



2018 Cross Country Meeting & Helpful Info According to Coach Johnston!

1. CMS Athletic Boosters - please consider joining and contributing. They need your contact information so that you get timely updates on practice, meets etc.
Join at www.creekwoodathletics.com
2. CMS hosts a meet on Wed. 9/26. Our course runs mostly along the nearby gully. It needs to be mowed, groomed, trimmed, raked to be "race-ready". Volunteers need to help 4-5 days before the race to get it ready.
3. Meet day procedures - We take a bus unless it is a Saturday meet at KHS. No meals before racing - runners will get nauseated. We prefer all runners to stay 'til the end of the meet so that coaches can talk to them as a team and individually if possible. Must have a checkout form on file to ride home with parents...can do so electronically. Runners should do at least 2 laps of walk/jog after their race to cool down.
4. KHS Training room is available to treat school-related athletic injuries. Opens by 6:30 am. Please consult them before a doctor visit (281-641-7028). Keep us informed as well.
5. Good running shoes are needed every day. Fleet Feet (The Woodlands) can video a runner's gait and footstrike, then recommend appropriate shoes. They may give discounts to CC team members if you ask.
6. Nutrition- Replenishing carbohydrates and re-hydrating is essential for continued high-level intense training. Intake should include plenty of complex carbohydrates (rice, pasta, beans...etc). Drink lots of water daily, especially during the hot days early in the season.
7. Training at 7:00-8:00 am Mon-Tues-Wed-Fri. Thur-only during class generally. Most of the mileage and intense training is done before school. During the period supplemental training body- work (push-ups/sit-ups/squats...etc), sprint technique/drill, flexibility/stretching routines and shower/dressing time. A normal distance run is usually between 3-5 miles off-campus. Coaches run or ride with them.
8. Meet schedule - two Sat. Meets - Please make every attempt to attend...**especially the district meet**. These are morning meets. Afternoon meets - 5:00 pm start, last race starts about 6:00. These are usually Wed-Thur.
9. District meet- at AHS about 8:00 am-10:30 on Sat. 10/13. We want all runners to attend!!
10. Club sports and CC conflicts- We try to be very accommodating but often feel like it is a "one-way" street with some club coaches! Our season is fairly short. Every race run helps

prepare for the next one. We are careful in training for those involved in club sports so they do not overdo it. Please rest up/taper for the district meet!

11. Team -t-shirts: Available on the Boosters website www.creekwoodathletics.com, online order deadline very soon. Every one should get one if possible...team pride! Parent shirts available too.

12. Training off-campus: Most of our distance runs are along the neighborhood greenbelts between 2-5 miles, and later a few runners may go up to 6 miles occasionally. A coach goes along either running or riding. In case of any problem, we are usually with 2-3 min. run or less of another HISD campus (GreenTree, Bear Branch, Hidden Hollow, KMS etc...) We continually drill them on trail etiquette, staying with a group or partner, safely crossing a street, and so forth. It is a priority that all runners are always careful and safety conscious. Injured/ill runners should always be cautious and keep us informed so that we can modify the training run. Runners have the option to do less if they need to survive a workout!

13. Saturday training - 3 ways to improve: **run frequently, run farther, run faster!** **"If you want to get ahead, you've got to get out of bed!!"** Saturday runs are optional but highly encouraged to get an extra day of training and improve your running fitness. There are opportunities to meet/run at CMS at 7:00. **"You'll never be great if you're always sleeping late!!"** Always fun and great social time on long easy runs! I run at CMS if I don't have to attend a HS meet...

14. Runners should go to tutoring after school to avoid missing major training if possible. Some workouts will be made up during 1st or 7th period if needed. If workouts are missed due to sectionals, we hope to have them make it up that day if possible or the following day, especially the pace work (high intensity) to assure they don't fall behind their teammates. Please let us know if they are struggling in classes!

15. If a conflict arises between another school function and CC meets, notify us. Sometimes we can make different travel arrangements and/or the other event may have some flexibility in performing times (band, orchestra, etc..) We do not give ultimatums about attending competitions but hope that options are considered to allow it.

16. Please email or call if your runner cannot attend a workout. 281-641-4409

17. In cross country team scoring, the top 7 runners make up the "team". The top 5 runners' total places are added...the lowest score wins (15 pts is a perfect score for placing 1st-5th). The 6th and 7th runners can bump down other teams top 5 runners to add points to them. If a school has more than 7 or less than 5 runners, those places do not count against other teams' score. Summing up...your best 7 vs. my best seven. Usually, awards are given to the top 10 runners.

18. When traveling to other schools, we often have very little warm-up time for the 1st race, hopefully at least 800m jog and 3-4 strides and a bit of stretching. The later races have more time to warm-up but often they are watching rather than warm-up! I like runners at the start line at least 5 minutes before their race, but also like them to watch a finish to see the finish stretch. After the race, water, and 2-3 laps around the track in walk/jog mode to cool down. I like to speak to all the runners after all the races and prefer they stay until all races are over if possible so we can "circle up" as a team!

19. Morning meets can be long, hot and steamy if there are HS races preceding the MS races. Early morning can mean wet grass and soggy shoes/socks. (Many times the sprinklers run overnight.) Lawn chairs, sunscreen, wide-brim hats, umbrellas, extra water, snacks, mosquito spray, extra t-shirts/socks for you and your runner since you both may be soaked in sweat! Rubber boots are fashionable for the wise parent spectator! In the afternoon meets, they go a lot faster. are often very hot. You still may need some stuff from the list.

20. CMS race strategies: For most schools, there is none! Everyone takes off like they are giving away free money to the top places for the first 400-600m! Bad strategy!! I am convinced that **"PACE, then RACE" is the most efficient way to run very well and compete at one's potential.** I want our runners in the back for the first 400-600m of most races because the **PACK ALWAYS GOES OUT TOO HARD....**and then will **DIE** and fall off the pace! This is critical for those runners with average talent (or less) to hit their pace, then run **their** race. They can always beat better runners by running smarter! Even my best runners are expected to be behind the pack for at least a while. **However, it is never okay to stay in the back!** They are to be continually moving up through the ranks all the way to the finish, bringing it home with lots of **FIRE and SMOKE!!!**

21. I would like to post meet results on our website but I need help! Any volunteers?? Photos/videos needed as well! Our team needs more recognition!! Local newspaper too!!

22. Remind 101: See note pasted below from Shellie Casey-Hoffman. She can be reached at shellie@advancingnonprofits.com regarding Booster Club questions. (CMS Boosters).

IMPORTANT: Sign up for Remind 101 to receive important information about Cross Country meets, practices, etc.

Text 810-10 and send the below messages to connect:

7th Grade Girls : @cmsgxc7

7th Grade Boys : @cmsbxc7

8th Grade Girls: @cmsgxc8

8th Grade Boys: @cmsbxc8

23. Email about me anything I missed David.Johnston@humbleisd.net