

Summit XC Team Expectations 2019

Show up on time. Early is on time. Late is late. If you are late more than three times or unexcused you may not run in a meet.

Wear warm-ups (sweatpants, long sleeve or sweatshirt) over your running gear to every practice and meet unless it is above 98 degrees.

Bring a water bottle and wear a watch to every practice.

Bring a snack to eat after every practice or race, ideally within 30min of completion.

Focus during drills. Absolutely no talking during drills so that you can focus and get the most out of them. Drills matter.

Bring intensity and focus to workouts. Take them seriously. Save the talking for easy run days and warm up/cool down runs. You will find fulfillment in working hard and earning your improvement.

Be a supportive teammate and positive influence.

Check summitcrosscountry.com for calendars, bus/meet schedules, etc. You can visit athletic.net to see all meet results.

Come to practice. We plan to practice every weekday at 4:05pm. If you need to schedule a (non-urgent) doctor/orthodontist/etc. appointment please make every attempt not to schedule during practice. A good time to schedule appointments is on Wed. 2-4pm, or Tues. or Thurs., if possible. Do not come to practice if you are actively ill, but be sure to text or email Carol to let her know in advance.

All absences must be communicated to Carol McLatchie in advance and in writing for the athlete to be considered "excused". You can text Carol at (541) 788-1577 or email her at carolmclatchie@gmail.com. Don't forget, as unexcused absences impact your ability to compete in meets or earn a varsity letter. Remember, you must also give Carol a parent-signed note or text in advance if a parent (or other adult) is taking you home from a race.

Give your best each day, understanding that what that means may be impacted by illness, stress, etc. Your pace or volume may vary, but your effort should not. Work hard for yourself. You deserve it.

Get fired up! Derive motivation and inspiration from your teammates – use that to help ignite your passion and then share that same fire with others. Inspiration flows both ways

Know progress/improvement is not always linear. You'll have good practices and races, and then you may hit a bump or setback. Believe in yourself through those

tough times and know that with hard work and patience you will persevere. Teammates and coaches can provide support.

Respect the process, your teammates, and your coaches. Don't do additional mileage or workouts beyond what is outlined by coaches without explicit approval. Train hard and recover smart. Do all the "little things" (eat lots of healthy foods to nourish and fuel you, sleep!, foam roll, hydrate, laugh a lot). Listen to your coaches & athletic trainer (they are knowledgeable and they care!).

Remember we are the Summit XC Team: As one. Yes, sometimes we have to divide up due to team size limits in races, but we are all one Summit XC. Each athlete matters and all are appreciated on the team, regardless of pace or experience level. You will get out of this season what you put in. Coaches are there to help support.

Have fun! Enjoy your XC friendships, develop a lifelong love of running, have pride in your investment in yourself and in your health. We want you to take your season seriously while having a blast!

Avoiding & Dealing With Illness

Keep Your Hands Clean

- Wash them throughout the day for at least 20 seconds (2 x “Happy Birthday” song)
- Keep a hand sanitizer and clean wipes in your pocket/bag & use frequently
- Avoid touching your face with your hands in public spaces

Give Sick People Space (& Vice Versa When You Are The One Sick)

- Viruses & flu spread via droplets from coughing/sneezing -- physical space helps
- ***Do not share water or other drink bottles!***

Rest Is A Weapon

- Your chance of getting sick goes up radically with low sleep (8-9 hours min. needed for teens!)
- Give yourself daily quiet time without devices or TV

Good Athletes Take Care Of Themselves

- Good nutrition every day -- iron, Vitamins D & C, balanced foods all help with health
- Hydration every day -- your water bottle is your buddy
- Warm/dry clothes pre/post workouts -- chilled bodies are more vulnerable to bugs!

When You Get Sick

Within the first 24-48 hours of colds you can fight back with the following:

- Gargle with salt water (3-5x per day)
- Use saline (salt) nose sprays easily found at grocery stores
- Drink really hot beverages & soup as often as you can handle

After 48 hours

- Continue to drink hot liquids as much as possible
- Raw honey, pineapple, and/or sucking on dark chocolate pieces for coughs
- If symptoms are above the neck -- light training is possible, but be careful!

Returning to Practice/Racing after Illness

- “Less is more” initially. Don’t over do things at practice and in general. Continue to let your body rest and recover
- Talk to coaches to modify workouts until you are feeling better (switch to a lower pace group for a practice or two, reduce volume/mileage, etc.)

