

2024 Arrowhead Girls Cross Country

So you have a child that wants to go out for Cross Country? Good for you! Cross Country (CC or XC) is a wonderful, lifetime sport that encourages both individual and team participation. We also try to encourage strong friendships and the love for running. If you are new to 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 girls at the high school level. Teams consist of five or more runners who all race together at the same time against other teams. The top five finishers from each team are used for scoring and their finishing places are totaled. The lowest score wins. High school races are 3.1 miles in distance, but can change based on time of season, course conditions and weather. These changes to the race distance are rare. The courses take place at public parks, golf courses or school grounds and parents are allowed to attend and cheer runners on from anywhere on the course. The great thing about cross country is that everyone who tries out for the sport has a chance to compete.

How Can I Help?

Your first question as a parent might be "How can I help my daughter 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 conditioning. Pre-season summer training is essential to building a fitness base for intense 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.

A sample of an off season running plan can be found using the QR code below. We will update this training plan for the summer and notify you once the plan is ready. We also hold two summer runs a week during the summer. Summer runs are on Mondays and Thursdays starting at 6:30 P.M. More information will be sent to you about these runs later in the school year.



Equipment

The two 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 daughter is to take them to a running store 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 trained people 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. Rules also forbid running alongside a competitor to pace or assist them. It’s always a great idea to wear running shoes when attending a cross country meet.

Practice Information

During the school year, we practice rain or shine on Monday - Friday starting at 3:10. We meet outside near the practice soccer fields / woods area. Our team shed is located in the woods. We also practice on Saturday, and the location of these practices change throughout the season. Typically our Saturday practices begin at 9:00 a.m. and last until 11:00 a.m.

Practice begins Monday, August 19th at 6:00 P.M. We will continue to try to keep a normal evening practice at 6:00 P.M. while athletes are on summer vacation. We may adjust practice times in the summer based on weather and events. Athletes and parents will be notified of these time changes.

Coaches

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