

# Welcome To Capistrano Valley Lady Cougar Cross Country

Newcomers Meeting

Wednesday May 24

6:30 pm Mrs Coach Sayles Room k-2

# What Is Cross Country?

- 3 mile race over various surfaces, often hilly
  - We compete in South Coast League(5 teams) of the Coast View Conference (10 teams) in Division 2(110 teams) of the Southern Section (550 schools) in state CIF(1200 schools)
  - South Coast considered toughest in U.S.!!!!
    - includes Dana, Mission, Trabuco, Tesoro, CV
- All 6 likely in OC top ten in preseason 2017

# The Team

- Varsity-top 7 as selected by coaches race by race-not set lineup
- JV –non Varsity juniors and seniors
- Soph
- Frosh
- Some Invitationals are by grade level only and some combine Frosh and Soph
- League has the above 4 divisions

# Being on the Team

- Everyone who trains in the summer, meets minimum standard of 6 miles in 60 minutes by end of the summer can be on the team
- Minimum of 275 miles necessary from Monday June 19 to run in first race (roughly 23 miles a week ) Mileage will be recorded each week
- Vacations are an understood part of summer try to run, keep track of the miles and report it to coaches on return

# AGENDA

- Introductions
  - Ken Sayles, Head Girls Coach
  - Assistant Coaches-full time Marina Jones, part time
    - Erica Tompkins
  - Michelle and Dennis Bautista, Booster Leaders
  - Robyn Self, Treasurer
  - Captains Alyssa Bautista and Haley Herberg
  - A TESTIMONIAL- Lauren Emory-2016 captain

# Coaches

- **Coach Sayles** is in his 29th season as Head Coach and served 25 years as the Head Track Coach now coaches the girl distance runners during Track. He is 2014 REGISTER and CIF SS Coach of the Year. He was the 1999 District Teacher of the Year and his athletes have won 44 individual League Championships ,2 CIF Champions, an Orange County Athlete of the Year a high school All American and his athletes have made 13 State Meet appearances at Cross Country and Track. He is a National, State and CIF certified coach .

- Coach Sayles was honored by CIF Southern Section with its “Coaching for Character” Award for years of teaching important values along with fielding championship level teams
- He is an accomplished marathoner having completed 23, including 16 Boston qualifiers

Coach Marina Jones is a “legend “ in running community having completed 98 marathons and qualified for Olympic Trials in the marathon

Coach Erica Tompkins is in her fourth year with the program and a graduate of Capo and a top CV cross country runner while here. She ran in college and is currently working on a Masters Degree



# Things to Do

- Check information on computers on way in re phone, email, addresses, etc
- CAREFULLY , CLEARLY do emails
- Make sure you have physical scheduled –Complete physical/clearance packet before July 17 Coach led practice (available on line at [www.capoathletics.com/athleticclearance](http://www.capoathletics.com/athleticclearance) under Athletics) or on our
- Cross Country website at [www.cougarsxc.com](http://www.cougarsxc.com)

# Ferritin level tests

- As part of the physical, please ask for a ferritin binding test. It is NOT a test of iron level, it is a test of whether the iron you have binds to hemoglobin so that oxygen transfers to your lungs and muscles to enable you to run farther and faster. Doctors frankly, may think you are just asking for iron level, make sure you are clear, it is a separate test. Doctors may also not understand the level or measurement that

# Ferritin continued

- A young female distance runner needs. It should be near 50 and they may say that 20 or 25 is ok, its not!!!
  - Article for reference is on line
  - Several of our best runners in recent years and even currently have had issues with this
- A FEW WORDS-Natalie Herberg

# More things to do

- Bring digital watch and fluids to practice
- Be practicing NOW see website for handout
  - 3-4 runs a week, walk/ run for now if you need to but NO WALKING when Coach Led practice starts
  - THIS IS NOT like some of marathon training you may have done recently
  - Athletes will discuss their practices outside