Nutrition for Summit XC

Everyday eating

All nutrients are important! You need a mix of carbohydrates, fats, and protein to be healthy. It's important to get enough energy (calories) to fuel your running. We can all benefit from reducing the simple sugars and overly processed foods in our diets. You should eat for fuel, nourishment, recovery, and enjoyment!

- Carbohydrates: whole grains (rice, oatmeal, bread, quinoa, couscous), vegetables (dark leafy greens, sweet potatoes, seasonal veggies), & fruit (berries, apples, bananas, etc.)
- Fats: nuts, nut butters, avocado, olive oil, coconut oil, flax seeds
- Protein: meat (beef, chicken, turkey, salmon), dairy (yogurt, milk, cheese), eggs, plants (lentils, legumes, nuts)

What to eat before a run or race

Goal: Choose foods that will give you energy to run and sit well in your stomach. Don't try anything new race day! Choose foods high in easily digested carbohydrates with some protein and fat, not a lot of fiber.

Timing: roughly eat a larger meal 3-4 hours before a race or workout and another snack 1:30-2hrs prior to event (example: 5:30am oatmeal on bus (pre-made in thermos) with peanut butter and blueberries, 9:15am easy to digest energy bar)

Example options:

- Peanut butter and jelly sandwich (or turkey sandwich)
- Yogurt with granola
- Tortilla (or half bagel/whole rice cake) with cream cheese or nut butter, banana, and honey
- Energy bar
- Low fiber oatmeal with milk and brown sugar or peanut butter
- Leftover rice, pasta, potato, yam (or other grains)
- Homemade cookie or bar
- Frozen waffle topped with peanut butter and drizzle of maple syrup

Post-run

Goal: start recovering as soon as possible! Food is a recovery tool. Certain foods will help your muscles recover faster and make you ready for the next day. **Eat a carbohydrate/protein snack (3 parts carbs to 1 part protein optimal) as soon as possible, ideally within 20 minutes of finishing your run.**

Example options:

- Chocolate milk
- Banana with peanut butter
- Yogurt
- Smoothie (milk, frozen fruit, nut butter, yogurt, greens, honey)
- Energy bar
- Recovery drink
- Fruit & nuts
- Crackers and cheese
- Fruit snacks and a spoonful of nut butter

Nutrition for Summit XC (page 2)

Sample Day

Breakfast

1/2c oatmeal made with milk and topped with nuts, berries and a drizzle of honey
or 2 frozen waffles topped with 2 T peanut butter & drizzles with maple syrup or
3 scrambled eggs with 1/4c cheese, 2 pieces whole grain toast with butter, & berries

Morning snack (pick one or two)

Apple & cheese or fruit parfait: berries, yogurt, topped with granola or Hard-boiled egg, berries, and a few almonds

Lunch

Turkey sandwich (or PB&J) made with 100% whole wheat bread or tortilla with turkey, cheese, mustard, and veggies
Veggies & Hummus
Homemade cookie or piece of dark chocolate
Milk

Afternoon Snack (pick one or two)

Banana & nut butter
1/2 energy bar
Dried fruit and nuts
1/2 PB&J sandwich

Dinner

Stir-fry: rice or other grain, vegetable (broccoli, green beans, sweet potato, squash), lean protein (chicken, beef, shrimp, beans, egg), sautéed in olive oil (or other vegetable oil). Topped with housemade sauce (option: pesto, yummm sauce, curry)
Milk

Evening Snack (pick one or two)

Small bowl of ice cream
Cookie & milk
Hot chocolate
Small bowl cereal + milk
Frozen banana with peanut butter and chocolate
2 small pieces of chocolate + 1/4 c almonds

Most importantly - To eat well, begin with a healthy foundation: emphasize fruits, vegetables, whole grains, lean protein, and healthy fats. Choose foods that will give you energy and support your running, BUT also include foods you enjoy! Healthy eating is NOT restrictive; it's all about fueling and nourishing your body and enjoying your food. Foods such as ice cream, cookies, chocolate, potato chips, etc., are ok to be enjoyed too.

**Adapted from nutrition materials and lecture provided by Stephanie Howe, PhD*

Strength Training for Summit XC

Why do strength training?

