

WELCOME TO CHANTILLY CHARGERS CROSS COUNTRY, 2016

***Home of the 2012 & 2013 Boys Virginia AAA/6A State & Northern
Region Champions***



Maintaining a Standard of Excellence!!!

SUMMER WORKOUT

&

INTRODUCTORY PACKET

CHANTILLY CHARGERS
2016 Cross Country
INFO SHEET

Welcome to the 2016 Chantilly Charger Cross Country Team. We are happy to have you, and applaud your decision to join, complete with the enthusiasm and commitment towards individual improvement, and towards team contributions. This is a sport which tests the body and mind, and which combines such individual efforts into a solid team and communal goal. We have set lofty goals for this fall, and anticipate a high level of success, borne only through hard work over the summer!!!!

There is a lot to absorb at the beginning of the season, and a lot of information that you need to digest. I must stress that this applies equally to the returning veterans as it does to the rising freshman or CHS newcomer. It is my expectation that you read everything carefully, and that you ask questions promptly, when something is unclear. It is important that everyone is on the same page from the get go...this is how strong teams are built.

Sign-up Information (in June)

Administratively, there are a few steps you need to undertake ASAP. All online pre-season info can be found at: <http://www.chargerctrack.com/CrossCountry/Info.html>.

Due Friday, June 17th	Due on July 30th
<ul style="list-style-type: none"> • Cross Country Athlete Info Survey (Online) • Cross Country Parent Info Survey (Online) • Emergency Care Card • Spirit Pack Form • Camp Forms (Permission Slip & Luggage Search Forms) • Athlete Concussion Ed (online) • Parent Concussion Ed (online) 	<ul style="list-style-type: none"> • VHSL Physical Form (dated after May 1st, 2016) • Team Bible (distributed on July 30th) • 2016-17 FCPS Extra Curricular Policy (distributed on July 30th)

Tryout Standards

In the first week of practice, we will hold our tryouts on the first two miles of the Burke Lake Course. In order to make the team, you must meet the standard that is appropriate to your gender and year. (Note: Upperclassman refers to Sophomores, Juniors & Seniors, regardless of experience). Please understand that these standards are not necessarily considered to be at a competitive level, rather they are indicative of one's fitness level and summer preparation, and to the standard that they can withstand the difficulty of early-season workouts.

- | | |
|--|--|
| <ul style="list-style-type: none"> • Upperclass Boys- 14:00 • Freshman Boys- 15:00 | <ul style="list-style-type: none"> • Upperclass Girls- 16:00 • Freshman Girls- 17:00 |
|--|--|

Please DO NOT HESITATE to email me if you have ANY questions of any sort. Your summer training is key to your seasonal success, and it is my job, and my pleasure, to help you adjust as necessary, especially if you are new. My email address is MTGilchrst@aol.com. Please use it whenever necessary.

Head Coach, Dr. Gilchrist(703) 861-9642 (C)
Asst. Coach L.A. Snead, IV
Asst. Coach Holly Snead

