

**2018 Tallulah Falls School MIDDLE SCHOOL Cross Country  
ConneXCions!**

5-22-18 subject to change

Coach Scott Neal [scott.neal@tallulahfalls.org](mailto:scott.neal@tallulahfalls.org) 706-839-2004 TFS 706-968-9879 cell

Coach Susan Nichols [susan.nichols@tallulahfalls.org](mailto:susan.nichols@tallulahfalls.org) 706-968-0051 Coach Tim Corbett 706-410-4888 [tim.corbett@tallulahfalls.org](mailto:tim.corbett@tallulahfalls.org)

*Return from XC meets will pick up at student parking lot at the High School*

3:00-4:30	<b>Monday</b> Gratitude - Generosity	<b>Tuesday</b> Respect – Responsibility - Ripple	<b>Wednesday</b> Enthusiast Effort Elevate Excellence	<b>Thursday</b> Accountability – Ambition - Action	<b>Friday</b> Think – Trustworthy Train	<b>Saturday</b>
	<p><b>“ConneXCions” is the TFS Athletic 2018 theme</b>  <b>How can this action statement lead to a GREAT season?</b>  <b>Communicate w/ Coach Neal well ahead of time if there is a conflict in practices or meets.</b></p>			<p><b>GHSA physical form and '18-19 concussion form REQUIRED to participate). Team package is \$30</b>  <b>Return location will always be at the high school parking lot</b>  <b>Bring workout clothes to run the first day – Mon Aug 13</b></p>		
2 8/13	<p>3:00--4:30 @ MS gym                      Orientation/GREAT/                      Safety/heat/hydration</p> <p><i>ConneXCions</i></p> <p>2 x 10' CV (bike, row, JR, run) w/ FitCore 10' w/ ez run                      Stretch Routine</p>	<p><i>LONG PRACTICE till 5:30</i> Team Standards and Responsibilities (Ath/Acad Policy)                      @ Track: GWU + Mob RFC: 3-5 x 5 x 100m w/ 1-3PU/sqt/AbTw on 1' w/ 1-2' btwn sets on track or path or mix stretch after daily  <b>MS/HS XC Parent Mtg 5:30pm–6:15pm Student Center</b></p>	<p><i>“I Will Code” - Individual @ track</i>                      WU Gen + Mob                      8-10 hills w/ 10 StEK and OH sqt at top, 10 V-Up &amp; PU at bottom.                      ½ jog / walk down</p> <p>recovery techniques</p>	<p>Goal pacing at Farm FC = 3-4 x 4 x ea of a) homestretch and b) finish w/ 5 of 3 exer                      Extra rest btwn sets                      Help set up for meet</p> <p><b>TFS HS Relay Carnival 4:30</b>  <i>MS volunteers needed!!</i></p>	<p><i>“I Will Code” TeamMate / Society</i></p> <p>WMA2 to red gate and bk in 15-30” intervals w/ same to ½ rest</p> <p><i>Bk2Skl Social 3:30-5?</i></p>	<p>TFS Deep Creek Trip                      Day student optional</p> <p>OYO                      Long Run/walk of 30-45'</p> <p><i>How will you make a conneXCion today?</i></p>
3 8/20	<p><i>Ways to show gratitude</i></p> <p>@ Track                      Full warm up/mobilities                      10 x 300m w/ stairs &amp; 100w w/3-5 of pu/su                      Pres. Com Dinner 5:40 ?</p>	<p><i>How do we earn respect?</i></p> <p>MS Gym FitCore &amp;/or Farm ez run)</p> <p><i>V @ AA Ekiden</i></p>	<p>@ Trk                      FC = 3-4 x 2 x1 lap w/ 3-5 pu, plankEK, Jdips, oh stpup, hplu</p> <p>HS Quadrathlon 4:00</p>	<p>@ HS bike room                      MS Quadrathlon and Cookout 3:15-6:00  <i>“I Will” be safe!</i>                      Bike-Swim-Run-Row @ Lake Tallulah  <b>NEED PARENT VOLUNTEERS!</b></p>	<p><i>Competition Strategies</i>                      Pass out uniforms, WU, bags  <b>PICTURE DAY 3:15</b> practice @ Farm</p> <p>Meet WU                      4-6 x ½ mile at Farm</p>	<p>OYO – Long Run 30-45' Run/Walk</p> <p><i>How will you make a conneXCion today?</i></p> <p><i>HS @ Wesleyan</i></p>
4 8/27	<p>Generosity at meets looks like....</p> <p>@ Track                      Meet WU + ez 20'</p>	<p>@ Athens Academy 4:15                      1:50/2:00/7:45</p> <p><i>HS @ Rabun Gap</i></p>	<p><i>I Will be responsible...</i>                      @ MS Gym/Farm                      Meet Warm Up/mob Ez run 15-20'                      3-5 x Strides and Acc</p>	<p><b>Bark at the Park Service Day @ TGSP 2:30-4:30</b>  <i>Bring gloves, change of clothes</i></p>	<p>Open Weekend</p> <p>OYO Intervals – Ex/ Pitts Park 6-9 x 1 lap or its equivalent</p>	<p>Open Weekend                      OYO – Long Run 30-45' Run/Walk  <i>How will you make a conneXCion today?</i></p>
5 9/3	<p>Open Weekend                      OYO – 15-20 min at same continuous pace.                      Finish w/ 3-5 fast strides</p>	<p><b>MS @ Rabun Gap Tri State # 1 4:30</b></p> <p>Out 2:55 Leave 3:10                      Return 5:45 (no meal)</p>	<p><i>I Will seek good traits in my teammates!</i>                      @ MS Gym                      EZ recovery run or WR FitCore Cardio</p>	<p><i>I Will adapt!</i>                      @ TFS bushes                      4-5 ea x Neal Hills &amp; Bourlet Hills w/ 3-5 PU, V-S, KE at</p>	<p><i>I Will see adversity as a step to success</i></p> <p>Extended WU, mobilities + EZ 20-30'</p>	<p><b>Eagle Invite Lamar Murphy Park Leave 8:00 10:15 race</b></p>
6 9/10	<p><i>Exs/ of Generosity @ farm</i>                      Help w/ meet set up                      Meet WU                      EZ 15-20'+ strides/acc</p>	<p><b>Cookies 'n Quotes XC Festival &amp; Cookout MS &amp; HS 4:30 @ TFS Farm (MS Tri St #2+ others)</b></p>	<p><i>Different effort paces</i></p> <p>Shortline / River Run</p> <p>Bring a towel!</p>	<p><i>I Will listen &amp; observe</i></p> <p>High Bluff 2mi trail or 6-8 x ¼ mi                      @TFSFarm</p>	<p><i>I Will Think Pacing @ track</i>                      Lap pacing 8-12 x 400m at race pace w/ 1-2'</p>	<p>OYO – 30-45'</p> <p><i>How will you make a conneXCion today?</i></p>
7 9/17	<p><i>How to honor servers of freedom</i>                      Shortline Tr + river legs</p>	<p><b>MS @ Highlands 4:30</b> Tri State #3                      Out 2:30 Leave 2:45                      Return 6:45-7</p>	<p><i>focus - task at hand</i></p> <p>Chess/krs Bring sets!                      FitCore @ SAC</p>	<p><i>I Will celebrate teammates strengths</i>                      @ Track Sleds, HJR, stairs, tires, MB sand/bags, FC</p>	<p><i>I Will think past now @ Track</i>                      Pacing FC = 3-4 x(300-200-100) w/ 5 x ohsqt, pu mtc, v-upTw</p>	<p><b>TFS HS Heroes Invitational 9-11:30</b>                      We need volunteers!                      OYO – 30-40' ez</p>
8 9/24	<p>Strategies for Success @ track                      6-10 x300m w/100m wlk  <i>Ice baths (bring towel and change of clothes) did not do</i></p>	<p><b>MS 4:30 / HS @ Westminster</b></p> <p>Out 1:20 Leave 1:30                      Return 8:00</p>	<p><i>Mental/physical effort</i></p> <p>North and South Rims                      EZ recovery</p>	<p><i>I Will choose confidence over doubt!</i>                      @ MS Gym</p> <p>WR Cardio 1' on 1' off x 10 and ez run 10'</p>	<p><i>Think about your race!</i>                      @ MS / Farm                      7 x ¼ mi intervals w/ rec and start there                      3 x finishes  <u>Bring a watermelon</u></p>	<p>OYO                      Fast intervals w/ a lot of recovery.                      Ex 8-10 x 200m fast w/ 200m wlk.</p>
9 10/1	<p>@ MS / Farm                      2-4 x ¼ mi intervals w/ wlk ¼                      2-4 x finishes                      All refreshing paces</p>	<p><b>Tri State Conference Championships @ TFS Farm 4:30</b> (High, RG, Sum)</p>	<p><b>Turn in Uni,WU,bag</b>  <i>Those competing MS state on Sat Oct 13 see Coach for workouts</i></p>	<p><i>VXC @ Unicoi St Park</i></p>	<p><i>Tri State Rain Date</i></p>	<p><i>What were the important conneXCions you made this season?</i></p>
10/8		<p><b>MS XC Team Party 6:15-7:15pm @ SAC Fire Pit</b></p>		<p><b>Open Weekend – MS State XC @ BleckleyEle in Cochran GA on Sat. 10:30 a.m. SMALL School Boys' JV race 11:00 a.m. SMALL School Girls' JV race 11:30 a.m. SMALL School Boys' Championship Race(top</b></p>		

