

CROSS COUNTRY

About The Sport

Cross Country is a foot race over grass, through trails and over hills. It requires strength, speed and strong mental toughness. It is unlike any other sport in that each team member is doing the exact same thing, with the same goals, responsibilities and blind faith that everyone is performing at his/her best to achieve victory. Cross Country is a sport that maximizes individual effort.

Regardless of the competition you face you can always race against, and measure your improvement, by the watch. Cross Country is an extremely demanding sport that will challenge the strongest and most competitive athlete. Unfortunately it has received some very misconceived stereotypes.

Cross Country is for athletes that enjoy competition and testing the limits of their bodies. It has an aura about it that must be experienced to be appreciated. Take the challenge – experience the experience – Run Central Cross Country!

Some Facts About Cross Country

1. No one rides the bench – No one is ever cut.
2. Greater opportunities to letter and win medals.
3. Dynamic team sport.
4. Excellent individual opportunities.
5. Excellent overall conditioning sport.
6. Incorporates the basic physical activity found in almost all competitive sports and training.
7. Lifetime sport.

Facts About Central Cross Country, A Program with “Pride in our Stride”

Since 1987 Central Cross Country has claimed . . .

- 22 County Championships
- 25 Conference Championships
- 14 State Qualifying Teams
- Numerous Individual State Qualifiers
- Numerous Individual Conference & County Champs

2016 CHS Cross Country CONTACT INFORMATION

Coach Olsen	E-Mail: olsenk@westosha.k12.wi.us
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Jonathan Lindh Athletic Director	E-Mail: lindh@westosha.k12.wi.us
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Coach Monson	E-Mail: monson@westosha.k12.wi.us
	Work: 262-843-2321, ext. 241
Lynn Keller Team Parent Email List	E-Mail: keller.lynn121@gmail.com
Text List:	Text this number: 81010 This message @ 8fc672

UPCOMING DATES

Monday, August 22	Equipment Issued, 3:00 p.m. @ CHS
Tuesday, August 23	Team Pictures, 2:30 p.m. @ CHS
Wednesday, August 24	Pasta Party hosted by Meyers/Martin
Thursday, August 25	Meet @ Menomonie Falls 1:30 p.m. departure from school
Friday, August 26	Practice at Silver Lake Park (Lot 3) at 8:30 a.m.
Aug. 29 – Sept 1	Practice at 3:00 p.m.
Friday, September 2	Meet @ West Allis Hale 2:00 p.m. departure from CHS
Monday, September 5 (Labor Day)	Practice at Silver Lake Park, Parking Lot #3 at 5:30 p.m.

August/September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8/14	8/15 8:30 a.m. Practice—Lot #3 Silver Lake Park	8/16 8:30 a.m. Practice—Lot #3 Silver Lake Park	8/17 8:30 p.m. Practice—Lot #3 SLP 6:00 p.m. Parent's Mtg CHS AP Room	8/18 8:30 a.m. Practice—Lot #3 Silver Lake Park	8/19 8:30 a.m. Practice—Lot #3 Silver Lake Park	8/20
8/21	8/22 3:00 p.m. Uniforms @ CHS Practice to follow @ CHS	8/23 2:30 p.m. Pictures @ CHS Practice to follow @ CHS	8/24 3:00 Practice CHS Pasta Party TBD	8/25 Menomonee Falls Invite Bus @ 1:30 p.m.	8/26 8:30 a.m. Practice—Lot #3 Silver Lake Park	8/27
8/28	8/29 3:00 Practice CHS	8/30 3:00 Practice CHS	8/31 3:00 Practice CHS	9/1 Freshmen Only Day 3:00 Practice CHS Pasta Party TBD	9/2 Back to School! West Allis Hale Invite Bus @ 2:00 p.m.	9/3
9/4	9/5 Labor Day 5:30 p.m. Practice—Lot #3 Silver Lake Park	9/6 3:00 Practice CHS	9/7 3:00 Practice CHS Pasta Party TBD	9/8 Conference Relays @ Lake Geneva Badger	9/9 3:00 Practice CHS	9/10
9/11	9/12 3:00 Practice CHS	9/13 3:00 Practice CHS	9/14 3:00 Practice CHS	9/15 3:00 Practice CHS Pasta Party TBD	9/16 Franklin Invite @ Grant Park, South Milwaukee	9/17
9/18	9/19 3:00 Practice CHS	9/20 3:00 Practice CHS	9/21 3:00 Practice CHS	9/22 3:00 Practice CHS	9/23 3:00 Practice CHS Pasta Party TBD	9/24 Laser Invite @ Nagawaukee Park, Delafield Bus TBD
9/25	9/26 3:00 Practice CHS	9/27 3:00 Practice CHS	9/28 3:00 Practice CHS	9/29 3:00 Practice CHS Pasta Party TBD	9/30 County Meet @ UW-Parkside Bus TBD	

Central Cross Country 2016

IMPORTANT DATES!

