



# **RUNNING**

## **PROGRAM GUIDE**

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# General Overview

Welcome to Springfield/South County Youth Club's (SYC) running programs. Since their creation in 2012 the cross country and track & field programs have been offering quality instruction, conditioning, and competition to local athletes around Northern Virginia. Our programs have always been special as they were built from the ground up for athletes of all abilities, experiences, and backgrounds. Our primary focus is to provide a safe, enjoyable, and rewarding environment to athletes old and new. When athletes leave our programs, they are more confident and prepared to transition into high school or other athletic programs. During practices we stress safe habits and proper technique, and at meets we put our skills to the test through fun and encouraging competition.

Please take some time over the next few days to review this holistic program overview. It contains all the necessary information as well as supplemental information you or your athlete may find helpful.

As always, our programs' volunteers and staff are available by email, phone, or in person to address concerns, questions, and comments.

# Coaching Philosophy

Running is an exceptional sport for children of all ages and abilities. Still to this day there exists in many sports an outdated culture which defines running as punishment. As commissioner and long-time coach of our running programs, I detest such a culture. Power, perseverance, explosiveness, teamwork, endurance, grit, confidence – these and many more are qualities that athletes of all ages and abilities improve upon in a well-structured running program.

Our job as coaches and educators is to teach our young athletes the benefits of hard work and determination. At SYC Running, we define success at its most basic level as the product of hard work and perseverance. Whether that means winning a championship, obtaining a new personal best, or simply showing up to practice – it is all success.

Our coaching philosophy is simple: use enjoyable and engaging activities in an individualized environment to promote success in all aspects of athletics – sportsmanship, integrity, perseverance, and physicality.

The tangible, measurable benefits of our program speak for themselves: most athletes throughout the course of a season have incredible improvement rates. And while we cannot show you numbers and datasets for intangibles such as work ethic, confidence, sociability, etc., as a parent I promise you will notice improvement.

We are honored to have the opportunity to coach your children.



# Communication

Team staff will communicate all major updates, notices, etc. via email. Ensure that you check your email regularly, including your spam/junk folders. To reduce the prevalence of important emails arriving in your spam folder, please add [running@sycva.com](mailto:running@sycva.com) and [mailer@demosphere.com](mailto:mailer@demosphere.com) to your safe sender list.

Our website is a wonderful resource as well. Please visit [sycva.com/running](http://sycva.com/running) to view program documents, season schedules, and much more.

If you have any questions related to the running programs, please email [running@sycva.com](mailto:running@sycva.com). If you have general club inquiries, please email [admin@sycva.com](mailto:admin@sycva.com).

# Organizational Structure

As a parent, it is important you understand the basic organizational structure of the program. Most of these roles are filled by generous parent volunteers like yourself. Any unfilled positions will be announced throughout the year.

- **Commissioner:** Customer service, registration planning, permits, etc. (assumes any unfilled position).
- **Deputy Commissioner:** Requisition, finances, etc.
- **Running Committee:** Comprised of parents, coaches, and stakeholders. Advises and votes on major decisions.
- **Director of Coach Training & Recruitment:** Designs coach training materials and procedures, recruits new parent volunteers and head coaches.
- **Director of Competition:** Organizes home and away meets.
- **Director of Advertising:** Helps organize team photos and social media.
- **Head Coach(es):** Create weekly workouts. Each head coach focuses on a specific age and skill group. (Paid individual(s) with experience)
- **Coaches:** Handle “boots on the ground” coaching utilizing head coaches’ plans.
- **High School Volunteers:** Aid coaches during practices, motivate and mentor athletes.

All positions are eligible for registration credits/reimbursement.

# Volunteers

As with most youth teams, we are very dependent on our amazing parent volunteers. Volunteering for SYC Running, whether you are a runner or not, is a valuable experience. We are always in need of more dedicated and enthusiastic individuals who are eager to learn. No experience necessary!

Coaching and committee positions are always open. Other positions may become available throughout the year. Please email [running@sycva.com](mailto:running@sycva.com) or signup online to become a volunteer.

Many of our parent coaches choose to stay until their athlete graduates from the program. Our returning cohort of coaches is our most valuable asset, and we want you to join that team!

