

## Parent Guide

### **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. We urge you to visit one of the specialty running stores in the area: Can't Stop Running (Piqua), Endurance Sports (Bellbrook), 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 \$80-\$130 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 for off-road racing and they cost around \$50-\$90. 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 train during the summer. In the past our summer training program was well attended. We want the athletes to build a mileage base for the season. The better the base, the better the season. It also helps reduce injuries. A training plan will be provided for summer running. Once we are allowed, a team training calendar will be provided with times and locations. There are mileage incentives for JH and HS athletes who are committed to training in the summer.

### **How should mileage be tracked and recorded?**

Up until this year we used a website called Running2win.com. A document will be provided for athletes and coaches to track training progress. If your athlete uses a Fitbit or Garmin or smart watch of some kind they will be able to easily enter mileage/time for training runs. We expect the runners to have integrity in recording mileage for incentive. **Mileage for summer training will be counted between the dates of MONDAY JUNE 1 through FRIDAY JULY 31.**

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

The Runathon is our program's largest and only fundraiser. The JH and HS participate in this annual event. The event will be hosted at Kyle Park this year. It usually begins at 700a.m. on July Monday and continues all day and night until 700a.m. on Tuesday. Dates and times will be finalized when we are told we can proceed as normal. **All athletes are expected to participate.**

The JH team covers the morning or day shift and the high school does the evening and overnight shift. Runners are encouraged to get donations from family and community members for the number of miles they run. Parents are asked to donate drinks and snacks. It's a great time to bond with teammates and the kids raise a lot of money.

### **What happens if my child has some problems with injuries?**

If your child is experiencing a running injury, please notify the coaching staff. For minor running issues we will probably first direct him/her to our high school athletic trainer and proceed from there.

### **When does practice begin?**

Official school practice for JH begins Monday, August 3rd, 2020. (Subject to change due to coronavirus.)

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

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

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

JH practices begin at 2:50 and normally end around 4:30. For a normal week we practice Monday-Thursday and take Friday off if there is meet on Saturday.

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

There are approximately 8 meets scheduled for our regular season. They begin at the end of August and are usually on Saturdays 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. You can come and just watch your runner's race or stay and watch other races. Our season ends in mid-October with the conference meet--**EVERY RUNNER PARTICIPATES IN THE FINAL CONFERENCE MEET.** A tentative schedule is included.

### **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](http://www.tippxc.com) and also the JH coach's website. **The JH coach will give the JH runners a meet and bus schedule 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. And...we'd like to win some races and 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 for the high school team.



## 2020 COACHING STAFF

### **Head Coach-Byron Kimmel**

HS: Brookville College: Wright State

### **Program Assistant-Matt Lieber**

HS: Sidney College: Ohio State

### **HS Assistant-Jack Lintz**

HS: Springfield North College: Otterbein

### **HS Assistant-Nick Culver**

HS: Carroll College: Wright State

### **HS Assistant-Hailey Brumfield**

HS: Tippecanoe College: Wright State

### **HS Assistant-Melissa Sinning**

HS: Van Wert College: Bowling Green State

### **HS Assistant-Lindsay Kimmel**

HS: Triad College: Wright State

### **JH Head Coach-Jennifer Brown**

HS: Tippecanoe College: Wright State

### **JH Assistant-Kevin Knapke**

HS: St. Henry College: Bowling Green State



## **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 2020 season begins on August 3, 2020. The season (competition) starts August 29, 2020.
- 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 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 1, 2020. Training will be adjusted to follow current guidelines for Covid19.
- Each runner will record his/her runs voluntarily using the method coaches provide.
- Vital equipment: a watch for time and distance, good running shoes, and a water bottle!

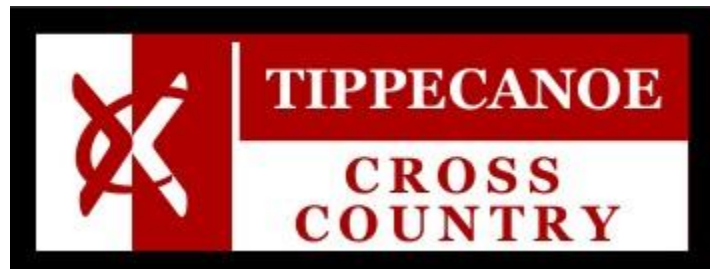
## **Conditioning is key.**

- Athletes should supplement their running with strength and flexibility exercises and cross-training.
- Runs should begin with a 5 to 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.

## 2020 TMS Cross Country Schedule

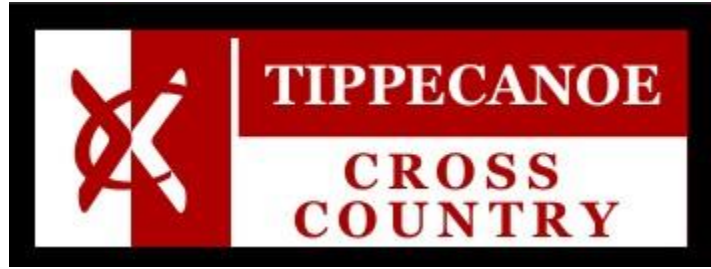
### JH

Aug 29	Northmont Inv.
Sep 5	Greenville Inv.
Sept 12	Brookville Inv.
Sept 15	Piqua Inv.
Sept 19	Blackhawk Inv.
Oct 3	Miami County Inv.
Oct 7	Tippecanoe Inv.
Oct 17	MVL Conference, Sidney



## Necklace and Tag System

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



Runner name: \_\_\_\_\_

Grade 2020: \_\_\_\_\_

Parent/guardian phone: \_\_\_\_\_

Parent/guardian phone: \_\_\_\_\_

Parent email(s): \_\_\_\_\_

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