

YMS CROSS COUNTRY



"TO GIVE ANYTHING LESS THAN YOUR BEST IS TO SACRIFICE THE GIFT."

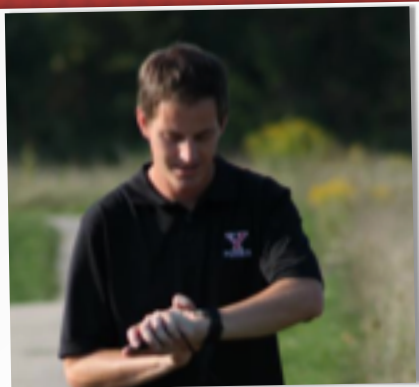
- STEVE PREFONTAINE

Welcome To Our Family!

Welcome to the Yorkville cross country family! The family includes the runners at YMS as well as the high school team and Cross Lutheran, all of whom contribute to one of the best cross country programs in the state of Illinois. Don't be intimidated by all of

the good runners in our family, though. Cross country is a unique sport in that anyone can participate and there are no cuts. While it is a team sport, individual athletes can experience their own success by becoming better runners as the season progresses. You don't have

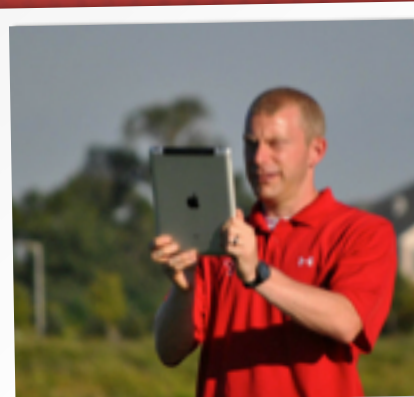
to be a runner to join cross country, however, as we will teach you proper form and racing strategies. The coaches will help every one of our runners become the best they can be during our 2.5-month season. Good luck, and welcome to the family!



COACH MILLER
DEMILLER@Y115.ORG



COACH NAUMAN
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COACH MARTIN
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How Does Cross Country Work?

Cross country is a popular sport that involves running a course that may consist of grass, mud, trees, and water. The IESA has stated that middle school athletes, both boys and girls, run a 2-mile (3200 m) course during their meets, although the meets we run in may vary between 1 and 2 miles. Boys and girls normally do not run in the same race.

Scoring in cross country is different from many sports since the lowest score wins. A team consists of 7 runners with the top 5 scoring points for their team. Points are earned based on the place earned, so if the top 5 runners for a team finished in 1st, 5th, 10th, 14th, and 20th the team would have scored 50 points. The 6th and 7th runners

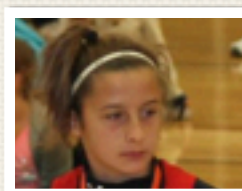
are important in case of a tie and they can also hurt another team's score by beating the other team's top 5 runners.

Although the top 7 runners are important in cross country, most cross country meets allow any number of participants. There are no cuts in cross country so if you show up to practice and follow all team and school rules you will be able to run in the meets.

Captains will be chosen during the first week or two of practice. Potential captains need to fill out a captain application that can be found on the team website.

"YOU HAVE A FAR BETTER CHANCE OF WINNING IN LIFE AS A PART OF A TEAM THAN AS AN INDIVIDUAL."
- COACH BILL BOWERMAN

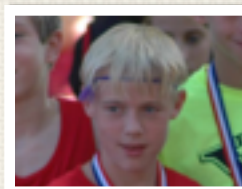
RETURNING STATE RUNNERS



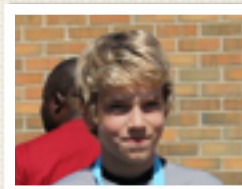
LINDSAY



MAGGIE



PATRICK



ZACK



Scoring In Cross Country

Every runner is important in cross country. While only the top 5 runners score points (and occasionally the 6th and 7th in the case of a tie) other runners can help the team by beating the top 5 runners of other teams. Every runner you pass at the end of a race could potential mean more points for your team. In 2009, our 7th grade boy's team won the Tiger Trail Invitational because our 6th runner beat the 6th runner of another team so everyone counts.

"THE MIRACLE ISN'T THAT I FINISHED. THE MIRACLE IS THAT I HAD THE COURAGE TO START."