# Registration Procedures & Refund Policy

All families should register for our running programs through [www.sycva.com](http://www.sycva.com). Before or shortly after registration, it is important that you conduct a time trial for your athlete (3rd – 8th grade only). Please review our program sections (see Contents) for program specific time trial procedures.

Program fees vary season by season. The cost is determined by several factors: space requirements, competition fees, coaching fees, and hours per week of activity. Seasons with more projected registrations benefit from reduced pricing.

Uniform fees are a separate one-time fee and is provided as an optional purchase during registration (athletes may use the same uniform for each of their subsequent running seasons; you do not need to buy a new one each year).

This is a rough breakdown of our budget:

- 25% equipment and supplies (decreases each year on average)
- 20% for general fund and administrative fees
- 20% for field space and permits
- 10% coaching payments/volunteer credits
- 10% donations to local schools
- 5% competition fees
- 10% misc. and carry-over

SYC Running follows the SYC Refund Policy. To qualify for a full or partial refund of activity fees, participants will be required to fill out the online refund request form. For more information regarding the SYC Refund Policy, please refer to the [REFUND POLICY](#) found at [www.sycva.com](http://www.sycva.com)

# Proper Attire

Athletes should wear weather and activity appropriate attire. Layers are highly recommended in the colder months. Running shoes are the single most important piece of equipment a runner will need.

## Running Shoes:

Runner's World has several great articles and resources for choosing the correct shoe. However, there are so many types -- and what even is over-pronation? It is easy to see how shopping for shoes can degrade into buying the "coolest" pair at Dick's Sporting Goods.

If you are having trouble, try visiting a local running specialty store such as Potomac River Running, Pacers, Road Runner Sports, etc. They have trained staff who will evaluate your child's foot, type of running, etc., and help determine the best shoe for them. Our club partners with Potomac River Running to offer a 15% store-wide discount if you mention you are from SYC Running.

Your child should not wear any of the following to running practices: basketball shoes (yes, they look cool, but your athlete will get injured), boots, sandal, clogs, Converse, slippers, crocs, cleats, and this may come as a surprise – racing spikes. Racing spikes have a time and a place: during races. Athletes should not wear spikes during practice. It is also worth noting that athletes do not need spikes to race; their trainers will work perfectly.

Here is how you know your athlete may need new shoes:

- The shoes have holes.
- The shoe's tread is worn out.
- Your athlete complains of pain from the shoes.
- They are over a year old (and have been used for that long).
- They have used them for more than two seasons of running.

It is extremely important all athletes have proper running shoes as outlined above. On our SYC Running homepage we have coupons for Dick's Sporting Goods (\$20 off & 20% off) and for Potomac River Running (15% off).

# Player & Parent Expectations

To maintain a fun, safe, and encouraging atmosphere, we require athletes to adhere to the following expectations:

- Act in a respectful manner towards all players, coaches, and competitors.
- Listen and follow all coaches' instructions.
- Ask questions when curious or confused.
- Bring your best self to each practice.
- Talk to the coaches if you are hurt, disappointed, or upset.
- No foul or inappropriate language.

We ask that parents approach coaches respectfully if there is a complaint or issue. We promise to provide the best experience possible, but mutual respect is inherent to success.

# Code of Conduct

Parents/guardians, spectators, players, and coaches shall adhere to the code of conduct as written in SYC policies and procedures. Code of conduct for players, parents/guardians, spectators, and coaches can be found on the website, [www.sycva.com](http://www.sycva.com), under “About SYC” in “Policies and Procedures”.

# Player Safety

The safety and well-being of our athletes is paramount. To help reduce the chance of accidents, injuries, etc., we ask that all participants follow these basic guidelines:

- Report all injuries and relevant medical concerns to your athlete's coach.
- Ensure you follow the coaches' instructions explicitly; ask questions if confused.
- Ensure your family has a plan in case an injury or emergency occurs during practice.

