

2021 TFS High School Cross Country Meet Warm Up

8/10/2021

Meet Preparation:

Check shoes/shoelaces, socks (always bring an extra pair!), uniform (shorts, singlet), team tee shirt, bag, warm up top and bottoms. IF you have them, bring extra shoes in case course is wet! Check all these the night before AND before we leave. Depending upon the size and status of the meet, girls and boys may run together, especially JV.

Before the Trip

Put water, ice, water bottles, meet bag (w/ med kit), towels, ice bucket, team flags, AED, tent(s), tarp bag on the bus.

On the Trip

Study, listen to music quietly, read, relax. Drink water. Do homework. Seek to learn the info, not just do it. NO videos or video games. Music volume low enough with earphones only you to hear. No vulgar or explicit lyrics.

When we arrive.

Set up "camp." Coach will get a course map/info and bib #s. Check race times. Boys and girls together? JV? 5-15 minute course walk/jog to learn the course.

Meet Warm up: Warm up time is about 20-30 minutes, to be done 45 min before the race start time. Have water there! First, easy run on part of the course for 5-15'. Then as a team, do the following:

<u>General warm up</u>	<u>Mobility in Formation 1x3ea</u>	<u>Tribe Dances</u>	<u>At the Starting Line</u>
2 x 25 yds:	leg swings fwd/bk/sides	✓	✓ sip water
✓ general skips huggies	knee tucks each leg	✓	✓ Team Chant
✓ side shuffle (each way)	lunge stretches	✓	✓ striders x 2-4 RP speed
✓ gallop fwd arms up/dn	circles, (ankles, hips,	✓	for 30-50 yds)
✓ carioka	shoulders)	✓	✓ sip water -pour on head
✓ Scale walk/lunge scoop			

We will meet FIVE minutes before the race starts at the starting line for the last get together.

We ALWAYS encourage and challenge each other. Do your best! Have fun!! Meet someone from another school by introducing yourself and asking specific questions about them. What is their favorite workout? Team bonding activity? Stop a moment to enjoy what you are doing, appreciate the many volunteers who help with the meet, and express positive comments to other people (ya know how you like it when people say nice things about you!).

Strategies

Run with One Voice. Be able to look in the mirror and be proud! Run your race, not your competitors, yet do not let someone pass you in the last portion of the race! That is about mental challenge. Start out strong but under control like a jockey holding back the horse at the beginning. "Your first mile should not be your fastestP principle.

Post Race

Drink fluids right away. Find a teammate to encourage! Keep walking until you can jog 5-30' for a cool down. Drink water or an electrolyte drink. Stretch (preferably as a team, but when not able, stretch and mobilities alone. If you receive an award, wear either your shorts and singlet or shorts and team t-shirt, Thank the host, timer, and/or volunteers.

On the trip home

Coach MUST actually see your parents in order to check you out to them. Drink lots of fluids. Eat a snack. Make sure bus is clean. Put all tents, containers, etc. back in the equipment room. Do homework as needed.

Be GREAT!