

2021 Dates

June 14: Conditioning begins – Johnson Park @ 6:15am
Monday-Friday 6:15am-8:00am

June 28-July 10: TSSAA Dead period. There will be no formal practice. Workouts will be sent out via Strava.

July 12: Practice resumes M-F @ 6:15 am-8:00am @ Johnson Park

July 13: First tryout Date; 6:15am @CHS Track

July 19-23: Cross-country camp for returners only

August 7: Second Tryout Date; 6:15am @ CHS Track

August 17: Parents' Meeting in the CHS Library 6-7pm

August 20: Dues Deadline

August 28: Team Pictures

September 4: Twilight Classic @ Mike Rose Soccer Complex

September 11: Sanders Ferry Twilight- Hendersonville, TN

September 25: Frank Horton Classic @ Shelby Farms

October 2: Jesse Owens Classic @ Oakville, AL

October 18: ACA Invite @ Tuscaloosa

October 24: Region 8 Championships @ Shelby Farms

October 25: Memphis JV Championships @ Bartlett

November 2: State Meet

November 16: End of Season Banquet

2021 CHS Cross-country Tryouts

July 6- 6:15am @ CHS

August 7 – 6:15pm @ CHS

Tryout 5k Standards*

12th/11th

Girls: 23:00

Boys: 20:00

10th

Boys: 21:00

Girls: 24:00

9th

Boys: 23:00

Girls: 26:00

*Any athlete who runs 300 miles or more in the team's 8 week summer training from June 14 – August 8 will automatically make the team regardless of tryout performance. All runs must be recorded in Strava via watch GPS or phone GPS. No manual uploads. New runners can create a Strava profile and request to join Collierville XC. All returning athletes are required to upload mileage to Strava

For returners, summer mileage shirts will start at 400 miles. No week can be more than 20% higher mileage than the previous week. For example, I can't run 20 miles in Week 5 and 40 miles in Week 6 in order to hit my goal. In this scenario, Week 6 will not count towards my mileage goal. If I run 20 miles in Week 5, Week 6 should be a max of 24. Consistency and a slow base buildup are key to a strong, injury free season. This year, there will be no cross-training conversion for hiking, backpacking, biking, swimming, etc. Nothing is better for running economy than running.

Eligibility

All forms must be completed through DragonFly MAX in order for an athlete to attend conditioning and tryout for the team. Physicals must be dated after April 15, 2021.



DragonFly MAX is an electronic health record designed to save you time & ensure the athlete is healthy and ready to participate in athletic competition. We focus on the details so you can focus on what matters . . . safe and healthy athletes within Collierville Schools.

Follow the easy steps below to get started using DragonFly MAX.

PARENT INSTRUCTIONS

1. Visit www.dragonflymax.com, click “LOG IN / SIGN UP” and follow prompts
2. On the sign-up page, click “Sign Up for Free”.
3. Follow the prompts to create your **Parent Account** with your name and e-mail
4. Enter your child’s School Code when prompted and confirm that is the correct school
5. Click “Add A Child” in the DragonFly MAX website, then follow the prompts to create your child’s profile and complete his/her participation forms, including uploading any necessary documents.
6. Please **complete ALL FORMS**. Once complete, you can review his/her profile OR add another child’s profile.
7. Now that you’re done, it’s encouraged to download **DragonFly MAX** from the App Store.

SCHOOL CODES

School Name: Collierville High School
School Code: **PO9ADR**

Equipment Needs

1. Running Shoes: Replace every 350-400 miles.
2. Foam Roller:
https://www.amazon.com/dp/B00XM2MXK8/ref=twister_B018KFP8E4?_encoding=UTF8&psc=1
3. Mat
4. GPS Watch- Entry level
https://www.amazon.com/Garmin-Forerunner-Easy-Running-Watch/dp/B01KPUHBK6/ref=sr_1_4?dchild=1&keywords=gps+watch&qid=1603729099&sr=8-4

RULES

Rules

1. Be on time. 10 pushups for every minute late.
2. Your runner must participate at practice every day in order to participate in the meets.
Unexcused absences 1 missed practice= missed meet
2 missed practices= 2 missed meets
3 missed practices = removal from team
*****Runners must give their coach a day's notice unless there is an extenuating circumstance. Athletes, please notify via email or text.
3. Respect coaches, teammates, and competitors.
4. Good attitude and strong effort every day. We are not hobby joggers. This is a varsity sport. We don't run to receive participation medals. We are out here to compete. Any athlete who does not give full effort at practice will not be entered in races

Practice

We practice Monday-Thursday at Johnson Park at 3:15pm during the school year. No practice on Friday. Saturday morning practices are held at the Wolf River Refuge Trailhead at 6:30am unless there is a meet scheduled. We carpool as a team to Johnson Park each day.

Weather

If the heat index exceeds 104, we will either cancel practice or move practice indoors. Notification will be sent through TeamSnap.

We do practice and race in the rain as long as there is no thunder and lightning.

Injuries

There are always little aches and pains and, oftentimes, extremely sore muscles associated with high school cross-country running. These are not injuries and can usually be remedied with diligent attention to our stretching routine, ice, rest, massage, and proper nutrition. If there is pain that isn't responding to this regimen or if an athlete feels ANY pain in joints/ bones, athletes should notify their coach immediately. We do have athletic trainers on staff available to meet with athletes during the school day. Athletes are expected to attend practice while injured to continue to support their teammates.