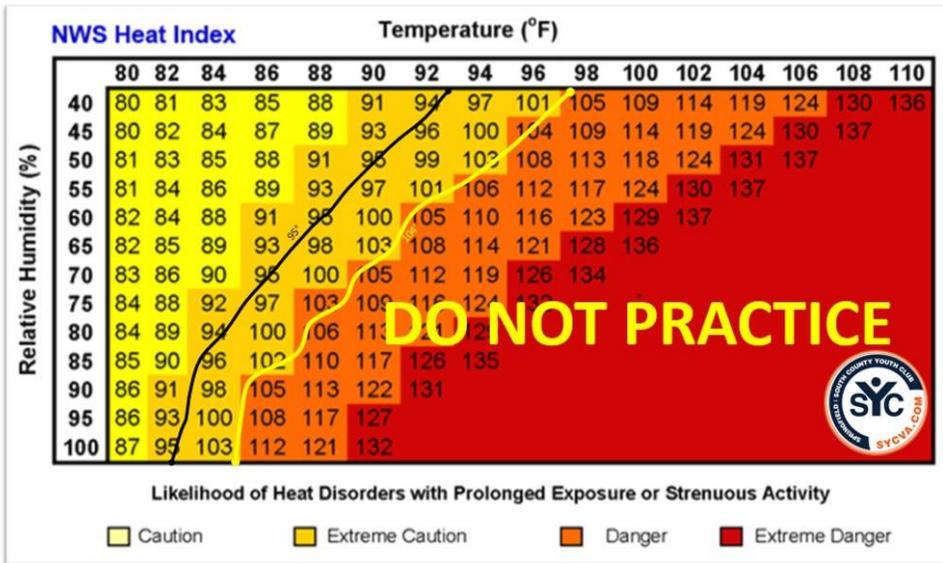


# Weather Cancellations or Delays

Occasionally we will be forced to cancel, delay, or move practice due to weather.

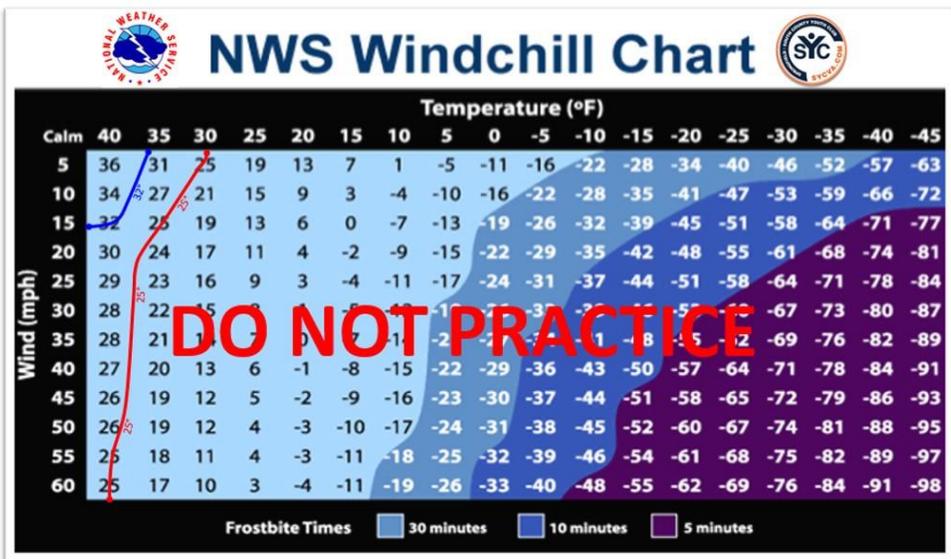
All changes to the normal operation of practice will be posted to the main SYC Running website and sent to parents via email. Please check both before leaving for practice.

Please note that light to moderate rain will generally not warrant the cancellation or movement of practice. Cold weather is the most common reason for cancellation.



At/Below 94° Heat Index – Practice may occur  
 Between 95° - 104° Heat Index – Limitations per Guide  
 Above 104° Heat Index - DO NOT PRACTICE

**Common Sense Rule**  
 Applies in all heat related conditions



Above 36° Wind Chill (WC) – Practice may occur  
 Between 35° - 33° WC with Precipitation – Limitations  
 Between 35° - 26° WC without Precipitation – Limitations  
 At/Below 32° WC with Precipitation - DO NOT PRACTICE!!  
 At/Below 25° WC without Precipitation - DO NOT PRACTICE!!