- JOHN BINGHAM

Scoring Examples

Check out the first scoring example on the right. You'll see that even though Team A had the top two runners they didn't win the meet because Team B had a lower score. Cross country is about running as a TEAM, and that scoring example really demonstrates team running by Team B. In 2009, our 8th grade girl's team earned second place at one of our major invites without earning any individual medals.

In the second scoring example on the right, Team B only had 4 runners. Their 5th runner is given a score of 65, which is the number of runners running in the race. With even an average 5th runner Team B could have won the meet, which shows the importance of showing up to every competition.

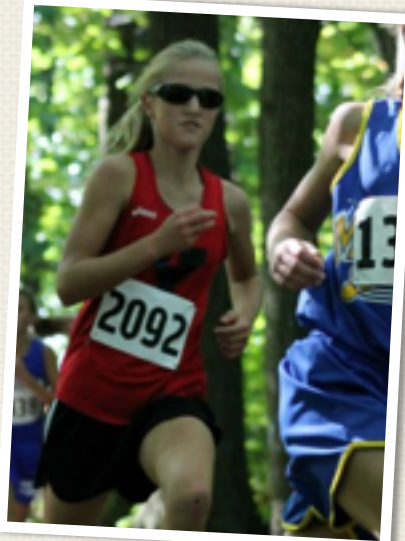
In the last scoring example, you can see that both teams ended up with the same amount of points after five runners. Since the 6th runner on Team A beat the 6th runner on Team B, Team A earned the victory.



SCORING EXAMPLE

<u>TEAM A</u>	<u>TEAM B</u>
1. 1ST	3RD
2. 2ND	4TH
3. 8TH	6TH
4. 12TH	10TH
5. <u>17TH</u>	<u>13TH</u>
40 PTS.	36 PTS.

TEAM B WINS!



SCORING EXAMPLE

<u>TEAM A</u>	<u>TEAM B</u>
1. 10TH	1ST
2. 12TH	4TH
3. 15TH	6TH
4. 16TH	11TH
5. <u>22ND</u>	<u>65TH</u>
75 PTS.	87 PTS.

TEAM A WINS!



SCORING EXAMPLE

<u>TEAM A</u>	<u>TEAM B</u>
1. 2ND	3RD
2. 6TH	8TH
3. 12TH	15TH
4. 17TH	18TH
5. <u>26TH</u>	<u>19TH</u>
63 PTS.	63 PTS.
6. 28TH	33RD

TEAM A WINS!

Practices

After Endurance Camp ends, there will be two optional weeks of practices at the high school on Monday, Wednesday, and Friday at 7:30am. These practices will be held during the weeks of July 22 and July 29. The first official practice is August 5. Practice will be held at 7:30am at the middle school during that first week. Once school starts, practices will be from 2:45pm to 4:15pm at the middle school. Saturday practices are a bit different, however, and are explained

on the next page. The practice exceptions are listed here, but keep checking the website as unforeseen events may cause other practice changes.

August 12: Practice from 3:30 to 5pm

August 13: Practice from 3:30 to 5pm

Sept. 2: No Practice

Sept. 20: Practice from 3:30 to 5pm

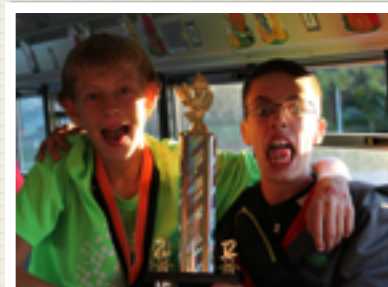
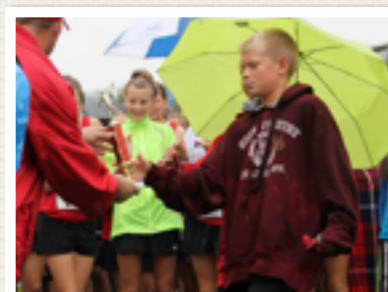
Oct. 8: Uniform Turn-In

Oct. 7 - Oct. 18:

