you to visit one of the specialty running stores in the Dayton Area: Endurance Sports (Bellbrook), Runners Plus (Behind the Dayton Mall), and Can't Stop Running (Downtown Piqua). Keep in mind it takes 24 hours for a shoe to reform after a run of at least 30 minutes. High School Runners that log high miles may look at getting two pairs and rotating them every other day. In the long run it saves you money and limits the chances of injuries caused by worn-out shoes (shin splints, calf and knee pain). You can expect to spend about \$60-\$120 on running shoes. You're also probably going to need spikes for the meets. Spikes are designed only for racing off-road. They cost around \$40-\$70. For our JH runners our veteran runners have donated old spikes to them to use during the season to cut down on cost. *\*Runners should track how many miles they put on shoes. Running shoes usually handle 300-500 miles before the 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 base for the season (the better the base, the better the season as well as limiting the chance of injury). A schedule has been provided for summer running times and locations. There are also mileage incentives for JH and HS athletes. These incentives are tied into our necklace and tag program. For more information about the NTP visit [www.tippxc.com](http://www.tippxc.com).

### **What is running2win.com?**

Running2win.com is an online training social network. It provides athletes and coaches the opportunity to track training progress. Both our JH and HS runners utilized this website last year. A form is posted at [www.tippxc.com](http://www.tippxc.com) that explains how to get registered; it is free!

### **What is the Runathon?**

The Runathon is our program's largest fundraiser. The JH and HS participate in this annual event. The event is normally hosted at our Track Complex. It begins at 8 a.m. July 22<sup>ND</sup> and continues all day and night until 8 a.m. July 23<sup>RD</sup>. At least one runner needs to be running on the track for 24 hours. The JH takes the 8am-4pm shift and the high school does the 4pm-8am. Runners are encouraged to acquire pledges 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 you're 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?**

August 1<sup>st</sup>, 2014

### **Where do the teams normally practice?**

The JH and HS teams do not practice together. The JH typically practices at the Middle School and Charleston Falls. The high school team practices at Kyle Park, Charleston Falls, and Taylorsville Metro Park.

### **How long are practices?**

JH practices typically begin at 2:45 and normally end around 4:00-4:15. HS practices begin around 3:15 and end around 4:45.

### **How many meets are scheduled? How long are they?**

There are 7 meets scheduled for the regular season. They are all on Saturday mornings with the exception of our home invitational which is on a Wednesday. The length of a meet varies based on the number of teams that attend. Some are over in 2 hours, others last 6 hours.

### **How do I know what time my child will run?**

Race times will be posted on [www.tippxc.com](http://www.tippxc.com). The coaching staff will inform each athlete on the times and race they will be running.

### **Can my child participate in soccer during cross country season?**

Yes, our coaching staff will work with each family's schedule. We will try to maintain a fair but flexible policy.

### **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 a nutrition guide for runners on our website. 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.

### **Is there a starting lineup for varsity or JH?**

Not really, some races have JV and varsity sections. Many of them allow you to run your top 10 or top 7 in the varsity races. The remainder of the team will run the JV race.

### **What are the courses like?**

That is what makes this sport awesome. The courses vary in degree of difficulty and terrain. There are some meets that feature creek crossings, wooded trails (Alliance, County), prairie (Tipp), etc. Please note, sometimes courses get really muddy when it rains in the fall. The athletes normally like this.

### **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. And... we'd like to win some championships along the way.

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

First, check our website [www.tippxc.com](http://www.tippxc.com), if that doesn't answer the question, email one of the coaches.

### **What is the camping trip all about?**

The campout is only for high school athletes. Only athletes that have achieved enough summer running points are eligible to attend the campout at Hueston Woods in late July. A copy of the point system is posted on [www.tippxc.com](http://www.tippxc.com).



[www.tippxc.com](http://www.tippxc.com)

## **2014 COACHING STAFF**

### **VARSITY HEAD COACH**

Byron Kimmel Home: 937-506-8361 Cell: 937-657-0116 Email: [bkimmel@tippxc.com](mailto:bkimmel@tippxc.com)

Coach Kimmel enters his 6<sup>th</sup> season as head coach. Kimmel is a graduate of Brookville High School, Wright State University, and the University of Dayton. Coach Kimmel has taught 6<sup>th</sup> grade at TMS for the last 17 years.