**Common Sense Rule**  
 Applies in all cold related conditions

# Feedback or Complaint Procedures

Our team staff values your feedback and comments. Sport-related concerns should first be addressed to the coach. Since the coach will be the person most likely to understand the member's concerns, an e-mail or phone call to the coach should be the first level of address. If you do not have the coach's contact information, please email [running@sycva.com](mailto:running@sycva.com). Addressing a coach during practice or a game is discouraged as this has an overall negative effect for the children and families participating in the program. If a resolution cannot be found, the problem should then be brought to the attention of the SYC general manager. If the manager is unable to resolve the issue, the complaint may then be directed to the SYC Board of Directors utilizing the Complaint Procedure. The Complaint Procedure may be found on the SYC web site at [www.sycva.com](http://www.sycva.com).



# Cross Country

What is cross country?

**Season:** Fall (August – November), registration begins in May or June.

Cross Country is an endurance sport requiring mental fortitude and physical toughness. For youth athletes, events range from the 1K (< 1 mile) to the 5K (3.1 miles). Unlike track and field, cross country races occur on a wide variety of terrains, including snow, mud, grass, and gravel. While the races are longer than what many youth athletes are used to, the reward is great. Athletes will vastly improve their endurance, but more importantly, they will learn to push themselves.

Youth cross country events include the 1K, 2K, 3K, 4K, and 5K.

Each event requires adequate endurance and race strategy. Unlike many shorter events, athletes have several strategies available to them. Some athletes may prefer to start the race fast to get ahead, some may prefer to speed up at the end, some may prefer to “hang on” a competitor for motivation. Many of these strategies are up to each individual athlete’s preference, and it may take athletes several seasons to find what works for them. As coaches, we train athletes to pace themselves. This means athletes are not running so hard that they must walk later in the race or conversely running too slowly that they have too much energy at the end.

As aforementioned, races can occur in a variety of conditions. Most youth races will be on a mix of pavement, grass, and gravel. The weather may be very hot early in the season and quite cool later in the season.

During the race spectators will have several great vantage points to watch and cheer on racers. In addition, courses are well-marked and staffed by volunteers to ensure everyone stays in the race.



## What Do Practices Look Like?

Cross Country practices will occur once or twice weekly either on weekday evenings or Sunday mornings depending on the coach and permit availability. Locations vary but could include South Run REC Center (Mercer Lake), Burke Lake, Occoquan Regional Park, and Lake Accotink. A full schedule will be available on our website several weeks before registration opens.

At the beginning of practice athletes will check-in and be sent to their group coach.

Groupings are determined by fitness level (see time trial information under “Pre-Season Considerations”). Athletes will be led through group warmups by their coach before discussing the schedule for the day. Some days athletes will complete a chaperoned long run of between 2 – 5 miles on nearby trails. Other days they may complete a workout consisting of intervals ranging between 200m and 1600m. After each workout, if time permits, athletes will play a game (generally sharks & minnows, capture the flag, etc.). Additionally, athletes will be led through a set of conditioning exercises and stretching to reduce the chance of injury. All workouts, activities, etc. are purposeful. Coaches will explain the purpose and benefits of each activity to their athletes.

Even if your athlete is not a “runner” we highly recommend they try Cross Country once. Since athletes practice with other athletes of the same fitness level, we can design our season around all levels of experience from a novice to a veteran runner.



## What to Bring to Practice

Athletes should dress appropriately for the weather. First and foremost, they should be wearing proper running shoes. Shoes such as Converse, skating shoes, basketball shoes, etc. are not appropriate for sustained running, and will increase the risk of injury. Athletes should not wear spikes at meets unless there is considerable mud. Please ask a coach if you need assistance.

During the late-fall months the team will often practice outdoors. Athletes should wear layers to avoid becoming too hot or cold. A base long sleeve t-shirt, hoodie/light jacket, and a heavier jacket are appropriate.

During the warmer months, athletes should wear what is most comfortable for them. Most choose to wear a T-shirt and shorts.