# A Tradition of Excellence

- **COUGAR CROSS COUNTRY**
  - **“A TRADITION OF EXCELLENCE”**
  - **1978 Girls 3rd in CIF Finals**
  - **1979 Girls CIF Finalist**
  - **1989 Girls SOUTH COAST LEAGUE CHAMPS**
  - **1989 Girls CIF Finalist**
  - **1991 Girls CIF Finalist**
  - **1992 Girls SOUTH COAST LEAGUE Finals Race Champs**
  - **1992 Girls CIF Finalist**
  - **1997 Girls CIF Prelims**
  - **1998 Girls CIF Prelims**
  - **1999 Girls Undefeated South Coast League**
  - **1999 Girls CIF Prelims**
  - **2003 Girls Div 2 Orange County Champions**
  - **2003 Girls CIF Prelims**
  - **2004 Girls CIF Finalist**
  - **2005 Girls CIF Prelims**
  - **2006 South Coast League JV Champions**
  - **2008 Girls CIF Prelims**
  - **2009 Girls CIF Finalist and**
  - **2010 Girls CIF Finalist**
  - **2011 Girls CIF Finalist**
  - **2012 Girls CIF Finalist-3<sup>RD</sup> PLACE**
  - **2012 Girls State Meet Finalist-7<sup>TH</sup> PLACE**
  - **2013 ORANGE COUNTY CHAMPIONS Varsity and Frosh Soph**
  - **2013 CIF #3, State #4 US #11**
  - **2014 CIF #2, State #2 US #8**
  - **2014 ORANGE COUNTY CHAMPIONS, South Coast League Champs**
  - **2015 CIF #5, State #7, OC champs race #3, finished season #1 ranked third year in a row**
  - **2016 South Coast League Champs, #3 OC, #6 CIF #10 State**

# 2017 Team Goals

- Orange County Champion –all levels
- South Coast League Champion-all levels
- CIF Champion-Division 2
- STATE CHAMPION Division 2
- Nike Team National invitee to compete for National Championship

# SCHEDULE

- Monday June 26 –Captain /athlete led practices—captains will provide info, also see website
- Monday July 17-First Day of Summer Camp 8 am at school
- Requested donation for Summer Training is \$100 –checks to CVHS Cross Country Boosters
- Physical and clearance packet must be completed and turned in ON LINE by July 17
- Tue July 25 Senior Center behind Newhart Parents at 6:00 for booster signups and uniform orders
- Wednesday Aug 9-Sun Aug 13 Mammoth Camp for top 16-18invitees Cost approximately \$300
- Sat Sep 2-Beach Run and Booster Bagels, beginning at Marina Hills 7:30 am ending at Doheny Beach
- Event over by 11
- Sat Sep 9 Laguna Hills Invite approx. 7am-12
- Sat Sep 16 Woodbridge Invite at Great Park in Irvine races in late afternoon and evening /
- Sat Sep 23 Dana Hills Invite approximately 7am -12
- Sat Sep 30 Stanford Invitational top 7 leave on Friday return sat night
- Week of Oct t 3-5 South Coast League Preview Meet at Laguna Niguel Park 1-5 date to be determined
- Sat Oct 14OCC in Irvine, Oaks Park near Irvine Lake approximately 7am-1pm
- Sat Oct 21 Mt Sac Invitational in am , tbd
- First week Nov South Coast League Finals at Laguna Niguel Park approximately 1-6 pm
- Sat Nov 11 Cif Prelims at Riverside Country site
- Sat Nov 18 Cif finals at Riverside Cross country site
- Sat Nov 25 CIF State Meet at Woodward Park Fresno
- Sat Dec 2 Nike National Championships in Portland , Oregon

# WE ARE FAMILY!!!

- At Cougar Cross Country are goals are:
  - To create lifelong runners and exercisers
  - To create competitive athletes and teams
  - To foster dedication, commitment to excellence
  - To pursue “Victory with Honor” (see banner)
  - To develop a family of parents, athletes and coaches working for a common cause



# Fall Schedule Stuff

- Practice each day Monday-Friday and when no meet on Saturday on some Saturday's
- Pending final bell schedule
  - Monday during and after 6<sup>th</sup> period 2:10-4:15
  - Tuesday and Thursday during and after 6<sup>th</sup> 1:10-3:10
  - Wednesday and Friday after school 3:05-5:00

# SUMMER TRAINING

- Basic site and workout handout, also on line
  - Note correction for mon july 24 move to Laguna Niguel Park
- Details of workouts-emailed home each week
- Sites Map- see website
- Athlete led starts Monday June 26
  - Captains will provide information
  - Not coach supervised under CIF rules
  - Parents are encouraged to help supervise by running along, walking routes, biking

# Coach Led Practices

- Periodization Plans-the Basics
  - A Pyramid, the base of which is the most important feature because the rest is built on it
  - You must progress, slowly and carefully along the recommended guidelines. You cant “make up” missed workouts physiologically
  - Four Phases in 22 week training cycle each with a slightly different emphasis
    - Phase 1 emphasis on getting miles in, building a base

