

High School Cross Country Announcements

Practice August 8th-12th

3:30-~4:45 @ Kirby Campus (meet in outdoor rec area)

Coaches Information				
Petter Bauer Head Coach 404-909-4181 pbauer@kirby.org	Christine Smith Assistant Coach csmith@kirby.org	Ann Githinji Assistant Coach agithinji@kirby.org		

2022 Practice Schedule

Mondays: 4:00-5:15 Tuesdays: 2:30-4:00 Wednesdays: 4:00-5:15 Thursdays: 2:30-4:00 Fridays: 4:00-5:15

Practice Schedule*** Times of practices will change due to the varying duration of workouts. The above schedule is the estimated duration of each practice. Additionally, Practice times are adjusted to Kirby schedule.***

	2022 Meet Schedule	
TBD		

Requirement of COVID Test

All students: Before our first practice date of August 9th, all athletes should be tested for COVID-19. There will be a universal plan for testing for all athletes and the entire Kirby community. At this point, since we're starting practices before school is officially back in-person, we are asking that you complete a COVID test the week prior to August 9th.

Go to Kirby garage, input code 1458, and you'll see the nasal swab test and drop off box.

New students: please also expect an email either from Evelyn Brown at Kirby or directly from "FeverFree" inviting you to download a new App (or if you're a returning student, please be sure to submit your health screening prior to practice). This is an App all families will use for daily health screenings before coming to practice/school.

Requirement of Annual Physical Test

High school athletes are expected to have an annual physical test. Physical tests should be emailed to Abby Christopher that will keep these on file. Form can be found here.

Safety Expectations

To ensure safety, students are expected to abide by rules with regards to masking and socially distancing. These rules will be mandated by school at the time of the start of the season.

Below were last season's rules. Updated COVID expectations will be sent out prior to our first practice and as guidelines change.

Runners will be required to bring 2 (TWO) masks (no gaiters). CDC and health guidelines have revealed that when masks get wet, they're less effective. As a result, after our runs, athletes will switch masks to a dry mask. When athletes first arrive at practice, they will wear masks and maintain 6+ foot distance. While running, athletes should maintain a 10-15+ foot distance and remain masked as frequently as possible. As expected, these distances will need to be broken at times. If needed, athletes should only remove masks when 25+ foot distance from others for their own safety and others.

Participation: Commitment and Responsibility

Participants should be committed and are expected to be at all practices. However, if you have some other commitment then **we can compromise** to ensure your participation during the season. Participants should try their best to schedule other activities and conflicts around practice. If unable to attend practice, the participant should provide notice (via text, email. or in person) to the coach and try their best to complete a workout at home.

Being a Student-Athlete

Being a student-athlete is a big responsibility. It may be difficult at times but can yield some of the most rewarding moments in your school career. The skills learned as a student athlete will serve you the rest of your life. The coaches have the expectation of full commitment to the team, however, being a student comes first. Athletes must maintain a 2.0 GPA to compete in meets. Time management is crucial. Communication is also crucial. If you need to miss practice for an expected reason, please be sure to provide both coaches a **24-hour notice** either by email or text!

Exercise is a great way to stimulate your brain and boost endorphins that will allow you to better manage and complete school work at home. The chemical changes that benefit your brain will most likely allow you to better focus and manage your stress. Although some practices will be challenging, the physical benefits will also improve your mental health!

Required Gear

- 1. Athletes should review the practice document each day in order to be familiar with the day's workout
- 2. 2 masks per practice
- 3. Tennis shoes
- 4. Athletic clothing
- 5. Wristwatch
- 6. Water bottle
- 7. For meets, sweats are required and spikes are strongly recommended

Attitude & Sportsmanship

Participants are expected to treat each other with respect and support. This season should be a fun growing experience for every athlete. Our small dynamic means coaches can give attention to every athlete and help them

reach the goals that they set for themselves. Your support of each other and the attitude you bring to practice each day will have a huge impact on the team's success. Come to practice with the attitude to work hard and support your teammates and we will be guaranteed to have a successful season with impressive results.

Inclement Weather

Participants and parents will receive an update at 12:30 pm regarding the status of practice. Safety will always be the uppermost priority, so practice will generally be cancelled.

