

Butler

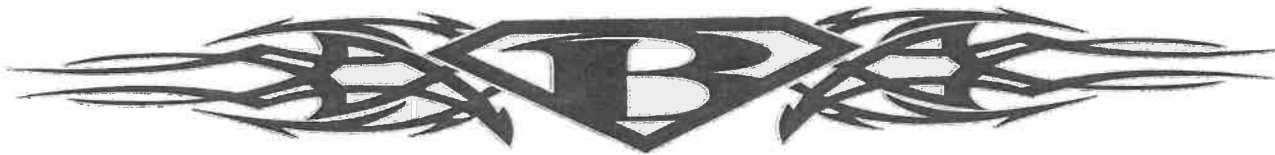


Cross Country

2022

Show of Interest / Sign up Info / Conditioning Packet - 2022

JUNIOR HIGH – GRADES 7-8



2022 BUTLER JUNIOR HIGH CROSS COUNTRY

Junior High Boys & Girls Coach: Ms. Karen Nicodemus
Assistant Jr. High Boys & Girls Coach: Mrs. Holly DePew

WHAT: Jr. High Cross Country is a fall, co-ed sport for Boys and Girls in grades 7 & 8. Cross Country is not Track! The official season begins in August and the Final Championships are in Mid to late October. 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 three (3) days a week. Monday, Wednesday, & Thursday

First 2 Conditionings:

WEDNESDAY & Thursday July 6th and 7th – 6:00p.m. – 7:30p.m.- @ Intermediate High Flag Pole

Then every :

MONDAY, WEDNESDAY, & THURSDAY -6:00p.m. - 7:30p.m. - @ Intermediate High Flag Pole

Until:

The first official practice is Monday, August 23rd @ the Sr. High – near the tennis courts. Weekday practices will be held from 4:30-6:30 August 23rd through one day before school begins -Starting- the day before the First Day of School for students, and all school days there after practice will be 3:10-5:15pm

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 23rd for practice.

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

Sincerely,

Karen Nicodemus

Ms. Karen Nicodemus
Boys & Girls Junior High Head Coach

Mrs. Holly DePew
Boys & Girls Assistant Jr. High Coach

Mr. Rick B. Davanzati
Boys & Girls Varsity XC Head Coach
724-991-3664



Butler Jr. High Cross Country 2022 – Summer conditioning – July 6th – August 22nd - 2022

ORGANIZED SUMMER XC CONDITIONING BEGINS

WHEN: JULY 6th

WHERE: INTERMEDIATE HIGH SCHOOL (Near the Flag Pole)

TIME: 6:00-7:30PM

First and foremost, thank you for showing an interest in the Butler School District Cross Country Program.

The potential for both the Girls and Boys teams is extremely high. WE need to CONTINUE to prepare ourselves for the upcoming season. WE HOPE TO SEE ALL 7th & 8th Graders ON July 6th – We are so excited about the potential of our teams – hoping you are too! **CONSISTENCY** in all things is key to being the best you can be!!!

Your summer running should begin by June 6th - to help prepare you for the beginning of summer conditioning on July 6th
Below is a guide to follow on what to do June 6th through July 5th.

MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 – 6/06 15-20 Minute Run 4x70m (strides)	R=Rest Recovery Day	15-20 Minute Run 4x70m (strides)	R=Rest Recovery Day	20 Minute Run 4x70m (strides)	R=Rest Recovery Day	Rest Day
Week 2 – 6/13 20-25 Minute Run 3x100m (Strides)	R=Rest Recovery Day)	20 Minute Run 6x70m Strides	R=Rest Recovery Day	20-25 minute Run 4x70m (strides)	R=Rest Recovery Day	20 Mins 6x70m Strides
Week 3 – 6/20 25 Minute Run 3x100m(Strides)	R=Rest Recovery Day	20-25 Minute Run 4x100m (70/80/90)	R=Rest Recovery Day	25 Minutes Run 4x70m (strides)	R=Rest Recovery Day	20 Mins 6x70m Strides
Week 4 – 6/27 25-30 Minute Run 3-4x100m (strides)	R=Rest Recovery Day	20-25 Minutes Blue 4x100m (70/80/90)	R=Rest Recovery Day	25 Minute Run Hilly Course Work Hills Downhill/Flats-Easy	R=Rest Recovery Day	20 Mins 6x70m Strides
Week 5 - 7/04 30 Minute Run 3-4x100m (Strides)	R=Rest Recovery Day	1ST OFFICIAL DAY OF CONDITIONING JULY 6TH				

ALL RUNS DURING THIS PERIOD ARE RELAXED – UNLESS OTHERWISE NOTED. THEY GET THE BODY READY FOR THE RIGORS OF REGULAR CONDITIONING IN EARLY JULY

If you haven't been running at all. Break up your “runs” into segments of running and walking your goal should be to run continuously for 25 minutes by the start of Summer Conditioning on July 6th.

- *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

Don't forget to do your Push-ups, Sit-ups, and Core work on the Days you run.

A few things to keep in mind before XC Conditioning begins in late June:

Remember – **CONSISTENCY** in all things is the key to achieving your goals!
Be consistent in Training-get out and run, nutrition-eat right, & sleep-get 8-10 hours a night-it's where your body rebuilds itself even stronger than before.

- The following workout schedule above is a GUIDE to help you prepare – if you can not do everything, do as much as you can! - Consistency.
- Know that, in completing the workouts you help YOURSELF & the TEAM be the best you & we can be.

One last point – As I'm not in the school buildings daily - Access to recruiting new athletes to XC is extremely difficult – please give this to anyone you think would like to run or has the ability to run and encourage them to come out. Just bring them to conditioning. From Quantity comes Quality!!!

BUTLER AREA SCHOOLS

Cross Country Information 2022

PHYSICALS & FEES:

- **ALL SPORTS – MALE & FEMALE**
- **See School's Website: Athletic Fee Guidelines & All Athletic Physical Registration Forms**
- **(MUST be completed & turned in before Mandatory Practice begins on August 22, 2022)**



****2022 Butler Junior High Cross Country Summer Conditioning Workouts**

*** 7th and 8th Grade Girls & Boys**

Starts: First Conditioning: Wednesday July 6th, 2022

Every Monday, Wednesday, & Thursday.

Monday, Wednesdays, & Thursdays: 6:00PM to 7:30PM

@ the Intermediate High Flag Pole

OFFICIAL MANDATORY PRACTICE BEGINS: Monday August 22nd, 2022

Contact Information

- **Junior High Coach: Ms. Karen Nicodemus**
Cell Phone: 724-496-3300
- **Junior High Assistant Coach: Mrs. Holly DePew**
- **Varsity Head Coach: Richard B. Davanzati**
Cell Phone: 724-991-3664
- **Assistant Varsity Coach: Mr. Christopher Grooms**



Parents and Athletes:

**If you have any questions dealing with the start of Summer Conditioning
please don't hesitate to contact:**

Varsity Head Coach Rick B. Davanzati at 724-991-3664 or Rdavanzati@zoominternet.net

SEE OTHER SIDE FOR ADDITIONAL INFORMATION