

Dunwoody Cross Country Spring Informational Meeting

Last year was great for DHS XC. We saw great performances from individuals, with many PR's being accomplished throughout the season, and great performances by both our Varsity and Junior Varsity teams. With your dedication to the program, this season will be even better!

We will be moving to 7-AAAAAAA this season! Summer training is the key to being successful in one of the strongest regions in the state of Georgia. The following information will help you to be well prepared for the upcoming season.

Email List, Website, and Contact Info

Make sure that you are signed up for all of the ways that we will be sending out information over the summer. Please see "How to Stay In Touch" on the website and sign up if you have not already done so.

<https://dunwoodycrosscountry.weebly.com/stay-in-touch.html>

Physicals, Runner Registration, Concussion Form, and Proof Of Insurance

Our first day of official practice will be MONDAY ??? from 6:30am to 8:00am. In order to participate:

You will need TWO PAPER COPIES of the following completed in order to participate: (even if you played a sport in the spring)

**Physical Form (4 pages with all signatures cleared for participation with date)
Concussion Form (1 page with all signatures with date)
Proof of Insurance (Copy of Valid Insurance Card BOTH FRONT AND BACK)
Sudden Cardiac Arrest Awareness Form (Signed/Dated by Student and Guardian)**

You will need to complete the electronic runner registration via the Dunwoody Cross Country website. (www.dunwoodycrosscountry.weebly.com)

Summer Conditioning

Every runner needs to ensure that they condition over the summer in order to be in the best shape possible for the XC Season. Look at the training goals below and see what tier you fit into. Contact your teammates and challenge each other over the summer. Email your weekly training logs to a coach. Every runner should be able to run for 30 minutes continuously on the first day of practice.

Training Goals

What are your goals for the XC Season? To help you achieve these goals, we have established four tiers that will help you to be prepared for the season and practice. If you are unsure of what tier you should strive for, please talk to one of the coaches. Please keep a running log throughout the summer that shows your progress. We will use these tiers when regular season practice starts, so pick one and get started!

Training Goals

Name	Designed For	Workouts
Blue	Returning Varsity runners, and those with experience who hope to be Varsity level	<ul style="list-style-type: none"> - Average of 5-6 miles (45-60 min of running a day on average), 35-45 miles per week - 3 days of easy runs of 35-50 minutes - 1 day of easy run of 60 minutes - 1 day of long run – 60-70 minutes of easy running - 1 day of 30-40 minutes steady/tempo run (harder/faster paced run) - 1 day off (or alternative workout – swim, bike, etc.) - GOAL: Over 300 Miles for Summer!
Red	Returning runners who hope to challenge for Varsity spots (and run a few Varsity meets) / be part of region team (Top 12) / 9-10th graders who hope to be on JV County Championship team	<ul style="list-style-type: none"> - Average of 4-5 miles (40-50 min of running a day on average), 25-40 miles per week - 3 days of easy runs of 30-45 minutes - 1 day of easy run of 50 minutes - 1 day of long run – 60 minutes of easy running - 1 day of 25-35 minutes steady/tempo run (harder/faster paced run) - 1 day off (or alternative workout – swim, bike, etc.) - GOAL: Over 250 Miles for Summer!
White	2nd year runners who hope to improve performances and set PR's; new runners to the team with running experience	<ul style="list-style-type: none"> - Average of 2-4 miles (25-35 min of running a day on average), 15-25 miles per week - 4 days of easy runs of 20-30 minutes - 1 day of long run – 35-45 minutes - 2 days off (or alternative workout – swim, bike, etc.) - GOAL: Over 150 Miles for Summer!
Silver	New runners with little experience who want to be ready for the start of the season!	<ul style="list-style-type: none"> - Average of 1-3 miles (15-30 min of running a day on average), 10-20 miles per week - 3 days of easy runs of 15-25 minutes (ok to switch between running/walking at start of summer) - 1 day long run – 30 minutes (try to get one run of 45 minutes at the end of the summer!) - 3 days off (or alternative workout – swim, bike, walk, etc.) - GOAL: Be in shape and ready to go!