10 Things that Require Zero Talent

- 1. BE ON TIME
- 2 WORK ETHIC
- 3. EFFORT
- 4. BODY LANGUAGE
- S. ENERGY
- 6. ATTITUDE
- 7. PASSION
- 8. BEING COACHABLE
- 9. DOING EXTRA
- 10. BEING PREPARED

Season Week 1

	Warm Up	Workout	Post workout
Mon 8/8 @ Kirby 3:30-4:45	6:00 jog Dynamic Exercises	18:00 run	Static stretching Push-ups x 15 Sit-ups x 15
Tues 8/9 @ Kirby 3:30-4:45 2.0 miles	5:00 jog Dynamic Exercises 4 x 100 meter build up	14:00 jog	Static stretching Push-ups x 15 Sit-ups x 15
Wed 8/10 @ Kirby 3:30-4:45	6:00 jog Dynamic Exercises	24:00 run	Static stretching Push-ups x 15 Sit-ups x 15
Thurs 8/11 @ Kirby 3:30-4:45	10:00 jog Dynamic Exercises	4 x 400 meters @ 2:1 recovery	5:00 cool down Static stretching Push-ups x 15

3.0 miles	4 x 100 meter build up		Sit-ups x 15
Fri 8/12 @ Kirby 3:30-4:45 2.5 miles	5:00 jog Dynamic Exercises	20:00 run	Static stretching
Sat 8/13 @ Your own time 4.0 miles	5:00 jog Dynamic Exercises	30:00 run	static stretching 4 x 100 meter build up

Designed Distance: 17.5 miles

Distance Covered:

Preseason Week 1

	Warm Up	Workout	Post workout
Mon	6:00 jog		Static stretching
171011	Dynamic Exercises	18:00 run	Push-ups x 15

3.0 miles			Sit-ups x 15
Tues 2.0 miles	5:00 jog Dynamic Exercises 4 x 100 meter build up	14:00 jog	Static stretching Push-ups x 15 Sit-ups x 15
Wed 3.0 miles	6:00 jog Dynamic Exercises	24:00 run	Static stretching Push-ups x 15 Sit-ups x 15
Thurs 3.0 miles	10:00 jog Dynamic Exercises 4 x 100 meter build up	4 x 400 meters @ 2:1 recovery	5:00 cool down Static stretching Push-ups x 15 Sit-ups x 15
Fri 2.5 miles	5:00 jog Dynamic Exercises	20:00 run	Static stretching
Sat	5:00 jog Dynamic Exercises	30:00 run	static stretching 4 x 100 meter build up

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Kirby Cross Country Fall 2022)

4.0		
miles		

Designed Distance: 17.5 miles

	Warm Up	Workout	Post workout
Mon 4 miles	10+ Push-ups 10+ Sit-ups 5:00 jog Dynamic Exercises	32:00 run	Static stretching 10+ Push-ups 10+ Sit-ups
Tues 3.5 miles	10+ Push-ups 10+ Sit-ups 10:00 jog Dynamic Exercises 4 x 100 meter build up	3 x 1000 meters @ 2:1 recovery	5:00 cool down Static stretching 10+ Push-ups 10+ Sit-ups
Wed 3.0 miles	10+ Push-ups 10+ Sit-ups 5:00 jog Dynamic Exercises	20:00 jog	Static stretching 10+ Push-ups 10+ Sit-ups
Thurs 6 miles	10+ Push-ups 10+ Sit-ups 10:00 jog Dynamic Exercises	40:00 jog 2 x 800 meters @ 2:1 recovery	5:00 cool down Static stretching 10+ Push-ups 10+ Sit-ups

	4 x 100 meter build up		
Fri 3.0 miles	10+ Push-ups 10+ Sit-ups 5:00 jog Dynamic Exercises	26:00 jog	Static stretching 4 x 100 meter build ups 10+ Push-ups 10+ Sit-ups
Sat 5 miles	10+ Push-ups 10+ Sit-ups 5:00 jog Dynamic Exercises	2 x 400 meters @ 2:1 recovery 32:00 run 2 x 400 meters @ 2:1 recovery	Static stretching 10+ Push-ups 10+ Sit-ups

Designed Distance: 24 miles

	Warm Up	Workout	Post workout
Mon 5.5 miles	15+ Push-ups 15+ Sit-ups 5:00 jog Dynamic Exercises	40:00 run	Static stretching 15+ Push-ups 15+ Sit-ups
Tues 3.0 miles	15+ Push-ups 15+ Sit-ups 10:00 jog Dynamic Exercises 4 x 100 meter build up	3 x 800 meters @ 2:1 recovery	15+ Push-ups 15+ Sit-ups 5:00 cool down Static stretching
Wed 3.5 miles	15+ Push-ups 15+ Sit-ups 5:00 jog Dynamic Exercises	27:00 jog	15+ Push-ups 15+ Sit-ups Static stretching
Thurs 4.5 miles	15+ Push-ups 15+ Sit-ups 10:00 jog	6 x 400 meters @ 2:1 recovery	15+ Push-ups 15+ Sit-ups 5:00 cool down Static stretching

