

Cross Country Information 2018

PHYSICALS & FEES:

- ALL SPORTS – MALE & FEMALE
- See attached Athletic Fee Guidelines and Athletic Physical Registration Sheets
- Physical form – Section 5 & 6 Attached
- (MUST be completed & turned in before Mandatory Practice begins on August 13, 2018)



****2018 Butler High Varsity Cross Country Summer Conditioning Workouts**

* 9th thru 12th Grade Girls & Boys

Starts Monday: First Conditioning: Monday June 18th, 2018

Every Monday, Wednesday, Thursday & Friday

Mondays, Wednesdays, Thursdays: 6:00PM to 8:00PM

@ the Senior High Tennis Courts

Mondays: Starting June 25th – Preston Park – Meridian (Directions Forthcoming)

Fridays: 8:30AM to 10:30 AM @ Butler County Community College.

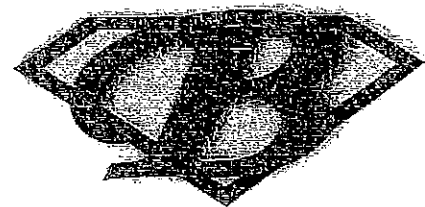
(Meet at the Rear lot just off Old Plank Road)

OFFICIAL MANDATORY PRACTICE BEGINS: Monday August 13th, 2018

Contact Information

- Varsity Coach: Richard B. Davanzati
Email: richard_davanzati@butler.k12.pa.us
School: 724-214-3400 Ext. 5519 (until June 11th)
- Assistant Varsity Coach: Mr. Christopher Grooms
- Junior High Coach: Ms. Karen Nicodemus-Schreffler
Cell Phone: 724-496-3300

Butler



Cross Country

SEE OTHER SIDE FOR ADDITIONAL INFORMATION

2018 BUTLER HIGH VARSITY CROSS COUNTRY

Varsity Boys & Girls Head Coach: Mr. Rick B. Davanzati
Assistant Varsity Boys & Girls Coach: Mr. Christopher Grooms

WHAT: Cross Country is a fall, co-ed sport for Boys and Girls in grades 7 - 12. Cross Country is not Track! The official season begins in August and the Final Championships are in late October to early November. It is an excellent sport for any athlete interested in improving their own running, learning self-discipline, or simply getting in shape for another sport. We have a great deal of fun, and a tradition of success as well!!!

WHERE: A Cross Country meet is a super event to watch or in which to participate. The courses run through a variety of terrain; from grassy fields to shaded woods. It is a sport where everyone participates and can see improvement in themselves no matter where they finish. No one is cut from the team simply because of performance.

WHEN: Conditioning will be held four (4) days a week. Monday, Wednesday, Thursday, & Friday
First Conditioning: MONDAY June 18th - 6:00p.m. - 8:00p.m. - @ the Sr. High Tennis
MONDAY, WEDNESDAY, & THURSDAY -6:00p.m. - 7:30p.m. - @ the Sr. High Tennis Courts
FRIDAY - 8:30a.m. - 10:30a.m. @ Butler County Community College.
(Meet at the Rear Parking Lot just off Old Plank Road)

The first official practice is Monday, August 13th @ the Sr. High - near the tennis courts.
Weekday practices will be held from 4:30-6:30 August 13th through August 27th
Starting August 28th - the First Day of School for students, practice will be 3:10-5:30pm

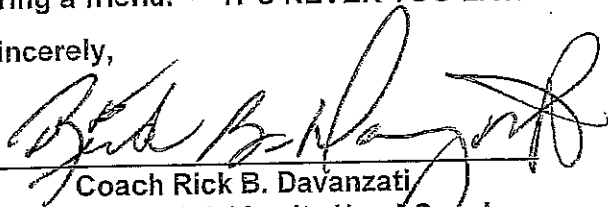
WHAT TO WEAR: T-shirt, shorts (running if you have them) and comfortable running shoes. Once school begins, practices will be held Monday thru Friday 3:10 to 5:30p.m. and Saturdays (usually in the A.M.) when the team does not have a meet.

* You must have a physical and a parental permission form completed before you may practice. These can be obtained at the Senior High Athletic Office. (724-214-3232) or Online at the school website under Athletics. (<http://www.basdk12.org>)

Hope you enjoy your summer!!! We have a great season ahead & We are very excited about our prospects. We look forward to seeing you in June for conditioning or on August 13th for practice.

Bring a friend! - IT'S NEVER TOO LATE TO START RUNNING!!!!

Sincerely,


Coach Rick B. Davanzati
Butler High Varsity Head Coach



Contact Information:

Mr. Rick B. Davanzati
Boys & Girls Varsity Head Coach
Email: richard_davanzati@butler.k12.pa.us
School: 724-214-3400 Ext. 5519 (until June 11th)

Mr. Christopher Grooms
Boys & Girls Assistant Varsity Coach

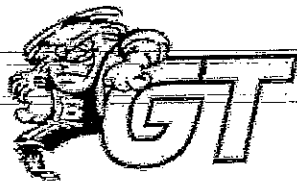
BUTLER AREA ATHLETIC DEPARTMENT

120 Campus Lane

Butler, Pennsylvania 16001

(724) 214-3232

William A. Mylan, Athletic Director



Carolee Slomers, Secretary

Terri Orris, Secretary

ATHLETIC PHYSICAL REGISTRATION

Dear Parents and Student-Athletes,

Welcome to the Butler Area School District's athletic program. We are pleased you made the decision to play for the Golden Tornado, and hope you have an enjoyable experience this season!

