



# **BROOKWOOD GIRLS** **CROSS-COUNTRY**

## **What is Cross Country?**

- 3.1 mile race on trails
- Summer practices & trip to Myrtle Beach!
- Fun overnight trips
- Awards & Scholar Athletes
- Making great friends & Getting in great shape

## **Team Accomplishments:**

- Varsity Region 8-AAAAA Team Champions
- 4<sup>th</sup> Place at State AAAAA Championship
- JV Region 8-AAAAA Team Runner-up

## **IMPORTANT DATES:**

- **MAY 7<sup>TH</sup> – Physicals at Brookwood Fieldhouse – 7 P.M. (\$25)**
- **MAY 27<sup>TH</sup> – First day of Summer Conditioning**
  - **Must have completed Physical Form**
  - **7:45 a.m. at Theater Entrance**
  - **Mondays, Wednesdays, and Fridays**
  - **Summer t-shirt rewards**
  - **Easier lettering standards**
  - **Start the season in great shape!**
- **July 18<sup>th</sup> through July 24<sup>th</sup> – Myrtle Beach Trip**
  - **Time Trial held on Friday, June 26<sup>th</sup> (Make-up time trial will be one week prior – Friday, June 19<sup>th</sup>)**

**Contact Coaches Carter, Shuster or Sowers:**

**Chris\_Carter@gwinnett.k12.ga.us**

**Lauren\_Shuster@gwinnett.k12.ga.us**

**Kelly\_Sowers@gwinnett.k12.ga.us**

**WWW.XC.BROOKWOODTFXC.ORG**

# Brookwood Girls XC Training Log

This log will help you keep track of the miles you run this summer. Below are the instructions on how join our team page and log your runs.

1. Go to the following website: [www.running2win.com](http://www.running2win.com)
2. Under the Login button, click "Register me!"
3. Create your user name and password. Your user name is your first initial and your last name.  
(Example: Kelly Sowers = ksowers)
4. Fill in the rest of the personal information for your account and register.
5. Once you have created your account, click on the word "Teams" located at the top of the page in the big blue bar.
6. Click on "Find a Team". Scroll down until you see "Brookwood Girls Distance".
7. Click on it and request to join the team. A request will be sent to us and we will add you to the team. Now you are ready to log some runs!

To log a run:

1. Next to today's date select: "Log today's run"
2. Enter as much information as you want about your run.
3. Save your run.

After you have joined the Brookwood Girls Distance team, you can explore your own page by pressing "Home" at the top of the page in the blue bar.

You are all set and now the coaches can see all the hard work you will be doing this summer.

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## **SUMMER CONDITIONING REWARDS!!**

- Athletes who attend 24 of 29 summer practices and meet certain mileage goals will receive an award at the end of the summer. The award will be dependent on how many miles you accumulate during the period between May 27<sup>th</sup> and the first day of school.

## **2009 XC LETTERING TIME STANDARDS:**

**Run the following times in competition (Does not include team time trial)**

**(3.1 miles/5K):** Freshmen - 22:50 (7:21/mile)  
Sophomores - 22:05 (7:07/mile)  
Juniors - 21:35 (6:57/mile)  
Seniors - 21:15 (6:50/mile)

### **\*\*\*Summer mileage bonus!**

**If a runner meets the following summer mileage goals AND attends 24 of 29 summer practices, she can add thirty seconds to the lettering standards above and still be awarded a letter:**

Freshmen – 210 Miles (20 per week)  
Sophomores – 262 Miles (25 per week)  
Juniors – 315 Miles (30 per week)  
Seniors – 367 Miles (35 per week)

## **ADDITIONAL IMPORTANT INFO:**

1. Call each other for easy runs. Team bonding is essential.
2. Do one long run each week – approximately 20-30% of that week's mileage. **LONG RUNS ARE ESSENTIAL!**
3. Recruit others; encourage your teammates to improve; invite them to run with you. We will all be better for your leadership.
4. Women distance runners are especially susceptible to stress-fractures and anemia. It is **EXTREMELY** important for runners to take in sufficient **iron (red meats), calcium (dairy products), and Vitamin C (fruits)**. Distance running is not easy, and a good diet is of the utmost importance in order to stay healthy and perform to your full potential!!!
5. There are two main things to remember:
  - a. **WATER** – Lots of it. All athletes should drink 80-100 fluid ounces of liquid daily (caffeinated beverages do not count!). This is equivalent to approximately 3 of the Nalgene-type bottles or 5 to 6 of the standard (16.9 oz.) bottles of water daily.
  - b. Foods which are **EASY** to digest, primarily carbohydrates. Experienced athletes often speak of carbo-loading prior to a race, with foods such as pasta, rice, pancakes, etc.