



Arrowhead Boys Cross Country

So you have a child that wants to go out for Cross Country? Good for you! Cross Country (XC) is a wonderful sport of a lifetime that encourages both individual and team participation and a love for running. If you are a 'newbie' parent and have a 'newbie' son that wants to try Cross Country, here are a few things to help you get started:

What is the Sport of Cross Country?

The Sport of Cross Country is a competitive team sport offered in the fall of the year for boys at the high school level. Teams consist of five or more runners who all race together at the same time against the other teams.

The top five finishers from each team are used for scoring and their finishing places are totaled to see which team wins. The lowest score wins. High school races are 5 Kilometers (3.1 miles long). The courses take place at public parks, golf courses or school grounds and parents are allowed to attend and cheer them on from anywhere on the course. The great thing about cross country at this level is that everyone who tries out for the sport generally gets to compete.

Even though the first 7 runners to finish are considered the "scoring team", everyone still gets to run and try to contribute to the team's scoring.

Arrowhead Boys XC Philosophy:

Arrowhead Cross Country is a team that is built on having fun, getting into shape, learning self-discipline, and dedication, and having a growth mindset while maintaining a competitive edge. We are a team sport where it doesn't matter an athlete's ability to run but it is a sport where everyone of all abilities is welcomed and encouraged to do their best every day. There are no cuts in cross country, everyone is welcome. Arrowhead XC will also have a focus on developing strong, young leaders for our program and for when they leave Arrowhead. It is a sport where the objective is self-improvement week after week where we run hard and compete against ourselves and other athletes. Have fun, train hard, and race well.

How Can I Help?

Your first question as a parent might be "How can I help my son get started?"

We strongly encourage our runners to start a summer training regimen. As in any sport, it's very difficult to come out for the team at the start of school with little or no pre-training. Pre-season summer training is essential to building a fitness base for intensive workouts and races during the season. Asking the school coaches where/how they can get ready for the season is a great way to get started

Equipment

The 2 most important things you need as a runner are a watch and a good pair of running shoes.

The best thing you can do for your son is to take them to a running store like **Performance Running Outfitters** that specializes in running and the equipment needed for getting started. You do not necessarily need to go "all in" from the start but proper equipment to get started is important.

This includes (most importantly) the proper running shoe with the proper fit. Running stores have training sales persons to assist you with this.

How Can I Watch the Race?

When you arrive at the meet, ask to see a course map of the race. First, locate the start and finish, then try to scout central points where you can see as much of the race with as little moving around as possible. Maybe follow along with some of the other parents, as well. During the race, you can move from point to point along the course to cheer the runners as they pass.

Be careful, however, to stay off the runners' path and out of their way. Rules also forbid running alongside a competitor to pace or encourage him or her. Suggestion: wear running shoes when spectating.

Coaches

Mike Ray	runrazor@gmail.com	262.442.1120
Dave McConville	dmccconville19@gmail.com	
Tom Joerres	tjoerres@gmail.com	