Warm up (WU) = multi-joint, multi-movements and mobility to increase heart rate, improve athleticism, and enhance muscularity.

OYO – On Your Own

FC = FitCore = a combination of varied exercises (upper, lower, and core) to increase oxygen and blood flow to all parts of the body; great for general fitness

BW = body weight exercises ex/ push up (PU), pull up (PLU), Horizontal HPLU, Dips, Step Ups, Lunges, Squat (sqt), overhead (OH), twist (Tw), plank, knees to elbows (KE), jumps onto box (JOBs), hurdles (H), ring KE (RKE), jump rope (JR or hvy HJR),

Abs/core - (linear, twist/rotate, stability)

Stretch (always after practice) 1-2 x hold 10-15” – hams straight, hams bent, hip flexors, quad choice, calf straight, soleus bent, groin, low back, low back twist, IT band

Rainy Day Plan – Row 2000m, FC inside WR, row, JR, bike, stair climber, elliptical...

Ex indoor = bike 5' + row 1000m + JR 2' + 5R of 1' bike >100rpm + Row 250m + JRx50 w/ 3ex x 3 ea of WPU, SFt2H, HPLU, S180, MBTD, Superman

Effort Index 1 = recovery/EZ 2 = Labored Conversation Pace 3 = Race Pace 4 = Kick 5 = Speed Sprints/ Faster RP

*How can you make a connexCion today?*

“I will run till I get tired and then I will sprint”

Discipline allows you to do what you don't want to do at the moment so you can have what you do want later.

Discipline still trains when motivation is not apparent.