June 14	Summer runs at Silver Lake Park begin. Every Tuesday at 6:30 p.m. Meet at the beach.
July 7	Summer runs at Silver Lake Park extend to Tuesday and Thursday at 6:30 p.m.
July 13 & August 3	Repeat Wednesdays at Central High School at 6:30 p.m.
August 15 (Monday)	Practice begins at <u>8:30 a.m.</u> at Silver Lake Park (by the soccer fields). Make work arrangements prior to this date. Missed practices due to work commitments will not be in your best interest. Also, all forms, fees, and physicals must be taken care of before you practice. Don't miss practice for these reasons. It will likely cost you the first meet!
August 17 (Wednesday)	Cross Country Parents Meeting at 6:00 p.m. at CHS All Purpose Room
Contact:	Coach Olsen olsenk@westosha.k12.wi.us

2016 CENTRAL CROSS COUNTRY SCHEDULE

Mon., Aug. 15	Practice Starts	Silver Lake Park
Thurs., Aug. 25	Menomonee Falls	Rotary Park
Fri., Sept. 2	West Allis Hale Invite	Greenfield Park
Thurs., Sept. 8	Conference Relays	Lake Geneva Badger
Fri., Sept. 16	Franklin Invite	Grant Park
Sat., Sept. 24	Laser Invite	Kettle Moraine
Fri., Sept. 30	County Meet	Parkside
Thurs., Oct. 6	Falcon Invite	Fox River Park
Sat., Oct. 15	Conference Meet	Fox River Park
Thurs. Oct. 20	South Milwaukee (JV)	Grant Park (So. Milw.)
Sat. Oct 22	Sectional Meet	UW-Parkside
Sat., Oct. 29	State Meet	Wisconsin Rapids

RACE DAY PREPARATION CHECKLIST

Make up a checklist for your race day travel bag.
Below are some suggestions for your list:

- 1. Uniform & warm-ups
- 2. Racing spikes
- 3. 2 pairs of socks
- 4. Rain jacket - always take one along
- 5. A change of clothes (rain - cold - etc.)
- 6. Water bottle
- 7. Post race snack & drink (energy bar, electrolyte drink)
- 8. Map of the course
- 9. Other personal items you might need

Pack all of it the night before. You will be less likely to forget something if you use your checklist.

Take care of the following:

- 1. Have the right size spikes in your shoes the day before.
- 2. Hydrate gradually over the 24 hours before a race.
- 3. Be sure you have eaten a pre-race meal 3-4 hours before race time.
- 4. Warm up over the course, or at least the start and the last 1600 meters. As you go over the course, visualize what you will do on each segment on the course.
- 5. Know where the last 800, 400 and 200 meter markers are.
Plan your last 800. (Visualize it on the way to the course .)

What you should know about a cross country course before you race it

1. Is the course on grass or a combination of grass and concrete?
Note: What spike do you use? 1/8" 3/8" 1/2"
2. How long is the area from the start to the first turn?
Note: You don't want to get boxed in at the first turn.
3. Are there long straightaways and few turns or short sections with a lot of turns?
Note: Try to practice short runs and turns if that is what is needed.
4. Are there hills and where are they in the course?
Note: If possible, try to run the same type of hills in practice and at the same point in practice as they are on the course.
5. Is there room to run free or are there areas where it will be hard to pass?
Note: Plan so you are not forced to slow down in narrow areas.
6. Know the last 1600 meters - the 800, 400, and 200 from the finish.
Note: You're tired by that point so you will want to know and plan what you will do when you get there. Your automatic reaction will take over if you plan for the finish.
7. Try to get a course map a week ahead of time and go over the course and how you will race it.
Note: Picture it, even if you have never seen it. Your coach or teammates who have been over the course, can help you create a picture of the course.

1-800-853-9528

www.BlueStarRunner.com

2016 Westosha Central Cross Country Spirit Wear



Short Sleeve Tees
Maroon/Grey/Black
Neon Yellow /Turquoise



Long Sleeve Tees
Maroon/Grey/Black
Neon Yellow/Turquoise



Hooded Sweatshirts
Maroon/Grey/Black/Neon Yellow
Available in 8 or 9.5 oz weight



Men's sweatpants in black, gray or ash with 1 color imprint:

Women's sweatpants in black or deep heather with 1 color imprint



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OR this year's quote: TO BE DETERMINED - this options adds \$3

Option to have your name on the back of any shirt or hoody, adds \$7

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Payment by credit or debit card only via the web site – orders delivered to school

