

# 2024 CROSS COUNTRY



# Selecting Running Shoes

- Training shoes must provide support and cushioning.
- Life of a shoe is about 400 – 500 miles.
- Let them know you are on the Arrowhead team and they usually give you a runner discount!



- Racing spikes are extremely light and runners will absolutely run fast with them.
- Varsity runners, must have a pair of spikes.
- Hand me downs from the varsity
- Bring with to a meet, don't wear them to the bus.



# Runner's Watch

- Each runner needs to have a watch every day to monitor training. A runner's watch is just a digital watch with a stopwatch feature.
- The newest and best watch is gps watch to track distance and pace - Garmin



# Practice Schedule

## Boys

- Pre Season – 8:00 a.m.to 10:15pm (Aug. 19-24)
- Season - 3:00 pm to 5:15pm (Aug. 26 - end)
- Sat. runs - 8:00 to 10:00

## Girls

- Pre Season – 6:30 pm to 8:30pm (Aug. 19 - 22)
- In Season - 3:10 pm to 5:15pm (Starts Aug. 23)
- Sat. runs - 9:00 to 10:45 - locations change
- No organized practice Labor day

# Competitions

- Most meets are unlimited entries – everyone who completes the workouts qualifies to compete in that week's meet. (Sectionals and State)
- Complete schedule can be found on the Team Stack app, band app or the Arrowhead cross country website
- Athletes need to ride the bus to and from the meet. When exceptions are made you need to complete an online form from the activities office. (Bus leaves from door 15)

[Travel release form](#)

# Home Meets

Two home meets this season:

August 29th and Oct. 5th

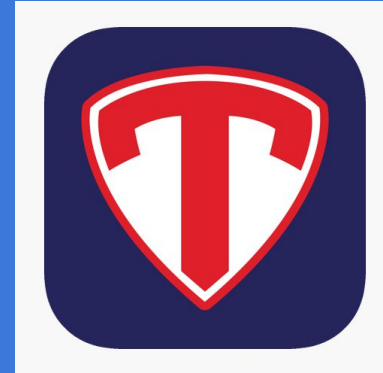
Sign up with Jill Bradley to help.

We especially need help for the Night race on August 29th.

- Set up on the 28th (Wednesday) around 5:00 PM

- Generators and extension cords needed

All Information for Girls...  
Team Stack App



All Information for Boys...  
Band App





# Healthy Habits

Fluids – Water  
and sports drinks  
 $\frac{2}{3}$  body weight



Fuel – A well balanced Diet

Meet days – the 3 B's  
Banana's, Bagels & Bars



(Find your comfort food)  
Never go to the line feeling  
full!



# Other nutrition concerns

- Medication – Accutane
- Iron
- Vitamins – multiple vitamin
- Inhalers – must have a doctor's note



# Sleep/Recovery/Regeneration



- Goal of 9 hours
- Most important night of rest is 2 nights before the big competition
- Sleep should be the same time period each night

# Spirit Wear

## Girls

- The spirit wear order will close TONIGHT AT MIDNIGHT. If demand is high we can open a second store for more orders.



# Spirit Wear

## Boys

→ 2nd round is open and will close this Sunday @ midnight.

**epoch**  
athletics



# Team Gear

At meets girls should wear their team shirt with team uniform under (included with social fee). Black spandex or black shorts should be worn.

If the weather is cold, a red Arrowhead long sleeve, jacket, or sweatshirt... with black running pants should be worn.

If you need to wear something under the uniform (under armour) the color should be black.



# Social Fee @ Donations

## **Social Fee - \$85**

<https://arrowhead.revtrak.net/athletics/athletics-xc/athletics-girls-xc/athletics-girls-xc-social-fee/>

## **Donations**

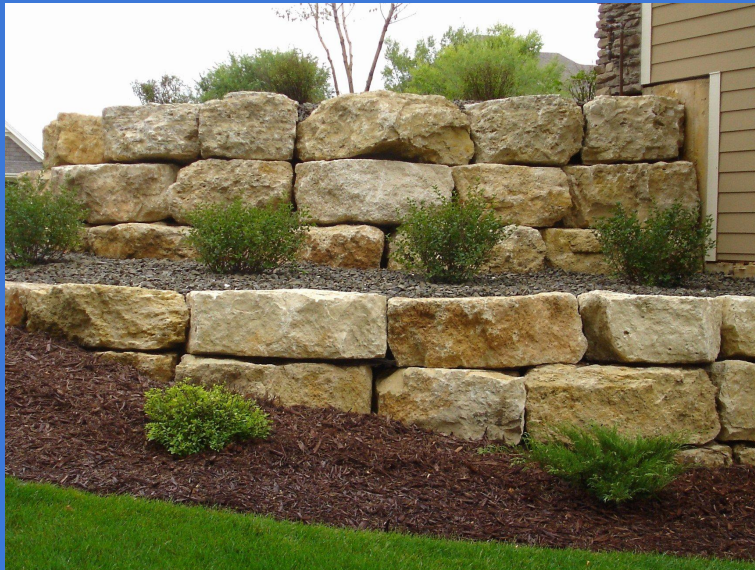
<https://arrowhead.revtrak.net/athletics/athletics-xc/athletics-girls-xc/athletics-girls-xc-donations/>



# Donations

Girls:

Large limestone boulders and landscaping





# Other

No in season road race, charity runs, etc. without advance AD approval.