All student-athletes at this time must complete the following obligations in order to participate in a Fall sport for the Golden Tornado:

1. **Register Online at Familyid.com** - Fill out the registration in its entirety. Your child is the PARTICIPANT. Select only the sport that your child will be trying out for during this season. If your child decides to participate or tryout for another sport after you completed the registration, you can always go back into your account and edit the sport (or call the Athletic Office at 724-214-3232 and we can make the change for you.) **NOTE: To complete the registration you must press the green SUBMIT button. If you fail to do this, your registration will not be complete.*
2. **Section 5 & 6 Physical Forms** - These forms are attached for your convenience. Section 5 (Health History) form is to be completed in its entirety by the Legal Parent/Guardian and signed by BOTH the parent and child. Section 6 (Physical Evaluation) form to be completed by a licensed physician of medicine, a certified nurse practitioner, or a physician assistant before you begin to practice for your first sports season for the same academic year. Both Sections 5&6 must be turned in to the Athletic Office prior to the first practice or tryout. **Please note that the physical form (Section 6) must be completed and dated on or after June 1, 2018.*
3. **Payment of Athletic Fee (\$75)** - The Athletic Fee of \$75 must be submitted to the Athletic Office along with Sections 5 & 6 prior to the first practice or tryout. The Butler Area School District will only accept cash or a check (made payable to BASD or Butler Area School District) at this time. **REFUNDS:** If your student-athlete does not make the team, a refund may be requested in writing to the Athletic Director (you may also email your request to william_mylan@butler.k12.pa.us). Include the parent name, address, athlete name, and reason for refund. Refer to the refund instructions located on the Athletic Office Website for approved reasons for a refund.

All requirements must be completed and submitted to the Athletic Office prior to **August 8, 2018.**

If you have any questions, please contact the athletic office at 724-214-3232, or email me at william_mylan@butler.k12.pa.us

Thank you for your support of the Butler Area athletic program. Have a great season and good luck! Go Tornado!

Sincerely,
William Mylan Athletic Director



Student's Name _____

Age _____

Grade _____

SECTION 5: HEALTH HISTORY

Explain "Yes" answers at the bottom of this form.
Circle questions you don't know the answers to.

	Yes	No		Yes	No
1. Has a doctor ever denied or restricted your participation in sport(s) for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	23. Has a doctor ever told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have an ongoing medical condition (like asthma or diabetes)?	<input type="checkbox"/>	<input type="checkbox"/>	24. Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	25. Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have allergies to medicines, pollens, foods, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	26. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>	27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	29. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	30. Have you ever had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>
9. Has a doctor ever told you that you have (check all that apply): <input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> Heart infection			CONCUSSION OR TRAUMATIC BRAIN INJURY		
10. Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>	31. Have you ever had a concussion (i.e. bell rung, ping, head rush) or traumatic brain injury?	<input type="checkbox"/>	<input type="checkbox"/>
11. Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	32. Have you been hit in the head and been confused or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>
12. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>	33. Do you experience dizziness and/or headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
13. Has any family member or relative been disabled from heart disease or died of heart problems or sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	34. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
14. Does anyone in your family have Marfan syndrome?	<input type="checkbox"/>	<input type="checkbox"/>	35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	36. Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
16. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	37. When exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>
17. Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, which caused you to miss a Practice or Contest? If yes, circle affected area below:	<input type="checkbox"/>	<input type="checkbox"/>	38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	39. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	40. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
Head: Neck Shoulder Upper arm Elbow Forearm Hand/Fingers Wrist Chest			41. Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>
Upper back Lower back Hip Thigh Knee Calf/Ankle Foot/Toes			42. Are you unhappy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>	43. Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>	44. Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
22. Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>	45. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>
			46. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
			FEMALES ONLY		
			47. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
			48. How old were you when you had your first menstrual period?	_____	_____
			49. How many periods have you had in the last 12 months?	_____	_____
			50. Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>

#'s	Explain "Yes" answers here:

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date / /

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date / /

**SECTION 6: PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION
AND CERTIFICATION OF AUTHORIZED MEDICAL EXAMINER**

Must be completed and signed by the Authorized Medical Examiner (AME) performing the herein named student's comprehensive initial pre-participation physical evaluation (CIPPE) and turned in to the Principal, or the Principal's designee, of the student's school.

Student's Name _____ Age _____ Grade _____

Enrolled in _____ School _____ Sport(s) _____

Height _____ Weight _____ % Body Fat (optional) _____ Brachial Artery BP _____ / _____ (_____ / _____) RP _____

If either the brachial artery blood pressure (BP) or resting pulse (RP) is above the following levels, further evaluation by the student's primary care physician is recommended.

Age 10-12: BP: >126/82, RP: >104; Age 13-15: BP: >136/86, RP >100; Age 16-25: BP: >142/92, RP >96.