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	Dynamic Exercises 4 x 100 meter build up		
Fri 3.0 miles	15+ Push-ups 15+ Sit-ups 5:00 jog Dynamic Exercises	15:00 jog	15+ Push-ups 15+ Sit-ups Static stretching 4 x 100 meter build ups
Sat	15+ Push-ups 15+ Sit-ups 10:00 jog Dynamic Exercises 4 x 100 meter build ups	45:00 run	15+ Push-ups 15+ Sit-ups Static stretching

Designed Distance: 25.5 miles

Preseason Week 4

	Warm Up	Workout	Post workout
Mon 5 miles	20+ Push-ups 20+ Sit-ups 5:00 jog Dynamic Exercises	40:00 run	Static stretching 20+ Push-ups 20+ Sit-ups
Tues 3.5 miles	20+ Push-ups 20+ Sit-ups 8:00 jog Dynamic Exercises 4 x 100 meter build up	3 x 1000 meters @ 2:1 recovery	5:00 cool down Static stretching 20+ Push-ups 20+ Sit-ups
Wed 2.5 miles	20+ Push-ups 20+ Sit-ups 5:00 jog Dynamic Exercises	20:00 jog	Static stretching 20+ Push-ups 20+ Sit-ups
Thurs 3.0 miles	20+ Push-ups 20+ Sit-ups 10:00 jog	5 x 800 meters @ 2:1 recovery	5:00 cool down Static stretching 20+ Push-ups

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	Dynamic Exercises 4 x 100 meter build up		20+ Sit-ups	
Fri	20+ Push-ups 20+ Sit-ups 5:00 jog Dynamic Exercises	21:00 jog	Static stretching 4 x 100 meter build ups 20+ Push-ups 20+ Sit-ups	
Sat 7 miles	20+ Push-ups 20+ Sit-ups 10:00 jog Dynamic Exercises 4 x 100 meter build up	50:00 run	Static stretching 4 x 100 meter build ups 20+ Push-ups 20+ Sit-ups	

Designed Distance: 24.0 miles

Distance Covered: _____

	Warm Up	Workout	Post workout
Mon 4.5 miles	20+ Push-ups 20+ Sit-ups 5:00 jog Dynamic Exercises	32:00 run 1 x 800	Static stretching 20+ Push-ups 20+ Sit-ups
Tues 4.5 miles	20+ Push-ups 20+ Sit-ups 8:00 jog Dynamic Exercises 4 x 100 meter build up	1 x 400 meters 1 x 800 meters 1 x 1000 meters 1 x 800 meters 1 x 400 meters	5:00 cool down Static stretching 20+ Push-ups 20+ Sit-ups
Wed 3.0 miles	20+ Push-ups 20+ Sit-ups 5:00 jog Dynamic Exercises	20:00 jog	Static stretching 20+ Push-ups 20+ Sit-ups
Thurs 3.5 miles	10:00 jog Dynamic Exercises	12 x 200 meters @ 2:1 recovery	5:00 cool down Static stretching

	4 x 100 meter		20+ Push-ups
	build up		20+ Sit-ups
	20+ Push-ups		Static stretching
Fri	20+ Sit-ups		4 x 100 meter build ups
	5:00 jog	30:00 jog	20+ Push-ups
4 miles	Dynamic Exercises		20+ Sit-ups
	LACICISCS		20 · Sit ups
	20+ Push-ups		5:00 cool down
Sat	20+ Sit-ups		4 x 100 meter build ups
	5:00 warm up	60:00 run	Static stretching
6 miles	Dynamic Exercises		20+ Push-ups
			20+ Sit-ups

Designed Distance: 25.5 miles

Pre Season Week 6

	Warm Up	Workout	Post workout
Mon 5.5 miles	5:00 jog Dynamic Exercises	38:00 run 1 x 1200	Static stretching 30 Push-ups 30 Sit ups
Tues 4.5 miles	5:00 jog Dynamic Exercises 4 x 100 meter build up	7:00 jog 3 x 1200 meters @ 2:1 recovery	5:00 cool down Static stretching
Wed 4.0 miles	5:00 jog Dynamic Exercises	27:00 jog	Static stretching 30 Push-ups 30 Sit ups
Thurs 5.0 miles	12:00 jog Dynamic Exercises 4 x 100 meter build up	4 x 600 meters @ 2:1 recovery	16:00 cool down Static stretching
Fri 3.5 miles	5:00 jog Dynamic Exercises	25:00 jog	Static stretching 4 x 100 meter build ups

		30 Push-ups
		30 Sit ups
Sat	5:00 warm up Dynamic Exercises	5:00 cool down Static stretching
8.5 miles		

Designed Distance: 31.0 miles