



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 Co., a running shoe store in Piqua, will be sending out representatives to fit the athletes properly on June 10th 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 Up and Running (downtown Troy). 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 their spikes for them to use during the season to cut down on cost.

*Runners should track how many miles they put on shoes (another reason using Running2win.com is helpful). 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 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.

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 that explains how to get registered; it is free! (If form is not on the site yet, Coach Brown can send you info.)

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 7 a.m. Tue., July 22nd and continues all day and night until 7 a.m. July 23rd. At least one runner needs to be running on the park course for 24 hours and all athletes are expected to participate. The JH takes the 7am-4pm shift and the high school does the 4pm-7am shift. 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 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?

August 1st, 2014

Where do the teams normally practice?

The JH and HS teams do not practice together. The JH typically practices at TMS campus, the city park, 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 9 meets scheduled for the regular season. They are all on Saturday mornings with the exception of our home invitational which is on a Wednesday and a meet at Tri-Village on a Tuesday. 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.

How do I know what time my child will run?

Race times will be posted on 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 to be flexible but fair with another practice schedule. If a student chooses to run for the school XC team we do expect a certain level of commitment.

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), rolling hills, 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, 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.



2014 COACHING STAFF

VARSITY HEAD COACH

Byron Kimmel Home: 937-506-8361 Cell: 937-657-0116 Email: bkimmel@tippxc.com
Coach Kimmel enters his 6th season as head coach. Kimmel is a graduate of Brookville High School, Wright State University, and the University of Dayton. Coach Kimmel has taught 6th grade at TMS for the last 16 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 boy's 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.

PROGRAM ASSISTANT

Nick Culver Cell: 937-974-5710 Email: NCulver@tippcity.k12.oh.us

Coach Culver spends his time with the high school teams. He enters his 7th 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 HEAD COACH

Jennifer Brown Cell: 937-602-4142 Email: 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 17th 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

Coach Borchers will serve as an assistant coach. 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 fourth year teaching math at Tippecanoe High School.



What is Cross Country at the middle school level?

- Cross Country is a two mile run across fields, woods, etc.
- Each course is marked; often a gator leads the race. A map is provided prior to the race. 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.
- 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 2014 season begins on August 1, 2014. Season (competition) starts August 23, 2014.
- 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.
- Runners should build a strong base of mileage during the summer months. You are putting mileage "in the bank" for the season. It helps you not start the season with a zero balance. It also helps to acclimate to the heat.
- All summer runs are voluntary!
- Training runs will begin June 9th, 2014.
- Be aware that there may be an occasion when a coach is not present for the voluntary run.
- Each runner will record his/her runs voluntarily on running2win.com.
- Vital equipment: a watch with timer and good running shoes!

Conditioning is key.

- Athletes should supplement their running with strength and flexibility exercises.
- Each run should begin with 5-10 minute warm up followed by 10 minutes of stretching. Athletes will want to try and stretch all the muscles in the legs and warms.
- 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 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, cardio swimming, water running, yoga, etc.)
- 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.

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 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 Inv.
Oct 4 Piqua Inv.
Oct 11 CBC



Necklace and Tag System

Incentive	Tag
JH 100 Summer Miles (logged on running2win.com)	TBD
200 Summer Miles	Runner Bead (boys), Female Running Charm (Girls), and Run Strong Tag
Top 7 (PR Time Throughout the Season)	To Be Announced



Runner name: _____

Grade 2014-2015: _____

Home address: _____

Home phone: _____

Mom cell (or guardian): _____

Dad cell (or guardian): _____

Parent email: _____

Runner's birthday: _____

June 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Hermes Running Club 600p HS Track	4	5	6	7
8	9 Kyle Park 830-930a	10 Kyle Park 830-930a SHOE FITTING Hermes Running Club 600p HS Track	11	12 Charleston Falls 830-930a	13 Kyle Park 830-930a	14
15	16 Kyle Park 830-930a	17 Charleston Falls 830-930a Hermes Running Club 600p HS Track	18	19 Charleston Falls 830-930a	20 Buckeye Trail 830-930a	21
22	23 Lost Creek Trip JH Bus leaves 930a from TMS SHOE PICK-UP	24 Charleston Falls 830-930a Hermes Running Club 600p HS Track	25	26 Charleston Falls 830-930a	27 Kyle Park 830-930a	28
29	30 Kyle Park 830-930a					

July 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Charleston Falls 830-930a	2	3 Charleston Falls 830-930a	4 Kyle Park 830-930a	5
6	7 Kyle Park 830-930a	8 Charleston Falls 830-930a	9	10 Charleston Falls 830-930a	11 Kyle Park 830-930a	12
13	14 Kyle Park 830-930a	15 Charleston Falls 830-930a	16	17 Charleston Falls 830-930a	18 Buckeye Trail 830-930a	19
20	21 Kyle Park 830-930a	22 Run-a-thon 800a-800a (JH covering 800a-400p) Kyle Park	23	24 Charleston Falls 830-930a	25 Kyle Park 830-930a	26
27	28 Kyle Park 830-930a	29 Charleston Falls 830-930a	30	31 Charleston Falls 830-930a	AUGUST 1 First official practice for regular season MUST HAVE PHYSICAL!	