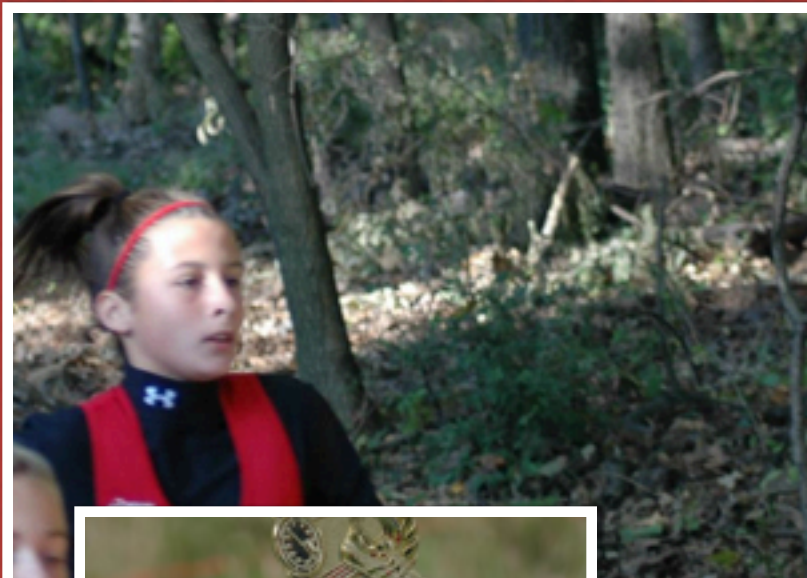
Practice for State Runners

**"GOOD THINGS COME
SLOW, ESPECIALLY IN
DISTANCE RUNNING."
- COACH BILL DELLINGER**

OUR TEAM



PRACTICE AT THE PARK



OUR SATURDAY PRACTICES WILL BE HELD AT A DIFFERENT FOREST PRESERVE EACH WEEK AT 9AM. THE LOCATION OF EACH PARK CAN BE FOUND IN THE CALENDAR AT YMSRUNNING.COM.

AUGUST 10: SILVER SPRINGS STATE PARK

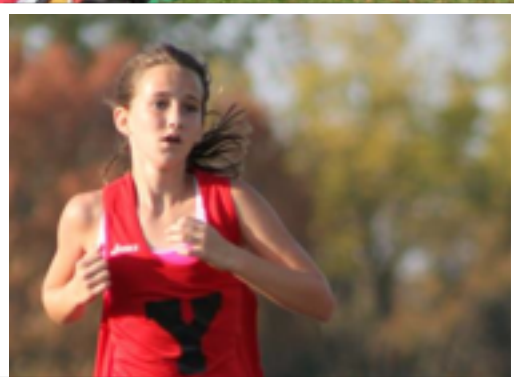
AUGUST 17: HARRIS FOREST PRESERVE

AUGUST 24: HOOVER EDUCATION CENTER

AUGUST 31: RICHARD YOUNG FOREST PRESERVE

SEPT. 14: RED/WHITE RUN AT SILVER SPRINGS

THE MEETS



11:00  12:30

THESE ARE THE TIMES OUR TOP RUNNERS SHOULD SHOOT FOR IN THE 2 MILE. THE BOY'S TIME OF 11:00 AND GIRL'S TIME OF 12:30 WOULD GIVE US A GOOD CHANCE TO WIN A TROPHY AT STATE IF WE HAD 5 RUNNERS AVERAGING THOSE TIMES.



OUR MEET SCHEDULE CAN BE FOUND ON YMSRUNNING.COM. PLEASE NOTE THAT THE TROY AND NEW LENNOX INVITES HAVE LIMITED ENTRIES. ANY MEETS LISTED AS "J/V" WILL NOT BE RUN BY COACH MILLER'S GROUP. THE IESA SECTIONAL MEET IS LIMITED TO OUR TOP 7 RUNNERS OF EACH GENDER. THAT MEANS ONLY OUR TOP 7 BOYS AND TOP 7 GIRLS WILL PARTICIPATE. IN ADDITION, IESA STATE IS ONLY FOR RUNNERS WHO QUALIFY AS AN INDIVIDUAL OR TEAM. THE TOP 3 TEAMS AT THE SECTIONAL MEET, BOYS AND GIRLS, QUALIFY FOR STATE, WHILE THE TOP 5 INDIVIDUALS WHO WEREN'T ON A STATE TEAM ALSO MOVE ON TO STATE.