Athletes are required to bring water to every practice. Hydration is extremely important regardless of the weather outside. We cannot guarantee that water fountains or other hydration will be available at practice. In addition, athletes should eat lunch or a snack during the day prior to practice and ensure they are drinking  $\frac{1}{2}$  to 1 oz. of water per pound of body weight.

### Practice Checklist:

- Water (reusable bottles are recommended)
- Appropriate clothing
- Appropriate running shoes
- Sunscreen (if needed)
- A good attitude



## What do Cross Country Meets Look Like?

Cross Country Meets are typically long events. Meets with only two to three teams will last up to two hours, while larger meets of seven or more teams can last several hours. Parents

should come to meets prepared with ample water, snacks, sunscreen, shade, and reading material. At each meet we will have a team tent where athletes will check-in and relax before their race, but we recommend that parents and athletes prepare for the sun and heat.

Cross Country Meets run on a rolling schedule. For example, events will begin at 9 AM and each event is run after the previous one finishes. This makes estimating race times very difficult for the meet directors, coaches, and parents.

At most meets, athletes will be able to choose which event(s) they wish to run. Coaches will provide suggestions before each meet. Athletes will either compete against other athletes in their age bracket (6 & under, 7 - 8, 9 - 10, 11 - 12, 13 - 14) or grade bracket (4 – 6, 7 – 8). An athlete's age is determined by birth year.

### What to bring to Cross Country Meets

Athletes should begin preparing for cross country meets up to 48 hours in advance by hydrating regularly. Failure to hydrate properly will have a significant impact on performance.

We recommend that athletes arrive at the meet early to properly scope out the venue, relax, and warm-up with enough time. Arriving early may also help calm nervous athletes.

Throughout the season we will discuss race strategy, meet expectations, and more.

### Meet Checklist (parents & athletes):

- Proper running shoes
- SYC racing singlet
- Sunscreen
- Hat
- Snacks
- Shade (we will have a team tent for athletes)
- Plenty of water
- A book or other entertainment
- A good attitude

Many coaches will be working hard volunteering at the meet or coaching athletes; however, a coach will always be near the team tent to answer any questions.

### Training Outside of Practice

Athletes should stay active outside of practice. Athletes should run, play another sport, or be active for 60 minutes two to three days outside of practice. While running-specific activities are not required outside of practice, older athletes or athletes looking to significantly improve should aim to run 30 – 45 minutes two to three days outside of practice. Before every activity, athletes must warm up and cool down afterwards to reduce the chance of injury.

Rest days are equally important. However, rest days do not necessarily mean doing nothing. Athletes should consider stretching, performing supplemental exercises, or walking.

Below is a weekly log that your athlete may keep throughout the Cross Country season.

Please see the next page or our website for the distance training log.





# Weekly Workout Log

	MILEAGE	STRETCH?	CORE?	HIP DRILLS?	REST DAY?
<b><u>DAY ONE</u></b>					
<b><u>DAY TWO</u></b>					
<b><u>DAY THREE</u></b>					
<b><u>DAY FOUR</u></b>					
<b><u>DAY FIVE</u></b>					
<b><u>DAY SIX</u></b>					
<b><u>DAY SEVEN</u></b>	<b>PRACTICE OR COMPETITION</b>				

**MILEAGE TOTAL:**

**QUESTIONS FOR COACH:**

**GOALS FOR NEXT WEEK:**

### KEY CONSIDERATIONS

- Athletes need to have two or three rest days per week.
- Mileage should be between 7 and 20 miles per week (MPW) depending on the age and drive of the athlete.
- Athletes should start at 7 MPW and work up as necessary.
- Any injuries should be reported to the coaches.
- Hydration is critical. Aim for 90 oz/day.
- Stretch before and after every workout.

## Pre-Season Considerations

Before each season athletes must complete a one-mile time trial. The best place to complete the time trial is at a local high school track (athletes run four laps). If you cannot access a track, you may use a website such as [onthegomap.com](http://onthegomap.com) to plot a 1-mile course in your neighborhood or local park. Ideally, the time trial would take place late in the evening or early in the morning to avoid hot temperatures. Start a timer when the athlete begins and stop the timer when he or she crosses the finish line – record to the nearest 10th of a second. This information will be sent to registrants before the season begins (along with information on where to submit the performance).