Vision: R 20/ _____ L 20/ _____ Corrected: YES NO (circle one) Pupils: Equal _____ Unequal _____

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		<input type="checkbox"/> Heart murmur <input type="checkbox"/> Femoral pulses to exclude aortic coarctation <input type="checkbox"/> Physical stigmata of Marfan syndrome
Cardiopulmonary		
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

I hereby certify that I have reviewed the HEALTH HISTORY, performed a comprehensive initial pre-participation physical evaluation of the herein named student, and, on the basis of such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, the student is physically fit to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to by the student's parent/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form:

CLEARED **CLEARED**, with recommendation(s) for further evaluation or treatment for: _____

NOT CLEARED for the following types of sports (please check those that apply):

COLLISION CONTACT NON-CONTACT STRENUOUS MODERATELY STRENUOUS NON-STRENUOUS

Due to _____

Recommendation(s)/Referral(s) _____

AME's Name (print/type) _____ License # _____

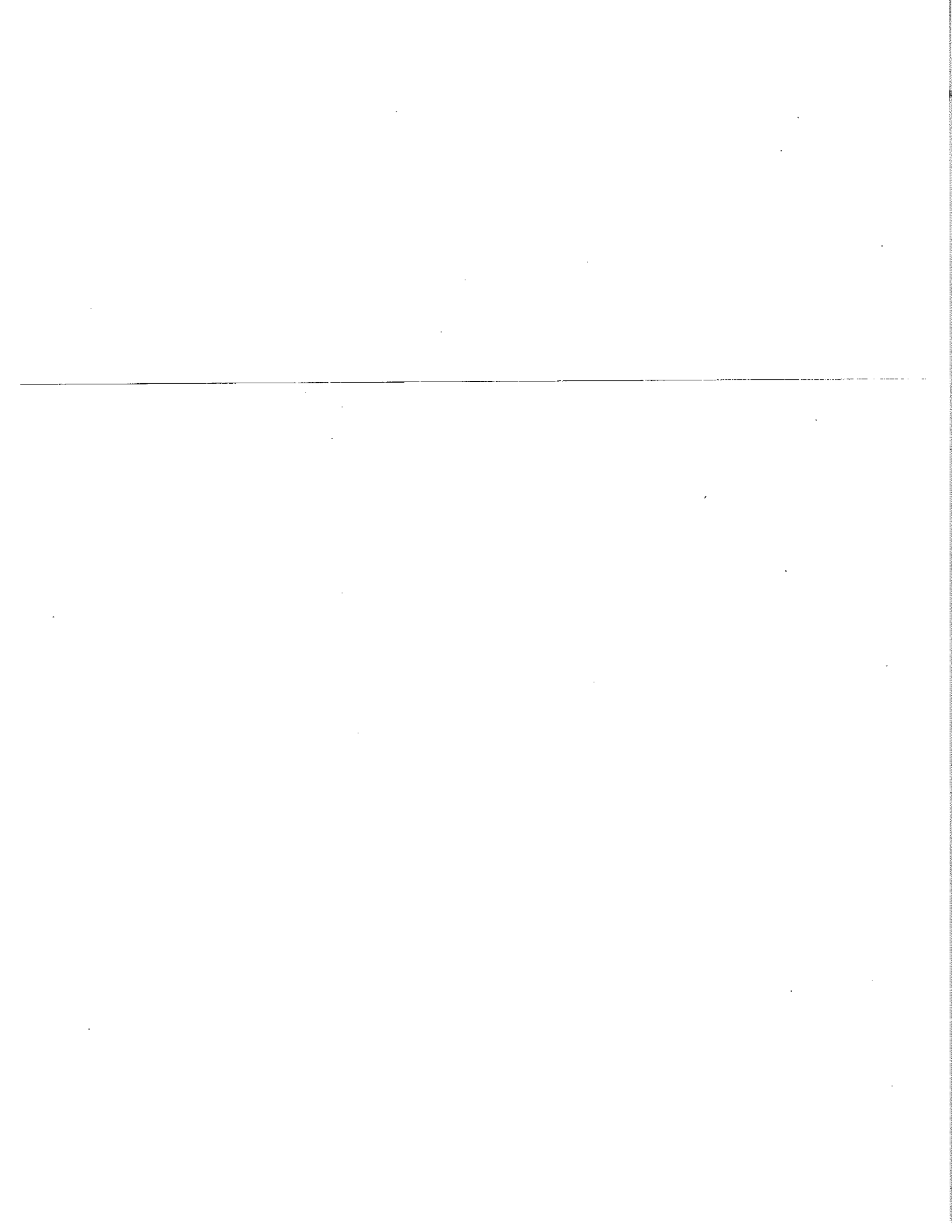
Address _____ Phone (_____) _____

AME's Signature _____ MD, DO, PAC, CRNP, or SNP (circle one) Certification Date of CIPPE ____/____/____

▶ BUTTERFLY

SUMMER

CROSS



May 2018

Attention: Prospective High School Cross Country Runner

Please read all of this!

Time is upon us to start preparing for the 2018 cross-country season. We the staff will conduct cross-country conditioning sessions **FOUR** times per week all summer starting June 18th. This session in particular will last from 6:00pm to 8:00pm. or 8:30am to 10:30am See attached sheet for specific days, times, and locations. Wear running clothes and running shoes.

