



## “KAIZEN”

### FAQ about the start of the 2021 Siegel Cross Country Season

#### Prospective Team Members

At Siegel, we try to encourage lifelong participation in running by continuing a tradition of having a fun, close-knit group of runners of all abilities who merely like to compete. We do not cut and do not require a tryout to participate as an incoming 9th or 10<sup>th</sup> grader. If you want to run, no matter how fast you are, we have a place for you, if you show the desire to improve.

F.A.Q.:

**Q. When is the XC season and when does mandatory training officially start?**

A. The regular XC season goes from July 26 – Nov 6. Mandatory training begins on Monday, July 26, at 6:00 AM and we train Monday – Saturday throughout the season. Our normal training sessions usually are from 3:30 – 6:00 Monday – Friday and our Saturday training goes from 7:00 AM – 10:00 AM. On occasion, new team members’ families will still have vacations in July. If you plan to be on vacation during this time, let me know, and that’s fine. Varsity level athletes and returning team members plan their vacations before XC starts.

**Q. What paperwork do I need to have done before my child can train with the team?**

A. All athletes must have a completed athletics packet w/an official TSSAA sports physical before they can practice with the team. You must upload in DragonFly before doing any running with the team. The physical must be dated after April 15, 2021.

**Q. My child wants to do XC but is in a club sport. Can they do both?**

A. Yes! We can usually make out a practice/meet schedule that allows athletes to do a club sport. It is not always perfect, but it usually works well if the parents and athlete are committed to making it work. Please email Coach Young, to see if it this might work for your child. As a parent, it isn’t a bad thing to open as many doors to college for your child as possible, at the next level.

**Q. My child has not done any running this summer. Should they still try to join the team?**

A. Yes! Most of our incoming 9<sup>th</sup> graders have very limited running at the start of the season. We train all athletes at their ability levels, so they will be training from a starting point, with athletes that are at their same ability level.

**Q. Do I have to run in the summer to participate?**

A. No, but we strongly encourage you to at least run on your own during the summer so that you will be in reasonable condition for the coming year. It’s in your best interest to run at least 20 – 40 minutes, 4 - 6 times per week over the summer so that you don’t get hurt, but that’s not a requirement for joining the team. We will hold strongly recommended summer conditioning Monday – Friday at 6:00 AM (meeting at various locations). You may come to as many of these runs as you like. We will begin on June 7.

**Q. Where should I go to purchase my athletes running shoes?**

A. The best place in Murfreesboro is Fleet Feet. They will custom fit your child and help them find the right pair of shoes for their feet.  
544 N. Thompson Lane

#### Boys

2017 – 2018 - 2019 Large School State Champions  
2020 Large School Region 4 Champion  
16 State Appearances – 10 Top Ten Finishes

#### Girls

2012 AAA State Runner – up  
2020 TSSAA Large School Region 4 Champion  
18 State Appearances – 10 Top Ten Finishes



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### Q. What type of shoes do they need?

A. They need one pair for training and a second pair for racing (optional). These are called training shoes and racing flats. They are both available at Fleet Feet. **Please do not** purchase minimalist shoes like Nike Free, they do not offer enough support for the level of training we will be doing over the course of the season.

### Q. I have heard you attend a running camp. Is this true?

A. Yes, this will be our ninth year attending All American Cross-Country Camp in Asheville, NC, July 18 - 23. In the past, anywhere from 10 – 25 team members have attended. The runs are challenging, the activities are fun, and the team members have a great time. (This is an optional activity) [www.crosscountrycamp.com](http://www.crosscountrycamp.com)

### Q. When school starts how do I get to training and how do I know where training will be held?

A. Unless we are riding the bus as a team to train, you are responsible for providing your own ride to the location where practice will be held. In the past, the older driving team members have ample room to help you get to practice on time. Some of our training locations include Siegel Soccer Park, Thompson Lane Greenway, General Braggs Greenway, Sharp Springs in Smyrna and numerous other areas that we ride the Siegel school bus to. Coach Young will send out an email to all parents and team members weekly with the upcoming practice schedule for two weeks and the important team events to plan for. Be sure to follow the team on Twitter & Remind – **Siegelcc**, for text messages with schedule changes in the case of inclement weather.

### Q. I've heard you run 8 miles per day. What's up with that?

A. That's nothing but a rumor. We take great care to have you work up to a level of running appropriate to you. Only a couple of our male runners run as much as 8 miles per day. We will place you in a running group appropriate to your level of ability.

### Q. What are the costs of Siegel Cross Country, and when do we need to pay?

A. In order to keep our large **non-revenue** program running, our Parent Support Group will be asking for a fair share donation of **\$350.00** from each athlete to ensure we can keep our large team and usual schedule for the kids. If possible, each family is asked to make the fair share donation during the July parent meeting.

### Q. What can I do as a parent to be a part of the program?

A. Join our Parent Support Group and sign up to help out with events like our CMA Concessions, Two-Mile Race “Under the Stars”, Pasta Dinners, Regions Breakfast, Awards Banquet, etc. Additional information will be distributed during the May 3 parent meeting.

If you have any other questions, please email Coach Young at [youngp@rcschools.net](mailto:youngp@rcschools.net) or 615-479-1455.

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