

# TIPPECANOE



## Summer Running Program

Dates: June 3<sup>rd</sup> -July 31<sup>st</sup>

Locations: Kyle Park, Charleston Falls, Tadmor

### Camping Trip Qualifications

\*Athletes will earn the right to attend the camping trip by earning points through various incentives as well as tags for necklaces.

\*You need 100 total points to participate in the camping trip

### Summer Point System

<b>1) Summer Mileage- 50% of mileage must be run with the team to qualify. Special circumstances will be considered by coaching staff.</b>	
<b>75 Miles in 8 weeks</b>	<b>25 Points</b>
<b>100 Miles in 8 weeks</b>	<b>50 Points</b>
<b>200 Miles in 8 weeks</b>	<b>75 Points</b>
<b>300 Miles in 8 weeks</b>	<b>100 Points</b>
<b>400 Miles in 8 weeks</b>	<b>125 Points</b>
<b>1) Volunteer to help at Hermes</b>	<b>5 per session</b>
<b>2) Race a summer road race</b>	<b>15 Points</b>
<b>3) Run a team scheduled breakfast run</b>	<b>5 Pts. Apiece</b>
<b>4) Participate (run) in the Runathon</b>	<b>10 Points</b>
<b>Bonus= logging over 15 miles</b>	<b>15=5 Points, 20=10 Points</b>
<b>5) Collect \$50 in sponsors for Runathon</b>	<b>10 Points</b>
<b>6) Effort Points</b> *may be handed out to reward outstanding work ethics during summer training (runs, core workouts) *pestering the coaching staff and the use of sarcasm to obtain points will result in loss of points	<b>1 Point</b>
<b>7) Maintain an updated training log on <a href="http://www.running2win.com">www.running2win.com</a> for the entire summer</b>	<b>10 Points</b>

# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 <i>Midnight Madness</i> Kyle Park 11:30 p.m.	3	4 Charleston Falls 8:30-10:00 a.m. Hermes 6:00-7:30 p @track	5 Kyle Park 8:30-10:00 a.m. *Shoe Fitting	6 Kyle Park 8:30-10:00 a.m.	7 Kyle Park 8:30-10:00 a.m.	8 Breakfast Club Lost Creek (Troy) 8:30 a.m.-10 a.m.
9	10 Kyle Park 8:30-10:00 a.m.	11 Charleston Falls 8:30-10:00 a.m. Hermes 6:00-7:30p @track	12 Kyle Park 8:30-10:00 a.m.	13 Shoe Pick Up Garbry Woods 8:30-10:30 a.m. CSR 11:30 a.m. Mari- ons	14 Scavenger Hunt Kyle Park 8:30 a.m.-10:00 a.m.	15 Breakfast Club Englewood Reserve 8:30 a.m.-10:00 a.m.
16	17 Kyle Park 8:30-10:00 a.m.	18 Charleston Falls 8:30-10:00 a.m. Hermes 6:00-7:30p @track	19 Kyle Park 8:30-10:00 a.m.	20 Kyle Park 8:30-10:00 a.m.	21 Kyle Park 8:30 a.m.-10:00 a.m. Tipp XC Cupcake War after run	22 Breakfast Club Stillwater Reserve 8:30 a.m.-10:00 a.m.
23	24 Kyle Park 8:30-10:00 a.m.	25 Charleston Falls 8:30-10:00 a.m. Hermes 6:00-7:30p @Kyle Park	26 Kyle Park 8:30-10:00 a.m.	27 Kyle Park 8:30-10:00 a.m.	28 Kyle Park 8:30-10:00 a.m.	29 Breakfast Club Carriage Hill 8:30 a.m.-10:00
30						

# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Kyle Park 8:30 a.m.-10 a.m.	2 Charleston Falls 8:30 a.m.-10 a.m.	3 Kyle Park 8:30 a.m.-10 a.m.	4 OFF	5 Kyle Park 8:30 a.m.-10 a.m.	6 Kyle Park 8:30 a.m.-10 a.m.
7	8 Runathon 7a to 7/17 7a	9 OFF	10 Kyle Park 8:30 a.m.-10 a.m.	11 Kyle Park 8:30 a.m.-10 a.m.	12 Kyle Park 8:30 a.m.-10 a.m.	13 Mascot Challenge Dublin Mile Race 5 p.m. Leave at 2 pm from TMS
14	15 Kyle Park 8:30 a.m.-10 a.m.	16 Charleston Falls 8:30 a.m.-10 a.m.	17 Kyle Park 8:30 a.m.-10 a.m.	18 Kyle Park 8:30 a.m.-10 a.m. *CSR Camp	19 Kyle Park 8:30 a.m.-10 a.m. *CSR Camp	20 Kyle Park 8:30 a.m.-10 a.m. *CSR Camp
21	22 Kyle Park 8:30 a.m.-10 a.m.	23 Charleston Falls 8:30 a.m.-10 a.m.	24 Kyle Park 8:30 a.m.-10 a.m. Captain's Training	25 Kyle Park 8:30 a.m.-10 a.m. Captain's Training	26 Hueston Woods Cam- pout Leave 10:30 a.m. from TMS	27 Team Campout
28 Team Campout Return Home	29 OFF	30 Charleston Falls 8:30 a.m.-10 a.m.	31 Kyle Park 8:30 a.m.-10 a.m.			



The high school team uses running2win.com. You need to create an account and request to join the high school team online. There is an iphone app and android app. Here are the instructions:

Go to [www.running2win.com](http://www.running2win.com)

Find the login box and click on register me.

Fill out the registration form.

Once you've registered and created your username and password, you need to join the team.

Highlight the teams and groups text on the menu bar.

Click on join a team.

**Enter the following as the team ID: T-38774113504-22**

Click on Submit Request

This is an online training log. As you run over the summer, you need to track the amount of miles you run.

## **Team Communication**

**We use the app GroupMe. It is available at the app store for apple and android.**

**Coach Kimmel will send you an invite text to join.**

## 2019 TIPPECANOE CROSS COUNTRY SCHEDULE

Date	Meet	JH	HS
8/24/2019	Northmont	x	Everyone
8/31/2019	Greenville	x	JV only
9/7/2019	Brookville	x	JV only
9/7/2019	Tiffin		Top 14 Girls, Top 21 Boys
9/11/2019	Piqua Inv.	x	JV only
9/14/2019	Trinity Valkyrie KY		Top 7 Girls, Top 7 Boys
9/14/2019	Cedarville	x	JV only
9/28/2019	Miami County	x	Everyone
10/2/2019	Tipp Invite	x	Everyone
10/12/2019	MVL Sidney	X	Coach's Choice
10/20/2019	Districts-Cedarville		Top 8 Varsity
10/27/2019	Troy Regional		Top 8 Varsity
11/3/2019	State Meet		

# TIPPECANOE



58

Name \_\_\_\_\_

Grade 2019-20 \_\_\_\_\_

Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Your Cell Phone \_\_\_\_\_

Mom's Cell Phone \_\_\_\_\_

Dad's Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Parent Email \_\_\_\_\_

Birthday \_\_\_\_\_