# Periodization-continued

- Phase 2 Begins to mix in more hills for strength and speed and long speed intervals called Anaerobic Threshold work—still advancing long run
- Phase 3 Races serve as speed workouts and a mix of shorter speed and longer speed replaces longer workouts
- Phase 4 Peaking for championship time with less volume and distance but high intensity and speed

# Miles and Paces

- Athletes should be able to run 4 miles without stopping the first day of coach led practice
- Initial paces are at aerobic or conversational pace, harder paces will begin second week
- Typical mileage progression for a newcomer would be from around 22 miles a week first couple of coach led weeks to eventually around 40 for beginning and intermediate levels,

- Top 12 type or Varsity type newcomers would likely begin coach led practices around 30-35 miles a week and progress to 55-60
- Long runs will progress from around 5-6 first Saturday of coach led to 10-12 late in summer
- Specific paces and range of paces will be indicated as summer progresses

# The Technology

- Heart Rate and Pace based Training

Having a heart monitor and /or GPS based unit like Garmin produces provides valuable information for athlete and coach

Paces are much more easily managed with one of these devices

# Cross Training

- Weight training, pool training, yoga, exercise bikes, elliptical trainers are all valuable to build better, stronger athletes.
- We incorporate a lot of drills, plyometrics, strength and flexibility, yoga and stretching into our daily routines-some days we will spend more time on non running activities than on running
- We will try to use pool regularly when available



# Summer racing

- There are only so many hard races that can be done in a season. The season begins in September.

Please don't schedule other races from mid

July on. A light run as an extra workout

to support friend or cause might be ok

NO half marathons please—your long run with us!!

# Equipment

- Shoes
  - The right shoes for YOU are not the right shoes for someone else
  - The most expensive are unlikely to be the best for young girls
  - Go to a running specialty store like  
Road Runner Sports in Laguna  
Take old or used shoes with you

# Equipment -continued

– Shoes should be changed every 400-500 miles which is 3-4 times a year

Watch—required for everyone

GPS or Heart monitor-recommended

Fluids!!!!-1/3 of body weight in oz plus enough to replace weight loss in workouts probably 16-32 oz so total of 50-80 oz a day, not just water but juice and Gatorade type. Have 16 oz at least an hour before practice and at least 16 during with 16 after. BEST POST WORKOUT-low fat Chocolate milk

# MAMMOTH CAMP

- By invitation to Top 16-18 based on combination of last year, Track performance, participation post track, miles in athlete led time, miles and participation in first few weeks of coach led and ultimately, likelihood of being top 20 in fall season. We hold a few spots for newcomers
- Aug 9-13 approximately donation \$300
- Final decisions by Aug 2– so captain led key for new

# Grading/ Schedule Issues

Grading is by attendance and participation

You don't get full credit when you don't fully participate , regardless of the reason

Club Soccer players get ONE "free" miss of a Saturday Invitational

OCC October 14 and Mt Sac Oct 21 often have testing conflicts for sophomores and juniors please schedule alternative dates

# STATE MEET

- STATE MEET-Sat Nov 25 Thanksgiving Weekend- the Varsity plus a couple extra girls will travel on Friday to Fresno---
- IF YOUR ATHLETE BECOMES A TOP 10 GIRL during the season PLEASE DON'T PLAN TO GO AWAY DURING THANKSGIVING just in case

# Why are YOU here??

- Ideally-because you love running and want to devote much of your life to it!!

Ideally-you love competing and being a part of a GREAT team accomplishing great goals

REALLY!!!-some guidance person said it looks good on college applications or your friend talked you into it or you don't want pe or some friend said it was a good program

# So Why are YOU here??

- But why are YOU here??

A story of two girls journey-Bronte Golick , Rebecca Deitch -  
OUR EXPECTATIONS regardless of your reasons

You need to be motivated to do your best daily-this is not just  
a pe class (you do get credit) but a highly competitive team

There is a place for all 17:04 to 27:04

We treat everyone as if the ideal reasons are  
YOUR reasons too!!

Join with us ONLY if YOU understand why YOU are here, and  
what we expect of you



# BOOSTER TIME/ATHLETES OUTSIDE

- Bautistas and Self,
- Parent meeting –

- We don't expect everyone to BE Alyssa, Haley, ,Natalie, Rebecca, Ashley,
- We do expect everyone to want to be the best that YOU can be!!!

WELCOME TO LADY COUGAR CROSS COUNTRY