

# TIPPECANOE



## 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. Runners Plus, a running shoe store, will be sending out representatives to fit the athletes properly on June 14<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 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 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 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 7 a.m. June 30<sup>th</sup> and continues all day and night until 7 a.m. July 1<sup>st</sup>. At least one runner needs to be running on the track for 24 hours. The JH takes the 7am-3pm shift and the high school does the 3pm-7am. 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 2nd, 2021

### **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 9 meets scheduled for the regular season. They are all on Saturday mornings with the exception of the Piqua Invitational and 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 (125 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) .