- Injury prevention – when you are stronger you are less likely to get injured
- Strength & coordination & stability equals running efficiency
- When you are stronger you are more efficient and absorb less impact (overcoming gravity as efficiently as possible)

Why focus on drills and plyometrics?

- Training neuro pathways correctly and efficiently
- Foot contact, heel recovery, posture and arms
- So you run faster
- Why focus during drills?
 - They matter (see above)
 - Moving from conscious incompetence (when initially just learning – where you have to think about it and barely know how to do it), to conscious competence (where you need to think about it in order to do it correctly – most of the team is here), to unconscious competence (don't have to think about it and have it mastered – no one here yet)
- We exaggerate movements in drills so when running it translates into proper mechanics
- Plyometrics – bridge between strength and speed: Translates into power
 - Teach how to apply force to the ground. You get bouncier, which lengthens stride and makes you faster. You want to be a bouncy ball and not a tomato

Most weeks we will do:

- Drills daily
- Plyometrics once
- Strength once
- Core two or more times

Weight room guidelines - Weight room will be used only for those athletes already used to being in the weight room that have a lifting background (attended summer xc weights, did winter track with Mondo, took weight lifting at school, etc.) since we are already in season. For those not going to the weight room we will have a body weight based strength workout each week. This workout will be more effective for newer athletes. It will help recruit muscle & improve coordination without tearing your body down as much

General tips:

- Dorsiflex (toes up)
- Elbows back with shoulders relaxed
- You can do extra core (but not daily!) but not extra strength during season

Injury Prevention for Summit XC

Recovery is critical! The “little” things matter. Training breaks you down (muscles, nervous system). Recovery will make you better & stronger. Sleep well and eat well. Recovery is when you actualize the benefits of training

1st stabilize spine

- Stretch and roll your quads! Quads need attention and are likely the source of many issues. Helps reduce feelings of back pain, sore hamstrings
- Also, stretch and roll your calves
- Mobilize your ankles and feet – move them, roll them, keep loose and mobile

Shoes matter

- Protect your body with good training shoes and be aware of what you wear on your feet when not running
- Get a shoe that fits your foot well and supports what you need, not one based on what works for someone else or media hype
- FootZone in Bend can guide you through a shoe fit process and provides all local xc runners with a 10% discount on running shoes for training and racing spikes (optional). Just let them know you run for Summit

Stick to and trust the process

- Trust your coaches and your training
- Don't do extra! More is NOT necessarily better
- Have fun. Laugh daily. Enjoy your sport and your life

Interact early and often

- If you have an issue starting to creep in, talk to your coaches first then and come see the athletic trainer
- Athletic Trainer (Ross) is available 1 hr. before school is out until the end of the day
- All athletes and sports matter and get equal priority (except when medically necessary)
- Athletic Trainer travels with varsity football (medically necessary) but covers home events for all sports
- Ross will be the primary triage for Summit sport related injuries. If accessing an orthopedic physician is indicated or recommended, Ross will let you know. The Center is the Summit resource for these needs and appointments can usually be arranged quickly when necessary
- You can email our Athletic Trainer (Ross) at rdexter@centerfoundation.org