### **HIGH SCHOOL ASSISTANT**

Jack Lintz

Coach Lintz retired from teaching and coaching in 2010 from Northmont High School. He was the Head Cross Country Coach and Distance Track Coach for over 30 years. His 1995 and 1996 boys teams won the state DI championship title. Coach Lintz coached two individual state champions and many all-Ohioans. He is a member of the OATCCC Coaches Hall of Fame. Coach Lintz is a graduate of Springfield North High School and Otterbein College.

### **HIGH SCHOOL ASSISTANT**

Jason Salyer

Coach Salyer joins our staff after a successful running career Bowling Green. Jason earned 1<sup>st</sup> team all Mac honors in cross country as the top runner for the Falcons. A Tipp alum, Salyer was a two-time all-Ohioan in cross country. He finished 3<sup>rd</sup> in the 2008 state meet helping the Red Devils to a runner-up finish in the Division II state meet. Coach Salyer will be teaching at THS and TMS in 2014-15.

### **PROGRAM ASSISTANT**

Nick Culver Cell: 937-974-5710 Email: [NCulver@tippcity.k12.oh.us](mailto:NCulver@tippcity.k12.oh.us)

Coach Culver splits time between the high school and JH teams. He enters his 8<sup>th</sup> season coaching cross country and teaching at the High School. Coach Culver is a graduate of Carroll High School and Wright State University.

### **JUNIOR HIGH COACH**

Jennifer Brown Email: [jlbrown@tippcity.k12.oh.us](mailto:jlbrown@tippcity.k12.oh.us)

Coach Brown takes over as the JH coach. This is her third year of experience with the JH program. This is her 17<sup>th</sup> year of teaching Health/PE at the middle school level. Jennifer is a Tippecanoe High School grad and earned her undergraduate and graduate degrees from Wright State University.

### **JUNIOR HIGH ASSISTANT**

Alison Borchers Email: [aborchers@tippxc.com](mailto:aborchers@tippxc.com)

Coach Borchers will serve as an assistant. She is a graduate of Versailles High School where she ran cross country and track all four years. She graduated from Wright State University. Coach Borchers is in her second year teaching math at Tippecanoe High School.

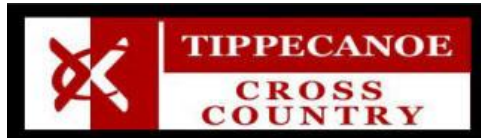
# June 2014

| Sun | Mon   | Tue   | Wed                                     | Thu   | Fri  | Sat  |
|-----|---|---|---|---|--|--|
| 1   | 2   | 3<br><i>Hermes Running Club</i><br>6:00 p.m. HS Track   | 4                                       | 5   | 6  | 7  |
| 8   | 9<br>Kyle Park<br>8:30 a.m.-10:00 a.m.                          | 10<br>Kyle Park 8:30-10:00<br>*shoe fitting<br><i>Hermes Running Club</i><br>6:00 p.m. HS Track     | 11<br>Kyle Park<br>8:30 a.m.-10:00 a.m. | 12<br>Charleston Falls<br>8:30 a.m.-10:00 a.m.        | 13<br>Kyle Park<br>8:30a.m.-10:00 a.m.<br>2nd annual Scavenger<br>Hunt | 14<br>Breakfast Club Run<br>Garbry Big Woods<br>8:30 a.m.<br>Frisch's Troy After |
| 15  | 16<br>Kyle Park<br>8:30 a.m.-10:00 a.m.                         | 17<br>Charleston Falls<br>8:30 a.m.-10:00 a.m.<br><i>Hermes Running Club</i><br>6:00 p.m. HS Track  | 18<br>Kyle Park<br>8:30 a.m.-10:00 a.m. | 19<br>Lost Creek Trip HS<br>Meet there @ 9:00<br>a.m. | 20<br>Kyle Park<br>8:30a.m.-10:00 a.m.                                 | 21<br>Kyle Park<br>8:30 a.m.-10:00 a.m.  |
| 22  | 23<br>Lost Creek Trip JH<br>Bus Leaves at 9:30<br>a.m. from TMS | 24<br>Charleston Falls<br>8:30 a.m.-10:00 a.m.<br><i>Hermes Running Club</i><br>6:00 p.m. Kyle Park | 25<br>Kyle Park<br>8:30 a.m.-10:00 a.m. | 26<br>Charleston Falls<br>8:30 a.m.-10:00 a.m.        | 27<br>Kyle Park<br>8:30a.m.-10:00 a.m.                                 | 28<br>Kyle Park<br>8:30 a.m.-10:00 a.m.  |
| 29  | 30<br>Kyle Park<br>8:30 a.m.-10:00 a.m.                         |   |   |   |  |  |