MTGilchrst@aol.com
lasnead12@gmail.com
holly.snead@lcps.org

1. Provide me with your personal data for my database. This can be done electronically: **Cross Country Athlete Info**. Fill this out completely. It will provide me with all of the personal info I will need to enter you in our database, add you to my email list, and put you on our roster.
2. On the same page, please have your parent fill out the link labeled: **Cross Country Parent Info**. This will give me emergency contact info, and an email address which will allow us to keep you informed regularly. **PLEASE LET YOUR PARENTS COMPLETE THIS, TO ENSURE EMAIL ACCURACY!**
3. Make plans to get a VHSL Physical TODAY!!!! Do NOT wait until August to get one, as you will not be allowed to practice, starting August 1st, without one. You must use the proper form, which can be found on our team page (again at: <http://www.chargercctrack.com/Forms/physicalform2013.pdf>). Simply download it and print. Please note that I have no flexibility on this; make sure that ALL signatures are completed, and that insurance information is given. If you do not have insurance, see me ASAP. There is inexpensive student insurance available through the school, but it needs to be done in advance.
4. I am requesting all forms listed above (except your physical) to be submitted to me at Chantilly HS NO LATER THAN FRIDAY, JUNE 17th They can all be downloaded from our team website, www.chargercctrack.com.
5. Please give consideration to attending Blue Ridge Running Camp in late July. While this is more heavily stressed towards the veteran runner, it can also be beneficial to the novice, as well. The only thing I will stress, though, is that you go in shape. There are other camps out there; this is the one I am personally familiar with, and personally endorse. It is not imperative, as our team camp is, but still recommended. **Varsity level runners are STRONGLY encouraged to attend.**
6. Purchase a GOOD pair of RUNNING shoes. These should be a pair of shoes that are just for training, and not for everyday wear. These should not be basketball shoes, tennis shoes, or cross trainers. I recommend going to a running specialty store, such as Potomac River Running , VA Runner, or Pacers. Each of these stores are owned and managed by runners, and offer discounts for HS athletes. Moreover, they will help fit you with a shoe that is appropriate for your feet.
7. Keep track of all announcements/info by checking our team website (www.chargercctrack.com) regularly. We also use a **Facebook** group, titled "**Chantilly HS Cross Country/Track & Field**". We invite and encourage all athletes and parents to join our group, in order to stay informed.
8. Please study your workout schedule carefully, and start training. Starting is always the hardest part. Select the appropriate group, contact your teammates, and start running. **Captains practices will begin on Friday, June 24th. Over the summer, we will meet at 7:00 am on Monday, Wednesday, Thursday & Fridays. While conditioning is not mandatory, please understand that if you are in town, it is an expectation, as it will help to condition you as an athlete, and the team as a whole.**

CAPTAINS

Thomas Allain, Brandon McGorty, Ana Morris, Kayla Wigle

**Coaches' Goals. . . Both Teams (Boys and Girls) advancing to the state meet
Boys...earning conference, regional and state championships as a TEAM!!!! ,Daily, self-
improvement. . . .building a solid team based on mutual respect for yourselves and your
teammates. . .having a maximum number of athletes placing at the district meet.**

And, within the context of these pursuits:

- 1. Daily self-improvement, both physically and mentally.**
- 2. Development of "we, not me" attitude.**
- 3. Measurable increase in strength, endurance, flexibility, and speed.**
- 4. Respect for teammates, school, coaches, parents, opponents, and sport.**
- 5. Foster a spirit of admiration, if not love, for our sport through study, introspection, and competition.**

**"Somewhere in the world someone is training when you are not. . .When you race him, he will win!". .
Tom Fleming's Boston Marathon training sign on his wall. (HE WON!)**

REQUIRED SUPPLEMENTALS. . .THE HIDDEN KEY!!!

Pushups- Between sets of stretching- BEFORE & AFTER (8 sets)
(Males- 21; Females- 16)

Abdominal Exercises- 4 sets of crunches/Chinese thinkers/side-to sides/etc-
on all non-weightroom days

On two of your easy days a week, finish off your run with 6-8 75-100m striders, preferably on
grass....just to turn your legs over

**REMEMBER, THE ONLY WAY TO BECOME A GOOD RUNNER IS TO RUN.....SUBSTITUTING RUNNING
w/cycling, rollerblading, swimming, etc will only make you a good cyclist, rollerbladder, or
swimmer...cross training is to be SUPPLEMENTAL, or for injury substitution.**

**CONTACT Dr. Gilchrist ASAP if you are developing injuries, so as to work out a plan to deal with
them before the season.**

Purple: Veterans who have recently gone through Spring Track (Purple Group)

***Silver: Veterans who have not run since last fall, or perhaps last winter track (no spring track)
or White Group in Spring***

White: Beginners, who have never done cross country or track before

******Throughout all my seasons coaching , it's been one of the few constants in Cross-Country that the top TEAMS are the ones who have consistently trained together over the entire summer, both in running AND in societal doings!!!***

The workout schedule is a "suggested" schedule. Please do not feel intimidated by it; it is only meant to "guide" you in your training, leading us to team success. I would prefer that you follow it as well as you can, as it is designed carefully, with a progression towards the season as a whole in mind. The key to successful cross-country training is consistency, and RUNNING!!!! If you need to start off lower, please talk with Dr. G, and then work up to a higher level. Feel free to modify dates to accommodate travel schedules, with the idea that you are alternating your hard/easy days.