The purpose of these voluntary sessions is to get acquainted with the staff and other runners and to have someone to run with. Years of experience have shown that a lone runner does not run as hard or as enjoyably as s/he does with a running buddy. Since the sessions are voluntary, do not worry about missing one or even a few, but it is definitely a good idea to make as many as you can.

Attached you will find summer workout guidelines. (Follow the schedule noted for your experience level – 1st, 2nd, or 3rd year). These are to be used as a guide if you can't make conditioning workouts. Summer training is important to all sports, but running in the summer is absolutely imperative for cross-country. Without a solid commitment on your part during June, July, and early August, YOU cannot turn into the runner YOU have the potential to be with the two weeks of camp in late August. Moreover, remember that your opponents are training right now, and if we expect to beat them in September and October (and we definitely do), we must get the jump on them now by training harder and smarter.

Physicals, as noted on the Flyer the School District does NOT perform physicals. But, you must still obtain a physical prior to the first day of Mandatory Practice on August 13th 2018. The process involves getting a physical only once during the course of the year. This Physical must be dated after June 1st 2018. Information and forms are attached or available from me, the athletic office or online. Remember, no physical = no camp/practice in August and no meets until the physical is completed. Do NOT wait until the last minute.

Please inform any students who have never been in the program about the times and dates of our sessions. Have a great summer. Try to be as active as possible before cross country starts, by following the summer running schedule and by playing as many sports as possible to make all of your muscles stronger.

Remember, no matter how long the journey – each begins with a single step!

Yours in running,

Mr. Rick B. Davanzati
Boys & Girls Varsity Head Coach
Email: rdavanzati@zoominternet.net
School: 724-214-3400 Ext. 5519 (until June 11th)
Cell: 724-991-3664

**In Order to Reap the Maximum Benefits of Summer Conditioning,
YOU must Discipline YOURSELF To:**

1. *Run and follow the training program as close as you can throughout the entire summer.*
2. *Keep* a training diary. (like the one included here).
3. *Set goals* and increase your mileage as your career and maturity level grows.
4. Train on your own (*when not running with the team*) – make a schedule and keep it.
5. Do *long* warm-ups and cool-downs.
6. Stretch *before* and *after* each training session/workout.
7. Take care of *yourself* (diet, sleep, etc.)
8. *Communicate* privately with your *coach* concerning your thoughts, needs and ideas.
9. *Think, speak and act positively* and associate only with positive people.
10. Make a *commitment* to be the best that you can be.
11. Let *nothing* prevent *you* from sticking to your plan!

**"The will to win means nothing if you haven't the will to prepare."
- Juma Ikangaa, 1989 NYC Marathon winner**

**"When the world is too much to take - I run to rest from it.
When the world doesn't have enough to give me - I run to work harder for it.**

**When I'm bored - I run for something to do.
When I'm overworked - I run to escape too much to do.
When I'm sick - I run to feel better.
When I feel great - I run to feel greater."
-Kerra Quinn**

Why I Should Run A Lot of Miles!

1. It develops a larger, stronger, more efficient cardio-respiratory system.
 - Larger heart with greater stroke volume allowing your heart to pump more oxygen carrying blood with each beat.
 - More efficient lungs with a greater oxygen intake capacity with each breath.
 - Builds even larger vein and capillary passages for oxygen rich carrying blood to pass through.
2. Your improved aerobic capacity prepares you for:
 - Quicker and more complete day-to-day recovery that allows you more hard training and competition days.
 - More quantity to your workouts and more events on competition day.
 - Quicker and more complete recovery between events.
3. Builds joint (tendon & ligament) endurance, which reduces the risk and severity of stress-related injuries.
4. Greater resistance to illness.
5. Develops confidence on race day.
6. Keeps body fat to a minimum.
7. Like money in the bank!

Ask yourself: "Can I give more?". The answer is usually: "Yes".
Paul Tergat

Life is short... running makes it seem longer.
Baron Hansen

My feet have several thousand meetings scheduled with the dirt on a trail not far from here. Who am I to keep them waiting? Time to run. ~Jeb
Dickerson

"I have been defeated in races but I've never been defeated in life. Fight. Work. Push. Pray. Hustle and DON'T EVER GIVE UP." Lolo Jones

This schedule is for 8th graders moving up to varsity or 9th grade in fall of 2018 - & is meant as a guide.