Meet Information

DRIVING ATHLETES HOME

PARENTS MUST DRIVE THEIR ATHLETES HOME AT HOME MEETS, BUT WE DISCOURAGE DRIVING ATHLETES HOME FROM AWAY MEETS AS WE LIKE TO BUILD TEAM CHEMISTRY ON THE BUS RIDES. WE REALIZE THIS MAY BE INCONVENIENT, BUT WE HOPE YOU UNDERSTAND.

WE ALSO UNDERSTAND THERE MAY BE CASES WHERE ATHLETES NEED TO BE DRIVEN HOME FROM AWAY MEETS. IF THIS IS THE CASE RUNNERS MUST TURN IN AN ATHLETE RELEASE FORM AT THE MEET AND CANNOT BE DRIVEN HOME BY ANYONE OTHER THAN THEIR PARENTS OR GUARDIANS.

"PRESSURE IS
NOTHING MORE
THAN THE SHADOW
OF GREAT
OPPORTUNITY."
- MICHAEL JOHNSON

UNIFORMS

WE BELIEVE RUNNING AN ENTIRE CROSS COUNTRY RACE WITHOUT WALKING IS A SIGNIFICANT ACCOMPLISHMENT. TO MAKE THIS ACCOMPLISHMENT EVEN MORE SPECIAL RUNNERS WILL ONLY RECEIVE THEIR UNIFORMS WHEN THEY RUN AN ENTIRE RACE WITHOUT WALKING. THIS INCLUDES OUR TWO TIME TRIALS AT THE BEGINNING OF THE SEASON. THIS WILL BE A BIG ACCOMPLISHMENT FOR SOME OF OUR RUNNERS AND WE WANT THEM TO RECEIVE SOMETHING TANGIBLE FOR THAT ACCOMPLISHMENT. RUNNERS HAVE THE OPPORTUNITY TO BUY THEIR UNIFORM AT THE END OF THE SEASON IF THEY WANT TO KEEP IT.

HOME MEETS

OUR HOME MEETS ARE HELD AT LYON FARM, WHICH IS ON ROUTE 71 NEXT TO RICHARD YOUNG FOREST PRESERVE. WE ALSO HAVE TWO MEETS AT YORKVILLE HIGH SCHOOL. WE COULD ALWAYS USE HELP AT OUR HOME MEETS. WE NEED PEOPLE HELPING AT THE FINISH LINE AS WELL AS A FEW SPOTTERS ON THE COURSE TO DIRECT RUNNERS. IF YOU WOULD LIKE TO VOLUNTEER PLEASE CONTACT COACH MILLER OR HE WILL BE FORCED TO AWKWARDLY ASK PARENTS FOR HELP THE DAY OF THE MEET.

SUPPORT FELLOW RUNNERS

EVERY MEMBER OF OUR TEAM SHOULD BE SUPPORTIVE OF THEIR TEAMMATES. WHEN YOU ARE NOT RUNNING A RACE YOU SHOULD BE CHEERING ON YOUR TEAMMATES WHO ARE RUNNING. IT IS ALSO GOOD SPORTSMANSHIP TO CHEER FOR RUNNERS OF ANY TEAM WHO FINISH LATER IN THE RACE. FINISHING A CROSS COUNTRY RACE IS A GREAT ACCOMPLISHMENT AND EVERYONE SHOULD BE ACKNOWLEDGED FOR IT.

WHAT YOU NEED



WHAT YOU NEED

1. SHOES
2. SPIKES (OPTIONAL)
3. RUNNING CLOTHES
4. WARM CLOTHES
5. WATER BOTTLE
6. FOAM ROLLER

Important Equipment

Shoes are the most important item runners will need. If you have never purchased a pair of running shoes try buying them from a running store such as Naperville Running Company.

Spikes, while optional, can make the difference in close races. While we will encourage our top 7 runners to get spikes, anyone can get a pair to help improve their times. They should not be worn during practice since we normally run on paved surfaces. Runners should still bring their normal shoes to meets as some courses may be paved.

Running clothes for practice don't have to be anything special. A pair of shorts and a t-shirt are just fine. Just wear whatever is comfortable for the weather. Warm clothes should be brought out later in the season when it gets colder and a sweatshirt should be worn after practice if you have a long drive home to prevent colds.

