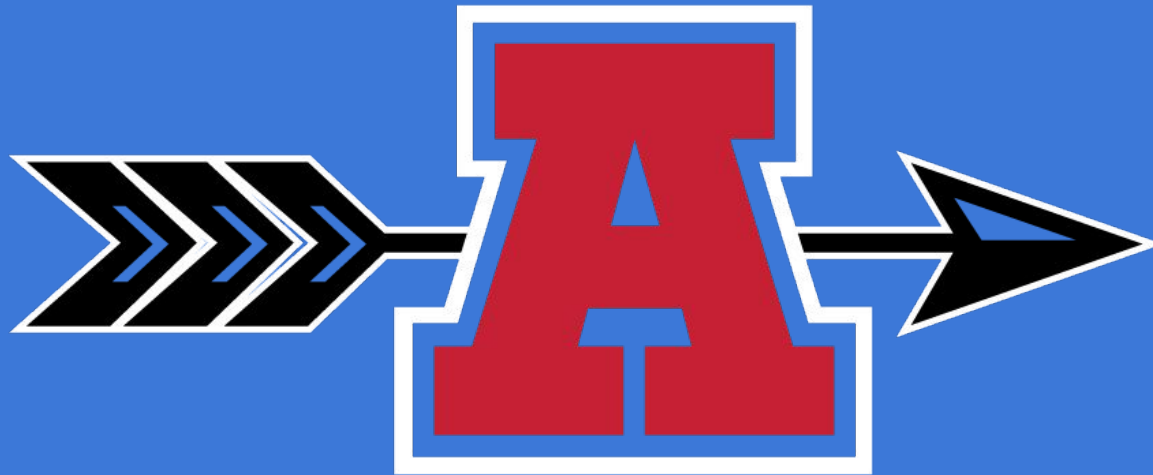


# 2025 CROSS COUNTRY



# 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

- August 18th - 22nd - 8:00 am to 10:30 am
- August 23rd - Pike Lake 8:00 am - 12:30 pm
- August 25th - 27th - 3:00 pm - 5:15 pm
- August 28th - Night Race...arrive by 6:30 pm  
(will meet at our team tent)
- August 29th - no organized practice, run on your own
- August 30th - 8:00 am - 10:00 am
- September 1st - 9:00 am - 10:30 am

Once school starts it will be 3:00-5:15 and Saturdays at 8 am (if we don't have a meet)

# 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 sportsYou 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

Three home meets this season:  
August 28th, Oct. 4th, Oct. 25th

Sign up with Jill Bradley to help.

We especially need help for the Night race  
on August 28th.

- Set up on the 27th (Wednesday) around  
5:00 PM

- Generators and extension cords needed

# Team Communication

All Information for Boys...  
sportsYou App





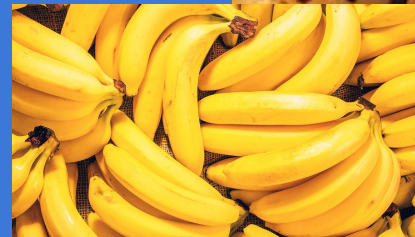
# Healthy Habits

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

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!



Always a good idea to bring something to eat for after practice.



# 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

Our Spirit Wear store is open now and will close this Sunday @ midnight. Link is on the team app.

**epoch**  
athletics



# Team Gear & Uniform

At meets we will wear our team shirt with team uniform under their team shirt or in their bag.

Black shorts should be worn and raced in please...you need to have your own (all black with no stripes)

One the weather get colder the guys should be wearing a long sleeve purchased from spirit wear and black sweat pants.

# Social Fee @ Donations

**Social Fee - \$85**

Boys XC Social Fee

**Donations**

<https://arrowhead.revtrak.net/athletics/athletics-xc/#/list>