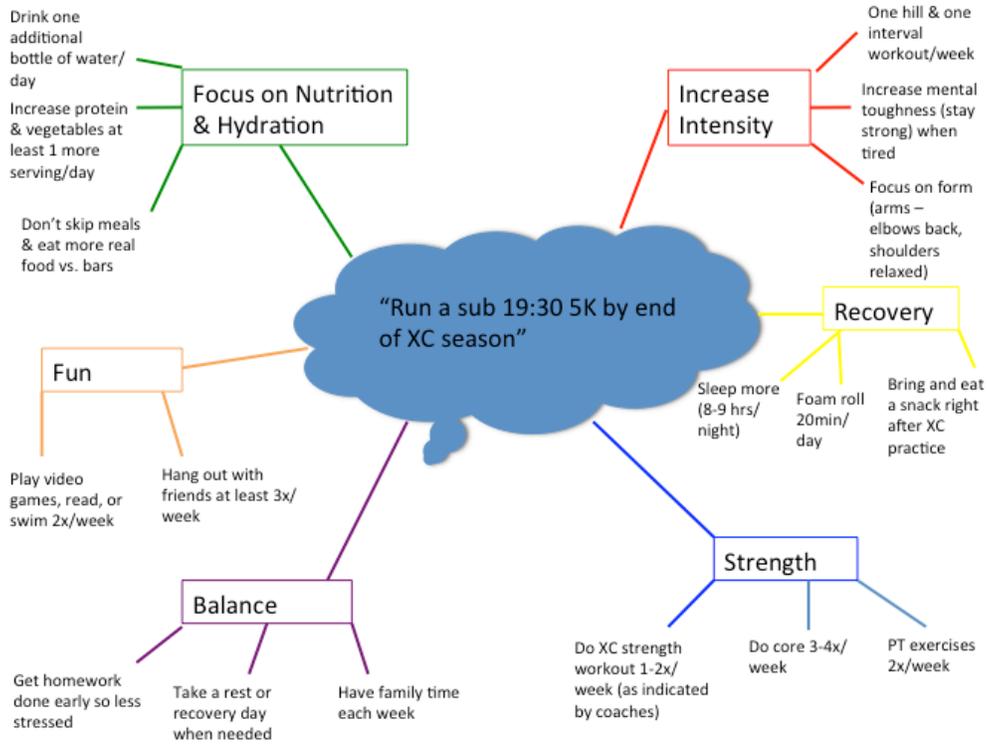
Goal Setting for Summit XC

Why do goals matter?

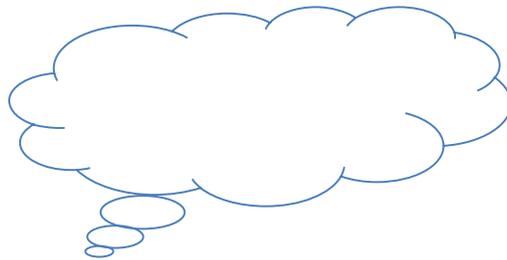
- Provides direction – gives you something to aim for & direct efforts towards
- Clearer focus & decision making – helps you determine what is important to you & what you really want to accomplish; provides a road map to help guide your life
- Gives control of your future - without goals people tend to drift aimlessly. Goals shapes perspective & prioritization, that control makes you responsible for own success
- Provides motivation and a sense of purpose
- Builds confidence & personal pride - appreciate your own capabilities and gives an idea of your own potential

How do I set goals?

- Yes, goals should be “SMART”
 - Specific – what exactly needs to be accomplished
 - Measureable – how will I know I’ve succeeded
 - Attainable – Do I have or can I get resources needed to attain this goal
 - Relevant – Is this a worthwhile goal to me right now
 - Time based – what is the deadline for reaching this goal
- Once you have in mind your bigger, long-term goal, it is sometimes better to not worry about that goal itself. Long-term goals require smaller short-term goals along the way. For example, don’t focus on making the state team or moving to a faster pace group. Instead, break down the details into smaller short-term process goals (giving your all at every practice, fueling well all day and bringing a snack to practice, getting 30min more sleep each night, doing homework earlier so you aren’t as stressed before bed, etc.) As you reach those smaller goals you believe it is possible to accomplish your bigger long-term goals. Seeing this accomplishment builds confidence, efficacy and fuels your motivation
- Write down goals & steps for how you will get there = plan for future
- Here is one example:



What are YOUR goal(s) for this year?



Goal Setting for Summit XC Cont.

What do I do if things go wrong and don't go according to plan? What if I have a set back or don't achieve my goal? Hey, it happens to everyone at some point, and often we learn and improve more from the things that don't go well. So first, don't panic and don't beat yourself up. **Please. Instead consider:**

Avoid negative self-talk. Talk to yourself the same way you would to a friend. Don't say things in your head like "I suck", "they will always be faster than me", "why do I even bother". Would you ever say that to a friend? Be supportive and kind, without making excuses or bailing yourself out. Own what you can do better, but in a way that fires you up and gets you ready to achieve it next time. You want to keep the fire but lose the negativity

Understand that sometimes things just don't go according to plan. You can do everything "right" (training, race execution, etc.) and things can still turn out differently than we hoped. We aren't robots that you can program precisely; we are human which can be messy and very complex. As runners we are impacted by things like: stress, hormones, body systems, we get sick – but that is part of what makes running exciting. It is not always the person with the fastest foot speed that has the best race. If you race often enough you will have a bad race(s). You will be disappointed at times. That is reality. But if we take the time to reflect, often we learn more from those days than the ones that go perfectly. It's ok to be disappointed for a little while, but then move forward and find what lessons you can in your experience. That is how we grow and become better runners