A water bottle is essential. Although water is normally available, a water bottle is much more convenient.

We also recommend a foam roller to massage any sore muscles or injuries.

What To Eat

A runner's diet can be an essential part of their success. While everyone reacts to food in different ways, a good diet can make a positive difference.

Your Everyday Diet

At the middle school level we aren't going to tell you what you have to eat, but an example of a good diet would be what Coach Muth has developed for the high school team. The high school team's diet can be seen below. It is also important to know what to eat before and after races, which you can see on the right.

The High School Diet

- Eat 4 times a day
- Diet is not meant for losing weight, but for lowering body fat
- Cut down on sugars and fats and eat healthier foods
- Bring a healthy lunch to school or eat deli food
- No pop, fried food, greasy food, or candy
- No fast food (Subway and Jimmy John's are okay)
- Cut down on cheese, cream cheese, and sour cream
- Lots of water, green tea, and sports drinks
- Good things to eat include:
 - Turkey, Chicken, Beef (99% Fat Free) Vegetables and Fruit
 - Potatoes
 - Rice, noodles, pasta, bagels, bread, muffins
 - Fish and seafood
 - Soup (Not cream soups)
 - Light or Low Fat Mayo, Salad Dressing, Milk, Egg Whites, and Yogurt
 - Margarine instead of butterA good breakfast would be oatmeal or a wheat muffin with 1% milk



EVERYDAY

- EAT 4 TIMES A DAY
- CUT DOWN ON SUGAR AND FAT
- BRING A HEALTHY LUNCH TO SCHOOL OR EAT FROM THE DELI
- NO POP OR FAST FOOD
- NO FRIED OR GREASY FOOD
- LOTS OF WATER, GREEN TEA, AND SPORTS DRINKS



BEFORE MEETS

- EAT A SMALL, HIGH-CARB MEAL 2 TO 4 HOURS BEFORE THE RACE
- EAT A HIGH-CARB SNACK 1 HOUR BEFORE RUNNING
- DRINK A SPORTS DRINK OR GEL 5 TO 15 MINUTES BEFORE THE RACE
- DON'T EXPERIMENT WITH NEW FOODS BEFORE A RACE



AFTER MEETS

- EAT SOMETHING WITH PROTEIN SUCH AS PROTEIN BARS OR NUTS
- TAKE IN LOTS OF LOW-FAT PROTEIN WITHIN 2 HOURS OF THE RACE
- DON'T EAT SOMETHING WITH A LOT OF FAT

Cross Country Team Rules

RULE #1: STUDENT-ATHLETES

THE WORD STUDENT IS FIRST FOR A REASON. OUR ATHLETES NEED TO BE PASSING ALL OF THEIR CLASSES TO REMAIN ELIGIBLE. ELIGIBILITY IS DETERMINED EVERY MONDAY AND ATHLETES WHO ARE INELIGIBLE FOR 1 TO 3 WEEKS MUST FOLLOW THESE GUIDELINES:

WEEK 1: ATHLETE CAN PRACTICE, BUT MAY NOT RUN IN MEETS.

WEEK 2: ATHLETE CANNOT PRACTICE, AND MUST ATTEND HOMEWORK CLUB TWICE DURING THE WEEK.

WEEK 3: ATHLETE IS REMOVED FROM THE CROSS COUNTRY TEAM.

"THE WILL TO WIN MEANS
NOTHING WITHOUT THE
WILL TO PREPARE."
- JUMA IKANGAA

RULE #2: NO ILLEGAL SUBSTANCES

ANY ATHLETE CAUGHT USING ILLEGAL DRUGS, ALCOHOL, OR OTHER ILLEGAL SUBSTANCES WILL BE IMMEDIATELY REMOVED FROM THE TEAM. ATHLETES WHO WOULD WILLINGLY HARM THEIR BODY IN THIS WAY ARE CLEARLY NOT INTERESTED IN IMPROVING THEMSELVES OR THE CROSS COUNTRY TEAM.