Lettering

Those who run varsity (Top 7) at least half of the meets earn a varsity letter.

Varsity can and will change from week to week based on performance. No varsity spot is guaranteed. Boys running under 17:45 for 5k will also earn a varsity letter regardless of their position on the team. Girls running sub 22:00 will receive a letter.

GIRLS TEAM HISTORY

1997	DNQ
1998	DNQ
1999	DNQ
2000	DNQ
2001	DNQ
2002	DNQ
2003	DNQ
2004	13th
2005	3rd
2006	12th
2007	8th
2008	6th
2009	10th
2010	12th
2011	9th
2012	17th
2013	12th
2014	12th
2015	13th
2016	23rd
2017	17th
2018	16th
2019	18th
2020	14th

BOYS TEAM HISTORY

1997	DNQ
1998	DNQ
1999	DNQ
2000	22nd**
2001	18th
2002	DNQ
2003	DNQ
2004	DNQ
2005	DNQ
2006	18th
2007	12th
2008	9th
2009	16th
2010	13th
2011	DNQ
2012	DNQ
2013	13th
2014	13th
2015	11th
2016	8th
2017	5th
2018	8th
2019	DNQ
2020	14th

**** 1st year CHS made it to State**

Nutrition

Since you are putting your body under a tremendous amount of stress, it is essential that you monitor what you eat daily. The compounds in the foods you eat aid in recovery and can also increase vascular flow. The faster you can recover the faster you can return to working out at a high level. In turn, the quicker the results will come and the more profound they will be.

Under the age of 18, your body is still growing. It needs an incredible amount of energy (calories) to perform the processes necessary for growth. Therefore, counting calories is not necessary. Your body needs fuel. If you are hungry, you need to eat. A 150lb athletic individual burns approximately 1500 calories even if they were in a comatose state and were not active at all. Add to this, the approximate amount of calories burned per mile in the heat for someone of this size- 150 calories per mile. Multiply by a typical 7 mile day for us- 1,050 calories. Also, add 300-400 calories burned just walking around school. Just to maintain, your current weight, you'd need to take in approximately 3,000 calories. As you can see, there is no need to count. Just eat.

What to drink?

WATER: At least 128oz/day (gallon). You can lose between 50-70 ounces of water in an hour of running. Gatorade is not necessary unless you are running 2+ hours- not for our purposes.

What to Eat?

Lean Protein, Complex Carbs, Healthy Fats

What to Avoid?

-Sugar

-High Fructose Corn Syrup

-High Glycemic Index foods = White Rice, White bread/flour, bagels, breakfast cereals – will spike blood sugar, insulin released into blood stream. Leaves you feeling tired/sluggish.

One exception to the rule: Simple carbs are OK within 1st 30mins of workout and may aid recovery.

Lean Protein(repair torn cell walls and swollen mitochondria)

Chicken, Turkey, Tuna, other fish, whey protein powder, eggs

Some cuts of pork and beef.

Deli meats are convenient for after practice snacking.

Complex Carbs (w/fiber, digest slower, lasting energy)

Sweet potatoes, beans- black, pinto, etc, lentils, whole grain bread, kale, spinach, broccoli, whole grains and pastas

Healthy Fats(regulate hormones, heart health, increase metabolism)

Avocados, Olive oil, Fish, Mixed nuts-almonds, walnuts, cashews, brazil nuts, pecans, dark chocolate, Chia seeds, peanut butter

Other antioxidant laden foods:

-Fruits, not fruit juice, especially berries and citrus fruits, green tea, black tea, matcha powder, coconut water, all vegetables

The Myth of Carbo-Loading

As stated earlier, an excess amount of carbs tends to make you feel sluggish. Gorging on carbs the night before will not benefit your 5k race performance. It will have the opposite effect. If you were running a marathon, it would benefit you to have reserves of glycogen from carbo-loading. For a 5k, it is best to eat a light, well-balanced meal. The dinner meal will not have had time to be eliminated before a morning/afternoon race.

Recovery

- Light stretch before bed to loosen up and aid circulation.
- Ice Bath- effective only immediately after exercise when blood is still deep in muscle tissue. 10-12 minutes
- Hot bath with Epsom salt- relieves aches, pains, inflammation.
- Foam Roller (Myofascial Release)- Breaks up knotted muscle tissue; increases bloodflow
- Massage
- Ibuprofen/Tylenol w/ parental approval

Sleep

I know you are busy. Attempt 8 hours.

If you have difficulty falling asleep and staying asleep, and you are not overly stressed about school or your personal life, this could be a sign of overtraining.

Try taking your pulse in the morning. Establish a baseline. If it's 20% higher than average on a given day, you need to take a rest day.

****The most important day for sleep is 2 nights before race day. Thursday night before a Saturday race. Many PRs have been set after sleepless Fridays.**

Studies have shown it is possible to "bank" sleep before an event.

Performance

The general guideline is that the body's positive adaptations to the stress of a hard workout take about 8-14 days to be completely realized.

These benefits include increasing lactate threshold (how quickly and efficiently the body can remove lactic acid from the blood) or increasing VO2 max (maximum volume of oxygen you can use) depending on the workout.

****Results take time. Be patient. Stay focused. Trust your training.****

Closing

To be all in for yourself and your teammates, sleep and nutrition are important considerations. They are small changes that yield substantial results.

You can have it all... Athletic success, high academic achievement, and a social life. It will take your already solid work ethic and excellent time management.