The first day of practice should not be the first time your athlete runs all summer. Pre-season conditioning is important to ensure a successful start to the season. Luckily, it is very easy. Visit our website's "Program Overview Page" and click on the resources under Cross Country pre-season conditioning.



# Track & Field

What is Track & Field?

**Season:** Spring (March – June), registration begins in January.

Track & Field is a sport that encompasses a wide array of biomechanics and skills from running, to jumping, and to throwing. The most notable track & field event is likely the 100-meter dash, with world-record holder Usain Bolt becoming a household name. However, there is more to track and field than running 100 meters. With running (or sprinting) distances ranging from 55 meters to over 10,000 meters, and with field events like the high jump, triple jump, and shotput, to name a few, there is something for everyone in this sport.

The SYC Track & Field program focuses on the following running events: 100-meter (m) dash, 200m dash, 400m dash, 800m run, and 1600m (mile) run. With the exception of indoor competitions, athletes will compete and practice on 400m (quarter mile) tracks (i.e. those found at local high schools). Occasionally, we may have additional practices for field events such as the long jump, triple jump, high jump, and shotput, as well as relay events.

Kindergarteners – 2nd graders will focus on having fun, learning the basics of running, and building confidence. While they can participate in all meets, they will receive a more generalized running instruction. While running is an important aspect of the program for the younger students, general physical education and socialization skills are a key focus.

Third – eighth graders will be able to choose between two disciplines: sprints and distance. In the next section you will learn a little bit about each discipline. For a more detailed review, please visit our website's "Program Overview" page and view the resources under "Distance vs. Sprinting at SYC".



## Sprinting Events

The sprinting event includes the 100m, 200m, and 400m races. The 100m race is the length of one "straightaway", typically ran on the main side of the stadium. It is an all-out sprinting

event where athletes typically reach their max velocity at approximately 30 – 60 meters before deceleration from fatigue begins. SYC athletes have typically completed this event in between 12 and 20 seconds depending on age and skill level. When training for this type of all-out sprint we focus on proper starting technique, form, and race techniques all while incorporating workouts that improve the speed of an athlete.

The 200m race is typically run as an all-out sprint beginning at the far-left curve and finishing at the finish line. Sustaining a high speed and minimizing muscle and neurological fatigue is key. SYC athletes have typically completed this event in between 25 and 49 seconds depending on age and skill level. Like the 100m, we focus on maximizing the duration of an athlete's top speed as well as stressing the importance of proper technique.

The 400m race is one lap of the track either beginning in a waterfall or staggered start depending on the competition. Athletes must sustain a sprint for a much longer duration than a 100m or 200m. This leads to a buildup of lactic acid, which is most commonly associated with a tightening or burning of the muscles. In reality, most young athletes have trouble maintaining a sprint for 400m, so during practice we incorporate aerobic (endurance training), smooth running techniques, and longer sprint workouts 300m – 600m in distance. SYC athletes have completed this race in between 61 seconds and 2:00 minutes depending on age and skill level. The 400m race is difficult, but it is rewarding. This event is great for athletes who want a challenge whether they are sprinters or distance runners. We recommend that all SYC athletes try a 400m once.

With all the sprinting events, we stress proper form and safe technique. We help give athletes the building blocks for later success as they get older.



### Mid-Distance/Distance Events

The distance events include the 800m and 1600m (mile).

The 800m race is two laps around the track. An 800m has a more even mix of anaerobic and aerobic demands. Because of this, we provide athletes with a mix of speed-based workouts as well as longer, more endurance-based workouts.

The 1600m, or the mile, is four laps around the track. It has a hefty aerobic demand and as such we prepare athletes for this event through longer runs and endurance-based workouts.

Regardless of which race your athletes enjoy the most, we train all aspects of running to give young athletes a healthy base to build off as they get older.



### What Do Practices Look Like?

Kindergarteners – 2nd graders will always practice at our “home base” of West Springfield High School before the older athletes. K – 2 graders typically practice for one hour. Groups are divided randomly before the season begins (parents may send special requests to [running@sycva.com](mailto:running@sycva.com)). We try to maintain a strict 1:10 coach to athlete ratio.