RULE #3: NO UNEXCUSED TARDIES OR ABSENCES

THE COACHES WILL RARELY, IF EVER, BE TARDY OR LATE AND WE EXPECT OUR ATHLETES TO DO THE SAME. ATHLETES ARE ALLOWED ONE UNEXCUSED TARDY OR ABSENCE. EVERY UNEXCUSED TARDY OR ABSENCE AFTER THAT WILL RESULT IN INELIGIBILITY FOR THE NEXT MEET. ATHLETES ARE STILL EXPECTED TO COME TO THE MEETS TO CHEER ON THEIR TEAMMATES, HOWEVER.

RULE #4: SUPPORT YOUR TEAM

EVERY MEMBER OF OUR TEAM SHOULD BE SUPPORTIVE OF THEIR TEAMMATES. WHEN YOU ARE NOT RUNNING A RACE YOU SHOULD BE CHEERING ON YOUR TEAMMATES WHO ARE RUNNING. OUR ATHLETES SHOULD **NEVER** MAKE FUN OF THEIR TEAMMATES OR OTHER TEAMS. WE UNDERSTAND THAT NOT EVERYONE WILL BE BEST FRIENDS ON THE TEAM, BUT WE SHOULD BE NICE TO EACH OTHER.

YMSRUNNING.COM

Runners can use their sign-in info to access their diary. The diary is explained on the next page.

The screenshot shows the homepage of the Yorkville Middle School Cross Country website. At the top, there is a search bar and a 'VIEW HOMS | SIGN IN' link. The main header reads 'YORKVILLE MIDDLE SCHOOL CROSS COUNTRY'. Below this, there are several icons: a calendar, a photo of a person, a newspaper icon labeled 'NEWS', and another newspaper icon. The main title '2013 Cross Country Registration' is prominently displayed, followed by the date 'April 9, 2013'. A large photo of runners in red jerseys is featured. On the left side, there is a sidebar with a navigation menu: HOME, FAQ, SCHEDULE, RESULTS/RECORDS, NUTRITION, and FACEBOOK. Below the menu is a calendar icon. A cartoon character of a red flower with eyes is positioned on the left. Several callout boxes provide additional information: one points to the calendar icon, another to the navigation menu, a third to the registration form area, and a fourth to the email sign-up section.

Search This Site

VIEW HOMS | SIGN IN

YORKVILLE MIDDLE SCHOOL
CROSS COUNTRY

NEWS NEWS

2013 Cross Country Registration
April 9, 2013

HOME
FAQ
SCHEDULE
RESULTS/RECORDS
NUTRITION
FACEBOOK

These links contain all the information you need for YMS cross country. The schedule contains maps to all of our meets.

The calendar has the season's practice and meet schedule.

Enter your email to receive email updates. To remove your email from the mailing list simply enter it again.

Use these links to go to the first, previous, next, or last note.

The course will be on Monday, May 13 from 6:30 to 7:30pm in the YMS gym. Everything turned in on that day is the cross country registration form. Everything else will be turned in on the first day of practice, which is Monday, August 5.

If you don't have a form, you can turn in the form electronically by emailing it to Coach Miller.

YMSRUNNING.COM

Use this link to access your diary after signing in.

The screenshot displays the YMSRUNNING.COM website interface. At the top, there is a search bar and navigation links for "VIEW RUNS" and "SIGN OUT". The main header features a cartoon fox logo and the text "YORKVILLE MIDDLE SCHOOL CROSS COUNTRY". Below this, a large photo of a male runner is shown. To the right of the photo, the text "Runner Diary" and "Shewan" are visible. A "Run on March 28, 2013" entry is highlighted, with a "View Route Map" link. Below the entry, there are two buttons: "Route Run" (selected) and "Did Not Run". The "Route Run" button shows "0.25 miles" and "Loops". To the right, a "SEASON STATS" box displays "24.3 miles run" and "0:00 per mile". At the bottom, there is a "Run Comments" section with a text input field and a "Save Comment" button. A sidebar on the left contains links for "HOME", "FAQ", "SCHEDULE", "RESULTS/RECORDS", "NUTRITION", and "FACEBOOK".

The route map shows the route you ran. Not all routes have maps.

Use these links to access the first, previous, next, or last run. The runs are in order by date.

Choose the route you ran here. Route one will be chosen by default. If the route included loops make sure you enter the number of loops you ran.

Enter any comments about the run here.

Make sure you hit the "Save" button at the bottom if you add any comments.

This shows how many miles you have run and your mile race pace. The race pace is only updated after you have run at least one race.