

# **TROJAN BOYS CROSS COUNTRY 2019**

**WE WANT YOU!!!!!!**

## **Team Highlights**

- **All inclusive! No Cuts!**
- **We have a large team and a fun team! Last year we had 41 young men on our team.**
- **We are successful. Trojan Cross Country has a history of excellence at the state level.**
- **Our team not only is comprised of excellent young men who love to run and work hard, but we are also great students.**
- **We attend meets around the state. Lots of travel!**
- **We go to a team camp at the start of the season for 3 nights.**
- **We have a summer running program that is fun and great preparation for the season.**

**Contact Coach Burns for more information or with questions.**

**Bryan Burns**

**231-649-0843**

**burnsbr@tcaps.net**

## **2019 Traverse City Central Boys Cross Country Important Dates and Notes**

### **Mandatory Meeting for All Returning Cross Country Athletes**

*Wednesday, June 5 @ 3:15 p.m. in the cafeteria*

*Information regarding summer will be given out during this meeting. Plan on 30-45 minutes.*

### **Summer Running Begins**

*Monday, June 17, 2019 @ 8:00 a.m. (We run at 8 sharp)*

*NOTE: Monday and Wednesday we will meet at Central High School. On Tuesday, Thursday, and Friday we are at Sunset Park (next to the Holiday Inn).*

### **Summer Weights and Conditioning**

*Begins Monday, June 17 at 9:00 a.m. The boys and girls teams will have Mr. Gle available on Monday and Wednesday throughout the summer from 9-10 a.m. The cost will be \$30 for the summer (about \$3/week). We will discuss at our meeting. Checks payable to: TCC Athletic Boosters.*

### **Summer Dead Periods**

***Saturday, June 30 - Sunday, July 8, 2019 AND Saturday, August 3-Sunday, August 11, 2019***

*As coaches we can not meet with you. The expectation is that you continue to meet and run as a group during this week.*

### **First Official Day of Practice**

*Monday, August 12, 2019. MUST HAVE PHYSICAL!!!*

### **Camp**

*Tue-Fri, August 20-23, 2019. Cost will be \$180/person. We attend with the girls, as well as other high school and college teams. The cost includes all food, lodging, camp shirt, and transportation to a from Camp Leelanau Outdoor Center (Glen Arbor). More info as we approach the season. Checks payable to: TCC Athletic Boosters*

### **Player Fee**

*It has become necessary for our program to institute a player's fee. This fee is necessary to continue to provide the quality schedule, coaching, conditioning and transportation for our athletes. I will talk more about this at the beginning of our season, but the fee this year will be \$100. Fee includes team t-shirt*

### **Team Clothing/Uniforms**

*Traverse City Central is an adidas sponsored school. Our team gear will be ordered once again through our online team store. We/you receive a substantial discount when ordering. I will have more information as we approach the season.*

## **Communication**

- Sign Up for Remind **NOW**--- text this **@k7d3he** to this number: **81010**
- Check your **tcapsstudent** email and website often
- Our team website is **tcctrojanxc.com**

## **Coaches**

Bryan Burns, Head Coach

Don Lukens, Assistant Coach

Eric Houghton, Assistant Coach

Paul Anderson, Assistant Coach

## **Contacts and Questions**

Bryan Burns    231-649-0843    [burnsbr@tcaps.net](mailto:burnsbr@tcaps.net)

## 2019 Trojan Boys Cross Country Important Dates

### 2019 Trojan Boys Cross Country Schedule and Important Dates (Tentative, updated 6/3/19)

#### Important Dates

June 17	Summer Running Program Begins
July 1-7	1st Down/Dead Period
August 5-11	2nd Down/Dead Period
August 12	1st Day of Practice @ 5 p.m. CHS
August 14	Parent Meeting/Picnic @ 6 p.m. CHS Cafeteria
August 20-23	Camp at Leelanau Outdoor Center
November 13	Season Recognition and Awards

#### Race Schedule

August 24, 2019	Benzie Central Invitational
August 29, 2019	Hoka 2 Mile at Benzie
Sept. 13, 2019	Spartan Invitational/MSU
Sept. 21, 2019	Cougar-Falcon Invitational @Calvin College
Sept. 25, 2019	Trojan/Hoka Twilight (2 miles) Location TBD/home
Oct. 3, 2019	Charlevoix 2 Mile
Oct. 5, 2019	Portage Invitational/Portage, MI
Oct. 15, 2019	BNC Championships @Gaylord Country Club
Oct. 19, 2019	Northern Mi XC Champs @Michewaye
Oct. 26, 2019	Regional Championships, TBA
Nov. 2, 2019	State Finals, Brooklyn/MIS

#### NOTE:

- Additional information regarding camp and race dates will be provided during the summer and at the start of our season.
- For some races we will be sending partial teams. More information during the season.

