

2020 TFS Middle School Cross Country Meet WARM UP / PREPARATION

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Meet Preparation:

Check shoes/shoelaces, socks (always bring an extra pair!), uniform (shorts, singlet), warm up top and bottoms (black!). If you wear tights/spandex shorts under your uniform, the color MUST be Black!). BRING YOUR OWN WATER BOTTLE! IF you have them, bring extra shoes in case the course is wet! Check all these the night before AND before we leave. Girls and Boys may run together in the same race at the same time. This is not always known ahead of time.

Before the Trip

Put water, towels, meet bag w/ extra uniforms, med kit, tents, tarp bag, PowerAde, bottled water on the bus.

On the Trip

WHEN POSSIBLE, STAY ONE TO A SEAT AND SIT CLOSE TO THE WINDOW.

Study, listen to music quietly, read, talk quietly with someone, relax. Drink water. Try to finish homework. Seek to learn the info, not just do it. Do not play electronic games or watch movies. You MUST wear headphones to listen to music.

When we arrive.

Set up "camp" with water bottles, PowerAde, tents, bags. Coach will get a course map/info. PUT ON YOUR BIB # (do not cover up the Tallulah Falls on the uniform.

Meet Warm up: Total warm up time is 15-20 minutes, to be done about 40 min before the meet start time.

5-15 minute walk/jog on the course as a team/groups. Learn the course.

Gen. warm up 2x20 yds:	Mobility	Specific Drills 2x10 yds	At the Starting Line
General skips fwd/bk	1 x 5 leg swings	"A" skips	Sip water
Side shuffle (each way)	fwd/bk/sides	"A/C" skips	Striders x 2-4 (race pace speed for 30-50 yds)
Gallop R fwd/bk	1 x 5 wlk knee tucks ea leg	Skips for height	Sip water -pour on head, hold ice
Carioka	1 x 5 walking lunge reach	Skips for distance	
Gallop L fwd/bk	1 x 3 circles, (ankles,torso	Accelerations 2 x 40 yds	
Side XO steps	twist shoulders)		

We will meet FIVE minutes before the race starts at the starting line for the last get together reminder about pacing and strategy. Encourage and challenge each other. Do your best! Have fun!! Meet someone from another school by introducing yourself and asking specific questions about them!. What is their favorite workout ...?

Stop a moment to enjoy what you are doing, appreciate the many volunteers who help with the meet, and express positive comments to other people (ya know how you like it when people say nice things about you!).

Strategies

Run your best for today. Be able to look in the mirror and be proud! Run your race, not your competitors, yet **do not let someone pass you in the last portion of the race!** That is a mental challenge. We want the second half to be faster than the first half. Start out under control like a jockey holding back the horse at the beginning.

Post Race

Drink fluids right away. Keep walking until you can jog 5-15' for a cool down. Drink water or PowerAde again. Meanwhile, find other teammates and encourage them. Put your team T-shirt on. If you receive an award, you will wear either your shorts and singlet or shorts and team t-shirt. If you wear other shorts, they must be black. WHEN LEAVING THE MEET, COACH MUST ACTUALLY SEE YOUR PARENT in order to check you out to them.

Results can often be found later that night on www.ga.milesplit.com under the results tab.