Adjust your plan. Look at your goal and your path for achieving it. What new information do you have? Do you need a new or additional incremental goal(s)? Do you need to try different tactics or add new pathways to support your goal better? Did injury or illness set you back? Add in therapy and cross training pathways. Struggling with your mental game? Commit to visualization, meditation, use of mantras/power words, or other strategies to boost your self-confidence and go in ready to compete. Believe in yourself, be brave, and get back out there

Focus on gratitude. Find three things each day to be grateful for. They are always there you just sometimes have to look a little harder to find them. Apply the same approach to your running as to your life. Find three things each practice/run/race that you are grateful for (getting to catch up with a friend, not getting lost on a trail, running faster than you thought you would, having your shoes stay tied)...whatever – big or small things. But find them (and ideally write them down!) each day and have one more way to wire your brain towards the positive

Control what you can but don't dwell. Realize that focus and effort are all you have control over sometimes. You can't control how fast other people run, when (or how) you go through puberty, what the race course or weather are, etc. Don't dwell on that. Just give your best. When you give your best, you get to be proud no matter what

Talk to your coaches. We are here to help and want to support you. Your goals are our goals. Sometimes discussing your challenges and your plan for success with someone else helps you to identify options you may be missing on your own. Family members and friends can also be great with this support as well but please keep in mind that your coaches are here to help

Additional Resources:

Looking to dive deeper into some of these topics? Consider these options:

Run Fast, Eat Slow and/or *Run Fast, Cook Fast, Eat Slow* – *Nourishing recipes for athletes* by Shalane Flanagan & Elyse Kopecky

How Bad Do You Want It? – *Mastering the psychology of mind over muscle* by Matt Fitzgerald

The Happy Runner: Love the Process, Get Faster, Run Longer by David Roche & Megan Roche, MD

Iron Stores

A lower than normal ferritin level can indicate that you have an iron deficiency or anemia. Iron deficiency can happen when you don't consume enough iron in your daily diet. Anemia is when you don't have enough red blood cells for iron to attach to. Both of these conditions can keep you from running at your full athletic potential. Over the years we have had several athletes with low ferritin levels.

Symptoms present with low ferritin levels include the inability to breathe as normal and feeling tired and lethargic all the time. These same symptoms can be present when new to an intensive training program or just from being a teenager, so symptoms alone do not indicate that there is a ferritin issue. Tests are helpful however in letting you know if you would benefit from supplementation.

We encourage all of you to consider having your blood tested to check your iron stores. Our favorite tests are: CBC (Complete Blood Count), Vitamin D 25 Hydroxy and **Ferritin, Serum**. Low ferritin indicates anemia (score below 30). Please note that what is considered in the "normal" range can vary for endurance athletes, and red blood cell counts can look fine while your ferritin level could still be very low, so having all of the above tests mentioned could help point out potential issues that might otherwise go unnoticed.

To obtain blood tests you can ask your doctor order them for you.

If you are below a Ferritin of 30 you should discuss supplements with your doctor and let your coaches know. Your focus would likely then be on taking iron and get retested in 2 months to see if your levels are improving. Some doctors recommend iron supplements of Ferrous Bisglycinate. There are pill and liquid options to choose from (such as Blood Builder (Megafood) tablets). Depending on your tolerance and absorption rates you can try other iron supplements. Everyone absorbs iron at different rates and iron stores can be depleted at different rates. In addition, it may take a few weeks to improve your iron stores or it can take many, many months to improve your levels.

If diagnosed as having low iron stores, keep iron supplements going – 3x/week if you are above ferritin of 60. In addition to supplementation, please review the sources of iron in your diet. Good iron sources include: lean red meats, spinach, raisins, liver, eggs, broccoli, navy beans, oysters, chickpeas, fish tofu, lentils, tuna, pumpkin seeds to name a few. Vitamin C helps with iron absorption so consider taking iron supplements with orange juice. Avoid tea/coffee/calcium with Iron. Also, only take iron supplements 1x/day if they are recommended

Please share your blood results with your coaches so adjustments can be made to your workouts

**Please note: this is general information to raise awareness, not intended as medical advice, and does not take the place of working with your doctor/healthcare provider*