# July 2014

| Sun   | Mon  | Tue  | Wed   | Thu   | Fri  | Sat   |
|---|--|--|---|---|--|---|
|   |  | 1<br><i>Charleston Falls</i><br>8:30 a.m.-10:00 a.m.             | 2<br><i>Kyle Park</i><br>8:30 a.m.-10:00 a.m.   | 3<br><i>Charleston Falls</i><br>8:30 a.m.-10:00 a.m.  | 4<br><i>Optional Tipp XC</i><br><i>Triathlon Challenge</i> | 5<br><i>Kyle Park</i><br>8:30 a.m.-10:00 a.m.   |
| 6   | 7<br><i>Kyle Park</i><br>8:30 a.m.-10:00 a.m.    | 8<br><i>Charleston Falls</i><br>8:30 a.m.-10:00 a.m.             | 9<br><i>Kyle Park</i><br>8:30 a.m.-10:00 a.m.   | 10<br><i>Charleston Falls</i><br>8:30 a.m.-10:00 a.m. | 11<br><i>Kyle Park</i><br>8:30 a.m.-10:00 a.m.             | 12<br><i>Breakfast Club Run</i><br><i>Englewood Metropark</i><br>9:00 a.m.<br><i>Tim Horton's after</i> |
| 13  | 14<br><i>Kyle Park</i><br>8:30 a.m.-10:00 a.m.   | 15<br><i>Charleston Falls</i><br>8:30 a.m.-10:00 a.m.            | 16<br><i>Kyle Park</i> 8:30 a.m.-<br>10:00 a.m. | 17<br><i>Kyle Park</i> 8:30 a.m.-<br>10:00 a.m.       | 18<br><i>Kyle Park</i><br>8:30 a.m.-10:00 a.m.             | 19<br><i>CRC 1 Mile Dash</i><br><i>Mascot Challenge</i><br>5:00 p.m. <i>Dublin, OH</i>                  |
| 20  | 21<br><i>Kyle Park</i><br>8:30 a.m.-10:00 a.m.   | 22<br><i>Runathon</i><br>7:00 a.m.-7:00 a.m.<br><i>Kyle Park</i> | 23<br><i>OFF</i>                                | 24<br><i>Kyle Park</i> 8:30 a.m.-<br>10:00 a.m.       | 25<br><i>Kyle Park</i><br>8:30 a.m.-10:00 a.m.             | 26<br><i>Hueston Woods</i><br><i>Camping Trip</i>   |
| 27<br><i>Hueston Woods</i><br><i>Camping Trip</i> | 28<br><i>Return from Hueston</i><br><i>Woods</i> | 29<br><i>Charleston Falls</i><br>8:30 a.m.-10:00 a.m.            | 30<br><i>Kyle Park</i><br>8:30 a.m.-10:00 a.m.  | 31<br><i>Kyle Park</i> 8:30 a.m.-<br>10:00 a.m.       |  |   |

# Lettering Point System



**Requirements:** An athlete must earn 300 points to earn a varsity letter

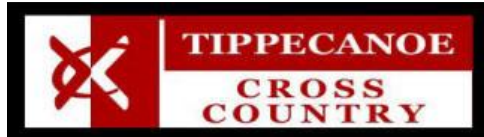
*\*Summer points will be added to season points to determine varsity letters*

*\*if an athlete is not in the varsity race, but his/her time is better than a varsity runner, they will receive top 7 varsity point.*