At practice we will review proper warmup drills, and then move into the workout for the day. The workout will alternate each week between sprint or endurance-based exercises.

On sprint days, we will focus on proper form, starts, and increasing speed. On endurance days, we will focus on building their aerobic ability and pacing. At the end of each practice, the group will typically play a game before stretching and leaving. The goal for this age group is to have fun while learning.

Third – eighth graders will practice at one of several locations each week. 3 – 8 graders will typically practice for 90 minutes. Groups are divided by discipline and skill level (see time trial information under “Pre-Season Considerations”). We will try to maintain a strict 1:12 coach to athlete ratio.

Sprinters will review proper warmup techniques unique to sprints and then move into sprint-based workouts. At the beginning of the season, we focus on acceleration techniques, and then move on to speed techniques, before culminating in speed-endurance techniques towards the end of the season.

Distance runners will review proper warmups before going on a longer warmup run to help build their aerobic base. Then they will move into distance-based workouts. At the beginning of the season, we focus on building athletes’ endurance, and then move on to more specific training depending on the group’s goals.

### What to Bring to Practice

Athletes should dress appropriately for the weather. First and foremost, they should be wearing proper running shoes. Shoes such as Converse, skating shoes, basketball shoes, etc. are not appropriate for sustained running, and will increase the risk of injury. Athletes should not wear spikes at meets unless there is considerable mud. Please ask a coach if you need assistance.

During the winter months the team will often practice outdoors. Athletes should wear layers to avoid becoming too hot or cold. A base long sleeve t-shirt, hoodie/light jacket, and a heavier jacker are appropriate.

During the warmer months, athletes should wear what is most comfortable for them. Most choose to wear a T-shirt and shorts.

Athletes are required to bring water to every practice. Hydration is extremely important regardless of the weather outside. We cannot guarantee that water fountains or other hydration will be available at practice. In addition, athletes should eat lunch or a snack during the day prior to practice and ensure they are drinking ½ to 1 oz. of water per pound of body weight.

### Practice Checklist:

- Water (reusable bottles are recommended)
- Appropriate clothing
- Appropriate running shoes
- Sunscreen (if needed)
- A good attitude



### What Do Track & Field Meets Look Like?

Track & Field meets are typically long events. Meets with only two – three teams will last up to three hours, while larger meets of seven or more teams can last all day. Parents should come to meets prepared with ample water, snacks, sunscreen, shade, and reading material. At each meet we will have a team tent where athletes will check-in and relax before their race, but we recommend that parents and athletes prepare for the sun and heat.

Track & field meets run on a rolling schedule. For example, events will begin at 9 AM and each event is run after the previous one finishes. This makes estimating race times exceedingly difficult for the meet directors, coaches, and parents.

At most meets, athletes will be able to choose which event(s) they wish to run. Coaches will provide suggestions before each meet. Athletes compete against other athletes in their age bracket (6 & under, 7 - 8, 9 - 10, 11 - 12, 13 - 14) or grade bracket (K – 2, 3 – 4, 5 – 6, 7 – 8). An athlete's age is determined by birth year.

### What to Bring to Track & Field Meets

Athletes should begin preparing for Track & Field meets up to 48 hours in advance by hydrating regularly. Failure to hydrate properly will have a significant impact on performance.

We recommend that athletes arrive at the meet early to properly scope out the venue, relax, and warm-up with enough time. Arriving early may also help calm nervous athletes.

Throughout the season we will discuss race strategy, meet expectations, and more.

### Meet Checklist (parents & athletes):

- Proper running shoes
- SYC racing singlet

- Sunscreen
- Hat
- Snacks
- Shade (we will have a team tent for athletes)
- Plenty of water
- A book or other entertainment
- A good attitude

Many coaches will be working hard volunteering at the meet or coaching athletes; however, a coach will always be near the team tent to answer any questions.

### Training Outside of Practice

Athletes should stay active outside of practice. Athletes should run, play another sport, or be active for 60 minutes two to three days outside of practice. While running-specific activities are not required outside of practice, older athletes may try to do discipline-specific exercises two days outside of practice. Before every activity, athletes must warm up and cool down afterwards to reduce the chance for injury.