2018 Butler Varsity Cross Country Conditioning Schedule – Year 1 – Novice -

MON	TUES	WED	THUR	FRI	SAT	SUN
<u>Week 1 – 6/04</u> The Season is WON in the Summer!!!	FIRST DAY>>>>> TO START>>>>> RUNNING>>>>>	25 minute Run & Walk Blue(easy)	R=Rest Recovery Day	20 Minutes Blue(easy) 4x70m (15Sec) Relaxed fast strides	20 Minutes Blue(easy) 4x70m Strides (15sec)	R
<u>Week 2 – 6/11</u> 25 Minutes Blue 3x100m (20sec)	25 Minutes Blue 6x70m Strides (15sec)	R=Rest Recovery Day	25 Mins Blue 4X70m (15sec)	R=Rest Recovery Day	30 Minutes Blue 6x70m Strides (15sec)	R
<u>Week 3 – 6/18</u> 35 Minutes Blue 3x100m(20sec) Conditioning Starts B.H.S. – Gym Area	R=Rest Recovery Day	30 Minutes Blue Relaxed/Easy Run 4X100m (20sec)	25 minutes Blue Relaxed/Easy run	25 Minutes Blue Relaxed/Easy run	6/23 BUTLER ROAD RACE 9:00A.M. or 35 Mins. Blue	R
<u>Week 4 – 6/25</u> 40 Min Blue 3-4x100m Strides (Preston Park)	R=Rest Recovery Day	35 Minutes Blue 4X150m (30sec) (70/80/90)	35 minutes Blue 6x100m Strides (20sec)	25 Min – Mix Hilly Course Work Hills -RED Flats -Blue	30 minutes Blue 4x100m Strides Or (20sec)	R
<u>Week 5 - 7/02</u> 45 Min Blue 3-4x150m Strides (Preston Park)	R=Rest Recovery Day	10 Minutes Blue 3x7 Min. Yellow 10 Minutes Blue	35 minutes Blue 6x100m Strides (20sec)	30 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 Mins Green 5x100m Strides (20sec)	R
<u>Week 6 - 7/09</u> 45 Min Blue 4x150m Strides (Preston Park)	R=Rest Recovery Day	10 Minutes Blue 3x8 Min. Yellow 10 Minutes Blue	35 minutes Green 6x100m Strides (20sec)	35 Min – Mix Hilly Course Work Hills Hard	40 Mins Green 5x100m Strides (20sec)	R
<u>Week 7 – 7/16</u> 50 Min Blue 5x100m Strides (Preston Park)	R=Rest Recovery Day	10 Minutes Blue 3x8 Min. Yellow 10 Minutes Blue	40 minutes Blue 6x100m Strides (20sec)	35 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 Mins Green 7x100m Strides (20sec)	R
<u>Week 8 – 7/23</u> 50 Min Blue 5x100m Strides (Preston Park)	35 minutes Blue	10 Minutes Blue 2x12 Min. Yellow 10 Minutes Blue	45 minutes Green 6x100m Strides (20sec)	40 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 Mins Green 6x100m Strides (20sec)	R
<u>Week 9 – 7/30</u> 50 Min Blue 5x150m Strides (Preston Park)	40 minutes Blue	10 Minutes Blue 2x12 Min. Yellow 10 Minutes Blue	45 minutes Blue 6x100m Strides (20sec)	40 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 Mins Green 8x100m Strides (20sec)	R
<u>Week 10 – 8/07</u> 50 Min Blue 6x150m Strides (Preston Park)	45 minutes Blue	15 Minutes Blue 2x12 Min. Yellow 10 Minutes Blue	45 minutes Green 6x100m Strides (20sec)	45 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 Mins Green 7x100m Strides (20sec)	R

*70/80/90 = Accelerations starting at 70% effort gradually increasing to 90% effort – quick but relaxed – Think Form
 *Strides = Even paced runs starting & finishing at about 80-85% effort – realigning your mechanics after relaxed run *R=Recovery or
 Rest Day – Light running, cross training or no running for recovery purposes

6/18th – Same as Wed & Thurs - After 6/18th – all Mondays are at Preston Park in Meridian – Directions Attached
 All Wednesdays and Thursdays are at the Senior High – Meet near the Tennis Courts

All Fridays – We meet at 8:30a.m. in the back end of the Parking Lot off of Old lank Road.

“CAMP STARTS – FIRST WEEK OF OFFICIAL / MANDATORY PRACTICE – MONDAY-AUGUST 13th”

