



Girl's Cross Country - FAQ's

What does the season look like? Practices? Competitions?

High School Cross Country runs from August through October. However, we start our Pre-Conditioning in June, which is imperative to being prepared for the high school season. During the summer, we practice in the mornings. Our team competes primarily on the weekends, typically in Invitationals, and always in 5K's (or 3.1 miles). We travel with the Boys' Team, usually in separate buses, but our competitions are usually the same. One school starts, we practice through the week, after school, until 4:45 - 5 PM each day. As a coach, I adhere to a periodization schedule, which means I follow a macrocycle, mesocycles and microcycles. I break down our training into the year (those girls that run all year between Track and XC), the seasons, cycles within our season and two week periods. In that two week period we will get certain types of workouts into our schedule (Long Run, Recovery Run, Speedwork, Hills, Strengthening, Tempo Runs...etc.). You don't have to keep track of this...but I will! And, I'll also let the girls know what we're doing and why we're doing it.

Do I have to be an experienced runner to join?

No! Of course it helps and we love to have people join who have been running previously, but we also love to teach people the joy of running. Cross country meets everybody "where they are." Running is a sport that can be started at any point in life. If you are new to running and are looking for an activity to join, consider this one. We will teach you what you need to know! And, we'll make sure you learn these things safely.

About summer conditioning...what if I'm in summer school?

Every summer, we have several girls in summer school and we accommodate that. We workout in the mornings for several reasons: we avoid the heat of the day, our competitions are primarily in the mornings so we get used to getting up and getting moving, and we get done early so you have the rest of the day to do school or work over the summer. With summer school, specifically PE, we will work to make that work!

Does the Cross County Team have cuts? Try-outs?

The Cross Country Team does not typically have cuts or try-outs. If you show up, work hard, follow the rules, and want to be part of a really fun, family-oriented group, there is a place for you on this team.