Rest days are equally important. However, rest days do not necessarily mean doing nothing. Athletes should consider stretching, performing supplemental exercises, or walking. Below are a series of weekly logs that your athlete may keep throughout the track & field season. Athletes who successfully utilize the log throughout the season will win a free piece of SYC Running spirit wear.

Please see the next page or our website for the relevant training logs.





# Weekly Workout Log

	MILEAGE	STRETCH?	CORE?	HIP DRILLS?	REST DAY?
<u>DAY ONE</u>					
<u>DAY TWO</u>					
<u>DAY THREE</u>					
<u>DAY FOUR</u>					
<u>DAY FIVE</u>					
<u>DAY SIX</u>					
<u>DAY SEVEN</u>	<b>PRACTICE OR COMPETITION</b>				

**MILEAGE TOTAL:**

**QUESTIONS FOR COACH:**

**GOALS FOR NEXT WEEK:**

### KEY CONSIDERATIONS

- Athletes need to have two or three rest days per week.
- Mileage should be between 7 and 20 miles per week (MPW) depending on the age and drive of the athlete.
- Athletes should start at 7 MPW and work up as necessary.
- Any injuries should be reported to the coaches.
- Hydration is critical. Aim for 90 oz/day.
- Stretch before and after every workout.



# Weekly Workout Log

	AEROBIC	SPEED	STRETCH?	CORE?	REST DAY?
<b><u>DAY ONE</u></b>					
<b><u>DAY TWO</u></b>					
<b><u>DAY THREE</u></b>					
<b><u>DAY FOUR</u></b>					
<b><u>DAY FIVE</u></b>					
<b><u>DAY SIX</u></b>					

**DAY SEVEN**

## PRACTICE OR COMPETITION

**QUESTIONS FOR COACH:**

**GOALS FOR NEXT WEEK:**

### KEY CONSIDERATIONS

- Athletes need to have two or three rest days per week.
- Athletes should build enough of an aerobic (endurance) base such that they can stay active for an hour. This can be done through a combination of the above options. I recommend athletes run 0.5 - 1.5 miles every few days outside of warming up. A 0.25 - 0.5 warmup should be done before any sprinting.
- Any injuries should be reported to the coaches.
- Hydration is critical. Aim for 90 oz/day.
- **Do a warmup/cooldown run and stretch before and after every workout.**

## Pre-Season Considerations

Before each season 3rd – 8th grade athletes must complete a discipline specific time trial. Distance runners must complete a 1-mile time trial. The best place to complete the time trial is at a local high school track (athletes run four laps). If you cannot access a track, you may use a website such as [onthegomap.com](http://onthegomap.com) to plot a 1-mile course in your neighborhood or local park.

Sprinters must complete a 200m time trial. The best place to complete the time trial is at a local high school track. 200m is half a lap, so athletes should begin on the corner opposite of the finish line. Please watch this video for more information on the 200m.

Ideally, the time trial would take place late in the evening or early in the morning to avoid hot temperatures. Start a timer when the athlete begins and stop the timer when he or she crosses the finish line – record to the nearest 10th of a second. This information will be sent to registrants before the season begins (along with information on where to submit the performance).



# Supplemental Conditioning

What is Supplemental Conditioning?

**Season:** Winter Conditioning (January – March), registration begins in November. Summer based on coach availability.

Occasionally, volunteer coaches may be able host hour-long conditioning practices to supplement the season's main practice(s). These conditioning practices would offer opportunities for two main groups:

- Families unable to take part in the main practices, but who still want to be involved in the program.
- Athletes currently enrolled in the main practices but who want additional structured activities.

These practices will be generalist in nature and focus on whole-body conditioning, injury prevention, baseline endurance and speed for all groups, etc. Athletes who take part in the supplemental conditioning will be permitted to compete at all track meets.

Supplemental practices will likely not occur on traditional tracks – they may practice on turf fields or gravel tracks. Supplemental practices may be added last-minute based on coaching availability.



# Conclusion

Thank you for taking the time to read our comprehensive program guide! As always, if you have any comments, questions, or concerns, please email [running@sycva.com](mailto:running@sycva.com).