



Dimond High School 2010 Cross Country Running

Welcome to the Lynx Cross Country Running team! Whether you are a first time runner wanting to get in shape or a very competitive runner, you are welcome to join. In this document you will find information about the coaches, important dates regarding the 2010 cross country running season, summer training ideas and information, an introduction to the team rules, and the team contract which will need to be signed by each athlete before the first day of practice. We look forward to running with you!

Coaches:

Coach Keller



Keller_jeff@asdk12.org
4th year coaching

Coach Normandin



Normandin_nate@asdk12.org
4th year coaching

Coach Tittle



Tittle_Pam@asdk12.org
3rd year coaching

Important Dates:

June 19th: Mayor's Marathon Fundraiser
July 26th: Paperwork/fees can be turned into Activities Office. Forms available at Dimond.
Aug. 2nd: First Day of Practice 8:00a @ Dimond High right in front door.

*The paperwork due is listed on the attached fall sports schedule.

Summer Training:

Because cross country running at Dimond is competitive, please train over the summer to ensure you are fit prior to the first practice. Summer training is the time to work on your endurance and strength. Athletes who have trained over the summer end up doing quite well during the cross country running season. Many club programs around Anchorage work on general fitness as well as specific training for sports during the summer months. Being a part of a club program helps keep you accountable for workouts during the summer.

Some local club programs:

- Alaska Nordic Racing: <http://www.alaskanordicracing.org>
- Alaska Winter Stars: <http://home.gci.net/~alaskawinterstars/>
- APU Ski team <http://nordic.alaskapacific.edu/>
- Team Alaska Track (907) 566-8282

Training Ideas: If you are not involved with a club program, the coaches would like everyone to try and run at least 3 days a week for 30-45 minutes. Do you like to hike, bike, swim, roller ski, roller blade, and participate in other endurance activities? Doing these activities in addition to the runs would be ideal. Basically, keeping yourself very active during the summer months is important to building a strong endurance base and keeping your body fit. Many athletes will testify to how important summer training is to doing well. Just ask some of the seniors!

Team Rules:

The coaches will go over more detailed rules the first weeks of practice, but the basic rules are the following:

1. Be respectful
2. Be encouraging
3. Try your best
4. Have Fun

Lettering Policy: The coaches will go over the system for lettering during practice; however the basic idea is you need 5 points to letter. You earn a point by doing the following:

- Placing top 7 for Dimond in a scheduled high school race. (7 races so 7 points possible)
- Perfect Attendance for the entire season (1 point possible)
- Being a part of the state team (1 point possible)
- Helping with Mayor's Marathon fundraiser (1 point possible)
- Raising over \$150 for our team fundraiser (1 point possible)

P.E. Waiver: In order to receive a P.E. waiver for cross country running, you need to attend at least 80% of all scheduled practices and participate in over 50% of the scheduled races.

Team Contract & Questionnaire:

Attached is a contract and questionnaire each athlete and parent must fill out and sign prior to the first day of practice. The questions are to help the coaches understand your goals for the season and to help you understand what you might like to gain from cross country running.

Team Attire:

The team issues racing singlets, racing shorts, and warm-up jackets which are yours to use and take good care of during the season. If you would like extra warm-up gear, there will be an order for sweatshirts, sweatpants, and t-shirts the first week of practice. If you are unable to meet the first week of practice, please contact Coach Normandin to get specific information about pricing.

Questions/Comments:

If you have any questions/comments about the season or questions about what you could be doing over the summer, please contact Coach Normandin normandin_nate@asdk12.org.

Team Website: <http://www.dimondxcr.org>

Please check the website for updates to this document and other information.

Dimond Activities Website:

<http://www.asdk12.org/schools/dimond/pages/activities.html>

To get up-to-date information about Dimond Activities check this website.