2018 BUTLER HIGH CROSS COUNTRY CONDITIONING SCHEDULE – Year 2 - Experienced

MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 – 6/04 The Season is WON in the Summer!!!	FIRST DAY>>> TO START>>> RUNNING>>>	25 min Blue 4x100m Strides (20sec)	R=Rest Recovery Day	25 Minutes Blue 4x150m (30Sec) (70/80/90 Effort)	30 Minutes Blue 4x100m Strides (20sec)	R
Week 2 – 6/11 35 Minutes Blue 4X150m (30sec) (70/80/90)	30 Minutes Blue 6x100m Strides (20sec)	R=Rest Recovery Day	35 Min. Green 4X150m (30sec) (70/80/90)	R=Rest Recovery Day	35 Minutes Blue 6x100m Strides (20sec)	R
Week 3 – 6/18 40 Minutes Blue 4x150m(30sec) Conditioning Starts BHS – Gym Area	R=Rest Recovery Day	40 Minutes Blue 4X150m (30sec) (70/80/90)	25 minutes Blue 4x100m Strides (20sec)	35 Minutes Blue 4X150m (30sec) (70/80/90)	6/23 BUTLER ROAD RACE 9:00A.M. or 40Mins. Blue	R
Week 4 – 6/25 45 Min Blue 4x150m Strides (Preston Park)	R=Rest Recovery Day	45 Minutes Blue 4X150m (30sec) (70/80/90)	40 min. Green 6x100m Strides (20sec)	30 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 min. Green 6x100m Strides (20sec)	R
Week 5 - 7/02 50 Min Blue 4-5x150m Strides (Preston Park)	45 minutes Blue	10 Minutes Blue 3x7 Min. Yellow 10 Minutes Blue	45 min. Blue 6x100m Strides (20sec)	30 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 Min. Green 5x100m Strides (20sec)	R
Week 6 - 7/09 45 Min Blue 4-5x150m Strides (Preston Park)	45 minutes Blue	10 Minutes Blue 3x8 Min. Yellow 10 Minutes Blue	40 min. Green 6x100m Strides (20sec)	35 Min – Mix Hilly Course Work Hills -Hard	40 Min. Green 5x100m Strides (20sec)	R
Week 7 – 7/16 60 Min Blue 6x150m Strides (Preston Park)	45 minutes Blue	10 Minutes Blue 3x8 Min. Yellow 10 Minutes Blue	45 min. Blue 6x100m Strides (20sec)	35 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 Min. Green 7x100m Strides (20sec)	R
Week 8 – 7/23 65 Min Blue 6x150m Strides (Preston Park)	50 minutes Blue	15 Minutes Blue 2x12 Min. Yellow 15 Minutes Blue	50 min. Green 6x100m Strides (20sec)	40 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 Min. Green 6x100m Strides (20sec)	R
Week 9 – 7/30 70 Min Blue 6x150m Strides (Preston Park)	50 minutes Blue	15 Minutes Blue 2x12 Min. Yellow 15 Minutes Blue	50 min. Blue 6x100m Strides (20sec)	40 Min – Mix Hilly Course Work Hills -RED Flats -Blue	45 Min. Green 8x100m Strides (20sec)	R
Week 10 – 8/06 60 Min Blue 7x150m Strides (Preston Park)	50 minutes Blue	15 Minutes Blue 2x12 Min. Yellow 15 Minutes Blue	50 min. Green 6x100m Strides (20sec)	45 Min – Mix Hilly Course Work Hills -RED Flats -Blue	45 Min. Green 7x100m Strides (20sec)	30 min Blue

*70/80/90 = Accelerations starting at 70% effort gradually increasing to 90% effort – quick but relaxed – Think Form

*Strides = Even paced runs starting & finishing at about 80-85% effort – realigning your mechanics after relaxed run

*R=Recovery or Rest Day – Light running, cross training or no running for recovery purposes

6/18th – Same as Wed & Thurs - After 6/18th – all Mondays are at Preston Park in Meridian – Directions Attached

All Wednesdays and Thursdays are at the Senior High – Meet near the Tennis Courts

All Fridays – We meet at 8:30a.m. in the back end of the Parking Lot off of Old Iank Road.

“CAMP STARTS – FIRST WEEK OF OFFICIAL / MANDATORY PRACTICE – MONDAY-AUGUST 13th”

2018 BUTLER HIGH CROSS COUNTRY CONDITIONING SCHEDULE – Year 3+ Advanced

MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 – 6/04 The Season is WON in the Summer!!!	FIRST DAY>>>> TO START>>>> RUNNING>>>>	30 min Blue 4x100m Strides (20sec)	R=Rest Recovery Day	35 Minutes Blue 4x150m (30Sec) (70/80/90 Effort)	30 Minutes Blue 4x100m Strides (20sec)	R
Week 2 – 6/11 40 Minutes Blue 4X150m (30sec) (70/80/90)	30 Minutes Blue 6x100m Strides (20sec)	R=Rest Recovery Day	40 Mins Green 4X150m (30sec) (70/80/90)	30 Minutes Blue 6x100m Strides (20sec)	30 Minutes Blue 6x100m Strides (20sec)	R
Week 3 – 6/18 50 Minutes Blue 4x150m(30sec) Conditioning Starts BHS – Gym Area	R=Rest Recovery Day	40 Minutes Blue 4X150m (30sec) (70/80/90)	25 minutes Blue 4x100m Strides (20sec)	40 Minutes Blue 4X150m (30sec) (70/80/90)	6/23 BUTLER ROAD RACE 9:00A.M. or 50 Min. Blue	R
Week 4 – 6/25 55 Min Blue 4x150m Strides (Preston Park)	R=Rest Recovery Day	<u>A.M. 20 Min Blue</u> 40 Minutes Blue 4X150m (30sec) (70/80/90)	40 Minutes Green 4X150m (30sec) (70/80/90)	30 Min – Mix Hilly Course Work Hills -RED Flats -Blue	35 Min. Green 5x100m Strides (20sec)	R
Week 5 - 7/02 60 Min Blue 4-5x150m Strides (Preston Park)	45 minutes Blue	<u>A.M. 20 Min Blue</u> 10 Minutes Blue 3x7 Min. Yellow 10 Minutes Blue	40 minutes Blue 6x100m Strides (20sec)	30 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 Min. Green 5x100m Strides (20sec).	R
Week 6 - 7/09 65 Min Blue 5-6x100m Strides (Preston Park)	45 minutes Blue	15 Minutes Blue 3x8 Min. Yellow 15 Minutes Blue	40 minutes Green 6x100m Strides (20sec)	35 Min – Mix Hilly Course Work Hills -Hard	40 Min. Green 5x100m Strides (20sec)	R
Week 7 – 7/16 70 Min Blue 6x150m Strides (Preston Park)	45 minutes Green	<u>A.M. 20 Min Blue</u> 15 Minutes Blue 3x8 Min. Yellow 15 Minutes Blue	45 minutes Blue 6x100m Strides (20sec)	35 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 Min. Green 7x100m Strides (20sec)	R
Week 8 – 7/23 65 Min Blue 6x150m Strides (Preston Park)	50 minutes Blue	<u>A.M. 20 Min Blue</u> 15 Minutes Blue 2x12 Min. Yellow 15 Minutes Blue	50 minutes Green 6x100m Strides (20sec)	40 Min – Mix Hilly Course Work Hills -RED Flats -Blue	40 Min. Green 6x100m Strides (20sec)	30 min Blue
Week 9 – 7/30 70 Min Blue 6x150m Strides (Preston Park)	50 minutes Green	<u>A.M. 20 Min Blue</u> 15 Minutes Blue 2x12 Min. Yellow 15 Minutes Blue	50 minutes Blue 6x100m Strides (20sec)	40 Min – Mix Hilly Course Work Hills -RED Flats -Blue	45 Min. Green 8x100m Strides (20sec)	R
Week 10 – 8/06 70 Min Blue 7x100m Strides (Preston Park)	50 minutes Blue	<u>A.M. 20 Min Blue</u> 15 Minutes Blue 2x12 Min. Yellow 15 Minutes Blue	50 minutes Green 8x100m Strides (20sec)	45 Min – Mix Hilly Course Work Hills -RED Flats -Blue	45 Min. Green 7x100m Strides (20sec).	30 min Blue

