GAHR CROSS COUNTRY BULLETIN

FOR THE WEEK OF:
OCTOBER 21- OCTOBER 27, 2019

UPCOMING EVENTS

Fri, Oct 25: Mt.S.A.C. Invitational-Varsity Only

Parent's Column

Running Performance & Sleep

Most high school athletes tend to have poor sleep habits. Cramming for tests or late night writing of last minute papers, browsing on the computer late, or just weekend TV, can change the rythmn of normal sleep enough to cause problems later on. Studies show that enzynes vital to skeletal muscle activity are significantly reduced with lack of sleep. This leads to complications with the muscles' ability to relax. As the season progresses & workouts become more intense, recovery is greatly reduced if sleep cycles are not consistant. Lack of sleep also affects the central nervous system. Normal sleep cycles are necessary for the body to 'clean' out chemicals that may impair motor functions in the nervous system, impurities in the blood stream, & within the muscles themselves. Lack of sleep also weakens the immune system, which may lead to a season ending prolonged minor illness, such as a low grade infection of the sinuses or lungs. Fatigue, weakness, lack of concentration & restlessness are all signs of fatigue caused by lack of sleep. A few hours late to sleep can affect normal deep sleep cycle. *Early to bed is better than sleeping late as a make up* !!!!

Parents are encouraged to call me with any questions !

(714) 595-0995 (Cell)

Looking Ahead

Fri, November 8: F/S & JV Cluster #3, 12:30pm.

Varsity League Finals, 2pm

(@ La Mirada Regional Park)

Directions to La Mirada Regional Park

Take Rosecrans east to La Mirada Blvd. Turn left go up hill to Alicante (cemetary) turn right. Park will be on left side of street behind cemetary. We will meet on hill on south side of tennis courts.

Varsity Schedule

Monday: 1, Carson, 8 X 100	8.5
Tuesday: 1, 6 X 800 Studebaker/Gridley	8
Wednesday: 1, Cerritos Library	6
Thursday: 1 + 1 + 1	3
Friday: Varsity @ Mt SAC Leave 1:30 return 8pm	
Individual Sweepstakes race @ 5:50pm.	**7**
Saturday: Meet @ La Mirada Reg 7:00am:	
League Finals course work	7
Sunday: Off.	

Total: 40 miles.

Info

There are only 2 weeks left before the final meet of the regular season. We will focus on final strength work this week with faster pace running also being introduced. Next week the mileage will decrease even more & the pace will pick up. We will be at La Mirada for the next 2 Saturday mornings for crucial work on the course. The boys Varrsity are fighting for a CIF spot. Plan your rides early. NO EXCUSES