*\*Freshmen are not eligible for PR points*

*\*An athlete that is injured while in contention for a varsity letter will maintain eligibility upon coaching staff's discretion.*

|                               | Points |
|-------------------------------|--------|
| <b>Season Incentive</b>       |        |
| 8-10 varsity race             | 15     |
| Top 7 varsity race            | 25     |
| Post-season race              | 30     |
| <b>Performance Incentives</b> |        |
| Top 10 small race             | 20     |
| Top 15 big race               | 20     |
| <b>Time Incentives</b>        |        |
| <b>Boys</b>                   |        |
| Sub 16                        | 30     |
| 16:00-16:29                   | 25     |
| 16:30-16:59                   | 20     |
| 17:00-17:29                   | 15     |
| 17:30-17:59                   | 10     |
| 18:00-18:29                   | 5      |
| <b>Girls</b>                  |        |
| Sub 19:00                     | 30     |
| 19:00-19:29                   | 25     |
| 19:30-19:59                   | 20     |
| 20:00-20:29                   | 15     |
| 20:30-20:59                   | 10     |
| 21:00-21:29                   | 5      |
| <b>Personal Record Points</b> |        |
| 10-15 second PR               | 10     |
| 16-25 second PR               | 15     |
| 26-35 second PR               | 20     |
| 36 second PR or more          | 25     |



## Necklace and Tag System

| Incentive   | Tag   |
|---|---|
| 200 miles Summer Training                                     | Running Bead (boys), Female Running Charm (Girls), and Run Strong Tag |
| 300 miles   | Decurro Fortis (Run Strong) Tag                                       |
| 400 miles   | Aut Omnia (All or None) Tag   |
| 200 Summer Training Points                                    | Toto Pectore Tag (with all heart)                                     |
| All CBC= Top 15 HS, Top 10 JH                                 | All CBC   |
| All District= Top 15  | All District  |
| State Qualifier= Top 15 at Regional Meet or Qualify as a team | State Qualifier   |
| All Ohio= Top 25 at the state meet                            | All Ohio  |
| Record Board= High School or Middle School                    | Record Board  |
| Captain= High School  | Captain   |
| 400 Letter Points   | Sine Determino (Without Limits)                                       |
| 500 Letter Points   | Finalus Contentio (Ultimate Effort)                                   |
| Red Devil Award Winner (Top Runner)                           | Primus Cursoris (Top Runner)  |
| Coaches Award   | Confirmo Cursoris (Strengthened Runner)                               |
| 1 <sup>st</sup> year Letter Winner                            | Effectio Unus (1 <sup>st</sup> Winner)                                |
| 2 <sup>nd</sup> year Letter Winner                            | Effectio Duo (2 <sup>nd</sup> Winner)                                 |
| 3 <sup>rd</sup> year Letter Winner                            | Effectio Terci (3 <sup>rd</sup> Winner)                               |
| 4 <sup>th</sup> year Letter Winner                            | Effectio Quatuor (4 <sup>th</sup> Winner)                             |



## 2014 Cross Country Schedule

### HS

|         |                                      |
|---------|--------------------------------------|
| Aug 23  | Northwestern Warrior Inv.            |
| Aug 30  | Greenville Inv.                      |
| Sept 6  | Brookville Inv.                      |
| Sept 13 | Alliance Running Inv.                |
| Sept 20 | Franklin County Inv. (Lexington, KY) |
| Sept 23 | Tri Village Inv.                     |
| Sept 27 | Miami County Invite                  |
| Oct 1   | Tipp Invite                          |
| Oct 11  | CBC                                  |
| Oct 18  | District                             |
| Oct 25  | Regional                             |

### JH

|         |                           |
|---------|---------------------------|
| Aug 23  | Northwestern Warrior Inv. |
| Aug 30  | Greenville Inv.           |
| Sept 6  | Brookville Inv.           |
| Sept 13 | Alliance Running Inv.     |
| Sept 23 | Tri Village Inv.          |
| Sept 27 | Miami County Invite       |
| Oct 1   | Tipp Invite               |
| Oct 4   | Piqua Inv.                |
| Oct 11  | CBC                       |