*70/80/90 = Accelerations starting at 70% effort gradually increasing to 90% effort – quick but relaxed – Think Form

*Strides = Even paced runs starting & finishing at about 80-85% effort – realigning your mechanics after relaxed run

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“CAMP STARTS – FIRST WEEK OF OFFICIAL / MANDATORY PRACTICE – MONDAY- AUGUST 13th”

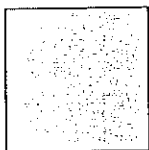
Pacing Code

The following six colors will be assigned to paces of varying degrees of intensity. Color in the boxes to the left of each description. Hang in your locker in the team room for easy reference.



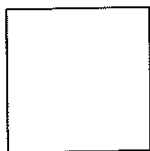
BLUE

- 60%-70% of max
- relaxed pace
- 1.5 to 2 minutes slower per mile than 5k race pace
- conversation easy
- used as an early season long run, recovery between aerobic repeats or warmup/warmdown.



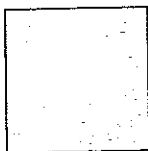
GREEN

- 65%-75% of max
- relaxed place
- 1 to 1.5 minute slower per mile than 5k race pace
- conversation easy
- used as a typical pace for early season runs, and for recovery runs during the season
- Get to know this pace very well



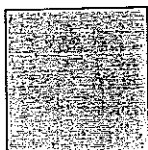
YELLOW

- Tempo pace
- 80%-85% of max
- Pace that you would run per mile for a 10k/6.2 miles
- 20-30 seconds slower per mile than 5k race pace
- Pace causes some discomfort when maintained over 5 miles, but feels comfortable and quick 5 miles & under.
- conversation choppy and non-encouraged



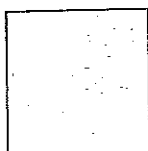
ORANGE

- Task pace
- Aerobic Threshold
- Pace for 5k at beginning though mid of season.
- Conversation very difficult.



RED

- Championship pace
- Goal pace for final 3k of WPIAL/PIAA Championships.