Understand that this progression must be followed. August pre-season practices will operate on the assumption that you have trained all season. If you start late, do not start w/mid-summer workouts, but start at the beginning....you must build your foundation- your DISTANCE BASE!!!! (Nature's' rule, not mine)

I am asking you to select your group carefully. While I appreciate your enthusiasm for challenging yourself, I want you to choose your ability group appropriately, so that you can build yourself up gradually, and minimize the chance of injury. Each group is designed to bring you up to speed by the time practices start in August. I am especially adamant about the beginners doing the white workouts, until I have gotten a chance to evaluate you. I realize for social reasons you may want to try the silver or purple, but if your body has not been acclimated to the wear and tear that distance training may bring, you are asking for trouble.

For those veterans who did cross country, and perhaps indoor track, but then played another spring sport, and already have a semblance of physical conditioning, I would like to talk with you individually about where you are. This would also affect anyone coming off of a spring injury. You may need to start off with silver, and then morph into the white group in 2-3 weeks. Please see me to discuss this; do not simply assume that you should move up, nor should you stay in a group too low all summer. I know that there are a number of soccer/lacrosse players in the spring upon whom I am depending for "Purple" contributions come August.

A FEW THOUGHTS TO FERTILIZE YOUR MINDS:

“ Efforts and courage are not enough without purpose and direction.” John F. Kennedy

“ You must know for which harbor you are headed if you are to catch the right wind to take you there.” Seneca

“ I am wealthy in my friends.” William Shakespeare

“ All things come to him who goes after them.” Old Testament

“ I complained because I had no shoes until I met a man who had no feet.” Arabic Proverb

“ When I was a young man, I observed that nine out of ten things I did were failures. . .I didn't want to BE a failure, so I did ten times more work.!” *George Bernard Shaw*

“ A solid bases for success is PERSEVERENCE. It separates the winners from the losers. Those who persevere understand that luck is something only failures believe in.” *Calvin Coolidge*

“THE PURSUIT OF HAPPINESS IS MANKIND'S FAVORITE SPORT.” *Anonymous*

“We have forty million reasons for failure, but NOT a single excuse!” *Rudyard Kipling (who, by the way, was a 4:30 miler!)*

“Creative minds have ALWAYS been known to survive any kind of bad training!” *Anna Freud*

“ Champions don't decide when to run . . . the just run!!!” *modified from Running Brave*

“ I still bother with runners I call hamburgers. . .They're never going to run any record times. . . but they can fulfill their own potential, however mediocre it might be.” *Bill Bowerman*

“ Training is a case of stress management. . .Stress and Rest, Stress and Rest!” *Brooks Johnson*

DON'T QUIT

- *Anonymous*

*When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must- but don't you quit.*

*Life is queer with it's twists and turns,
As everyone of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up, though the pace seems slow-
You might succeed with another blow.*

*Often the goal is nearer than
It seems to a faint and faltering man,
Often the struggler has given up
When he might have captured the victor's cup.
And he learned too late, when the
Night slipped down,
How close he was to the golden crown.*

*Success is failure turned inside out-
The silver tint of the clouds of doubt-
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit-
It's when things seem worst that you mustn't quit!*



CHANTILLY HS CROSS COUNTRY/TRACK & FIELD

We have come to understand that Facebook is one the most efficient means of communication, and as such, we have developed and do maintain our own group page. As a coach, I encourage any CHS athlete, parent, or alumni to join this group.

We use this to post announcements, meet summaries, and we encourage parents/athletes to upload photo albums to share with everyone.

This will not replace standard emails or the use of our website, www.chargercctrack.com, but to enhance our communication abilities.

We encourage team members to have their team members and parents join the group to keep as many people abreast of team affairs as possible.

Note: As administrators, the coaching staff requests that any posts which may be made on the wall be directly pertaining to CHS Track & Cross Country, and should be limited. Please keep your language clean and topics of discussion positive in nature, and be aware that this page represents the team as a whole, and should not be used for personal conversations.