



CHARLOTTESVILLE CROSS COUNTRY



What is cross country?

Cross country is the sport of distance running. Cross country is both a team and an individual sport in which athletes compete in races of 5 kilometers (3.1 miles) in length. The individual is in competition with other team members, his or her own team members, and ultimately against himself or herself.

Who can participate in cross country?

Any 7th-12th grader enrolled at Charlottesville High School or Buford Middle School can compete on the team. Ninth through twelfth graders are eligible for varsity competition, while seventh and eighth graders can compete in junior-varsity competition. All athletes must pass a medical examination certifying they are fit for athletic participation and a physical form must be filled out by the physician, dated after May 1, 2010. See the following link for the official physical form: <http://www.vhsl.org/files/adm-physical-form-rev-4-07.pdf>

Equipment

The main piece of equipment for a cross-country runner is a good pair of running shoes. These trainers typically last a runner 300-500 miles (2-3 months). Racing spikes can also be purchased for competition. Although a T-shirt and shorts should suffice for most practices, athletes are also expected to be prepared for cold and rainy weather. A team uniform and warm-up will be provided, while team T-shirts and other gear will be available for purchase. A digital running watch is also highly encouraged.

Pre-season training

Summer training is extremely important for preparing cross-country athletes for the fall season. Daily runs provide runners with a training "base" and help prevent injury. During the summer, athletes can meet for voluntary practice sessions, from Monday, June 14, until Friday, July 30:

- Monday through Thursday—8:00-9:00 A.M. (9:30 on Tues. & Thurs.)—UVa Track
- Friday—8:00-10:30 A.M.—various locations (Walnut Creek, Ridge Road, Sugar Hollow, etc.)—meet at UVa Track or at location

Athletes should also complete various strength-training exercises at least twice a week such as sit-ups, push-ups, standing squats and lunges, and other core exercises. Athletes are also encouraged to attend running camps such as the Nike Smoky Mountain Running Camp or the UVa Victory Cross Country Academy for further education and fitness. Athletes are not encouraged to participate in speed-work sessions or to participate in many road races over the summer. Summer training should consist of easy-paced distance runs or tempo runs. Athletes must complete a running log to be turned in on the first day of practice.

In-season training

Official practice begins on Monday, August 2, at CHS at the Upper Baseball field at 6 P.M. Physical forms are due on this date. Practice will be held after school at 4:00 P.M. at CHS starting Monday, August 16. The coaches hope to hold various practices off-campus.

Competition

The racing season will start in early September and should continue through late October/early November. Most meets take place on Wednesday evenings or Saturday mornings. Home meets take place at Darden Towe Memorial Park, while away meets might include Panorama Farms, Great Meadows, Fork Union, Woodberry Forest, and William & Mary.

Head Coach: Amy Pritchard, CHS French teacher Contact: Amy.Pritchard@ccs.k12.va.us or 249-0850

Assistant Coach: Matt Shields, CHS Physics teacher Contact: Matthew.Shields@ccs.k12.va.us or 989-1066