BLACK

- Hard sprint
- 100% of max
- Vomiting will occur if distance is over 400 meters

Goal 5k Time	Blue	Green	Yellow	Orange	Red	Black
16.01	6.32	6.13	5.37	5.10	4.18	3.17
16.17	6.39	6.20	5.42	5.15	4.23	3.21
16.32	6.45	6.26	5.48	5.20	4.27	3.24
16.48	6.51	6.32	5.53	5.25	4.31	3.27
17.03	6.58	6.38	5.59	5.30	4.35	3.30
17.19	7.04	6.44	6.04	5.35	4.39	3.33
17.34	7.10	6.50	6.10	5.40	4.43	3.37
17.50	7.17	6.56	6.15	5.45	4.48	3.40
18.05	7.23	7.02	6.20	5.50	4.52	3.43
18.21	7.29	7.08	6.26	5.55	4.56	3.46
18.36	7.36	7.14	6.31	6.00	5.00	3.49
18.52	7.42	7.20	6.37	6.05	5.04	3.52
19.07	7.48	7.26	6.42	6.10	5.08	3.56
19.23	7.55	7.32	6.48	6.15	5.13	3.59
19.38	8.01	7.38	6.53	6.20	5.17	4.02
19.54	8.07	7.44	6.58	6.25	5.21	4.05
20.09	8.14	7.50	7.04	6.30	5.25	4.08
20.25	8.20	7.56	7.09	6.35	5.29	4.12
20.40	8.26	8.02	7.15	6.40	5.33	4.15
20.56	8.33	8.08	7.20	6.45	5.38	4.18
21.11	8.39	8.14	7.26	6.50	5.42	4.21
21.27	8.45	8.20	7.31	6.55	5.46	4.24
21.42	8.52	8.26	7.37	7.00	5.50	4.28
21.58	8.58	8.32	7.42	7.05	5.54	4.31
22.13	9.04	8.38	7.47	7.10	5.58	4.34
22.29	9.11	8.44	7.53	7.15	6.03	4.37
22.44	9.17	8.50	7.58	7.20	6.07	4.40
22.60	9.23	8.56	8.04	7.25	6.11	4.43
23.15	9.30	9.02	8.09	7.30	6.15	4.47
23.31	9.36	9.08	8.15	7.35	6.19	4.50
23.46	9.42	9.14	8.20	7.40	6.23	4.53
24.02	9.49	9.20	8.25	7.45	6.28	4.56
24.17	9.55	9.26	8.31	7.50	6.32	4.59
24.33	10.01	9.32	8.36	7.55	6.36	5.03
24.48	10.08	9.38	8.42	8.00	6.40	5.06
25.04	10.14	9.44	8.47	8.05	6.44	5.09
25.19	10.20	9.50	8.53	8.10	6.48	5.12
25.35	10.27	9.56	8.58	8.15	6.53	5.15
25.50	10.33	10.02	9.03	8.20	6.57	5.18
26.06	10.39	10.08	9.09	8.25	7.01	5.22
26.21	10.46	10.14	9.14	8.30	7.05	5.25
26.37	10.52	10.20	9.20	8.35	7.09	5.28
26.52	10.58	10.27	9.25	8.40	7.13	5.31
27.08	11.05	10.33	9.31	8.45	7.18	5.34
27.23	11.11	10.39	9.36	8.50	7.22	5.38
27.39	11.17	10.45	9.42	8.55	7.26	5.41
27.54	11.24	10.51	9.47	9.00	7.30	5.44
28.10	11.30	10.57	9.52	9.05	7.34	5.47
28.25	11.36	11.03	9.58	9.10	7.38	5.50
28.41	11.43	11.09	10.03	9.15	7.43	5.54
28.56	11.49	11.15	10.09	9.20	7.47	5.57
29.12	11.55	11.21	10.14	9.25	7.51	5.60
29.27	12.02	11.27	10.20	9.30	7.55	6.03
29.43	12.08	11.33	10.25	9.35	7.59	6.06
29.58	12.14	11.39	10.30	9.40	8.03	6.09
30.14	12.21	11.45	10.36	9.45	8.08	6.13
30.29	12.27	11.51	10.41	9.50	8.12	6.16
30.45	12.33	11.57	10.47	9.55	8.16	6.19
31.00	12.39	12.03	10.52	10.00	8.20	6.22

Strength Training

We will do strength training very differently this year. This stems from multiple reasons. First, it is very difficult to fit a full body weight regiment into a practice. With the number of meets we must run, weight training (in its past form) often takes a back seat, and is omitted frequently. Additionally, our aim is to get strong and not bulk up. Taking these factors into consideration, we will not do any upper body weight training. Instead, we will be doing pushups, crunches, and other core exercises to build upper body and core strength. An explanation of these exercises follows below.

Butler XC Top TWO

Pushups

Pushups will be done everyday from June until 7 days before WPIALS. To promote endurance in our pects, lats, delts, biceps, and triceps, we will do two burnout sets, meaning that you will do as many pushups as possible (until there is no way you can get even one more), rest and stretch for 1 minute, and do one more burnout set. Each day, you will see improvements in how many you can do, and before long, you won't be able to believe your progress. We will keep track of our progress on the next page.

Crunches

Getting strong in the core (trunk of your body) is tantamount to success. Crunches are the best way to get core strength. A proper crunch is done on one's back hands behind head or folded across chest and legs in the air so that calves are parallel to the ground or with the feet flat on the floor with the heels about 1 foot away from the butt. It is important to lift your shoulders straight up, instead of curling them toward your stomach. Squeeze your abs as hard as you can at the top of the crunch, and hold for about half a second before going back down.



The crunch is an exercise that can be done in what looks like a correct manner but resulting in no meaningful work.

Be sure to squeeze the abs very hard at the top of each crunch. If you can talk to somebody (and be easily understood) while doing crunches, you are probably not squeezing hard enough.

We will work our way up to 2 sets of 25 crunches each day/Before and after workouts. We will also do side crunches. The procedure is the same for side crunches as front crunches, but the legs are simply laid down to either side. The crunching motion is still straight upward, isolating the oblique muscle on the top. We will work up to 2 sets of 25 side crunches on each side done immediately after the front crunches.

REMIND MESSAGING

Sign up for important updates from: Coach Davanzati

**Get information for Butler Varsity XC 2018 right on your phone
- not on handouts -**

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**Text the message @butlerxc15 to the
Number 81010.**

See below:

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81010 ?

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@butlerxc15 ?

**“You already have everything
you need to be a distance runner.**

**It’s a mindset and work, not
miles that separate those who do!
From those who simply dream.”**

- Anonymous

**I am not interested in
why it can’t be done.**

**I am interested in how
we are going to do it.**

-Bill Gates –
- Founder Microsoft Corporation -

NOTHING IS IMPOSSIBLE !!!

- Kip Keino –
- Olympic 1500m Gold Medallist '68 -