## Misc. Training Information.....

2019

- Everything on your training schedule is "UP TO...". This means that if the days workout calls for a 45 minute steady state run, you are to run *up to* that amount. Some of you may only be able to go 30 minutes. Others 45 minutes. Our training is based upon where you are at the moment.
- Summer running is important IF we are to accomplish team and individual goals. The program is based upon you doing the work this summer.
- Make every effort to join the group on a consistent basis this summer. One of the coaches will be here to see you each day, but this is not mandatory. The desire must come from within you and from the group. Our summer captain will oversee the summer program.
- Also, CONSISTENCY is the key to your development. We do not want you hurt. We want you healthy and progressing gradually.
- Drink water, get good quality sleep, have the proper shoes, and eat right.

## Training Log and 500 Mile Club

- This year we are starting a couple of traditions and expectations. The first is that you must keep a log of your summer running. I have provided a very simple tool for you. You are expected to turn this in to us on the first day of practice. We will review it and then give it back. Read on.....
- Your ticket to camp is this log. If you have not trained during the summer, going to camp is probably not in your best interest. You would not be able to handle the work. The expectation is that you are able to handle at least 5 miles a day of running, with some intensity.
- The logs will be collected on August 31st. This is 13 weeks of summer running. Anyone who has at least 500 **documented** miles in during this time (6/2/19 - 8/31/19) will be admitted to the 500 mile club and receive special recognition. You want to be part of this club. In all of my years in this great sport of distance running, runners who put in this type of work in the summer have very successful cross country seasons.

**Traverse City Central Boys Cross Country  
PLAYER FEE FORM 2019**

It has become necessary for our program to institute a player's fee. This fee is necessary to continue to provide the quality schedule, coaching, conditioning and transportation for the many athletes who are a part of this great program. We have a strong, proud tradition and we want to keep this going; so we now find ourselves initiating a fee to maintain what we have and to allow us to tackle the challenges ahead. The fee does include our Team Shirt.

**ATHLETE** \_\_\_\_\_ **GRADE** 9 10 11 12

**PAID** \_\_\_\_\_ **(\$100.00)**

Checks made out to "**TCC ATHLETIC BOOSTERS**"

Return this form and fee to the Athletic Office or to one of the Coaches.

**DEADLINE:** Player Fees are due on or before Friday, August 16... Practice begins August 12

Note: Any family who has difficulty paying this fee can apply for assistance through a special fund. No athlete will be turned away. Contact Boys Head Coach Bryan Burns or Girls Head Coach Lisa Taylor for more information.

# Trojan Boys Cross Country

Bryan Burns, Head Coach  
6785 E. Lake Bluffs Dr.  
Traverse City, MI 49684  
231-649-0843/ email: [burnsbr@tcaps.net](mailto:burnsbr@tcaps.net)

## 2019 Pyramid Point Cross Country Camp

*August 20-23, 2019 Tuesday afternoon to Friday at noon*

In-season team training camp at the Leelanau Outdoor Center in Maple City (Pyramid Point area)

- Signed and on-file 2019 MHSAA physical required
- **\$180/runner**
- This fee includes transportation to and from camp, lodging, meals, camp shirt.
- Also campfires, sandy beaches, dune climbs, pit spits, sunsets over Lake Michigan and other perks.
- Scholarships may be available--contact Coach Burns.
- We want everyone to go, speak with me if you have questions.
- Please turn in payment by the time we leave for camp.

***Checks payable to: TCC Athletic Boosters-Boys Cross Country***

Please tear off here

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**Trojan Boys Cross Country 2019 Pyramid Point Training Camp**  
**Checks payable to: TCC Athletic Booster- Boys Cross Country**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Amount enclosed: \_\_\_\_\_

Type of payment: \_\_\_\_\_ check \_\_\_\_\_ other