

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, elementary intramural teams, 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. 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
MNAUMAN@Y115.ORG



COACH MARTIN
CMARTIN@Y115.ORG

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 two-mile (3200 m) course during their meets, although the meets we run in may vary between one and two 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 seven runners with the top five scoring points for their team. Points are earned based on the place earned, so if the top five 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 five runners.

Although the top seven 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.

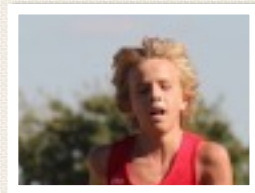
Captains will be chosen during the first week or two of practice. Potential captains need to fill out a captain application that can be found on the team website.

"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



AUSTIN



BRETT



JAZMIN



Scoring In Cross Country

Every runner is important in cross country. While only the top five 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 five 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 seventh grade boy's team won the Tiger Trails Invitational because our 6th runner beat the 6th runner of another team so every runner 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 eighth 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 four 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

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

TEAM B WINS!



SCORING EXAMPLE

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

TEAM A WINS!



SCORING EXAMPLE

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

TEAM A WINS!

Practices

Practice starts well before the school year begins this year, and it is important to show up to every practice since we have meets in August. The first official practice is August 3. Practice will be held at 7:15am at the Yorkville High School track until school starts. Once school starts, practices will be from 2:45pm to 4:15pm at the middle school. Runners in Coach Miller's group will have practices until 4:30 once 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 and social media as unforeseen events may cause other practice changes.

August 28: Practice from 3:30 to 5pm

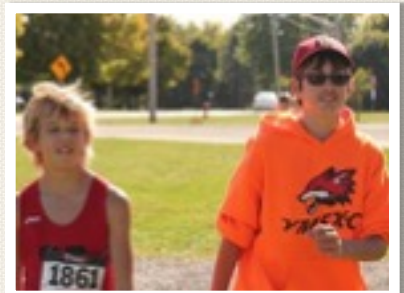
Sept. 7: No Practice

Oct. 6 - Oct. 16:

Practice for State Runners

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

OUR TEAM



PRACTICE AT THE PARK

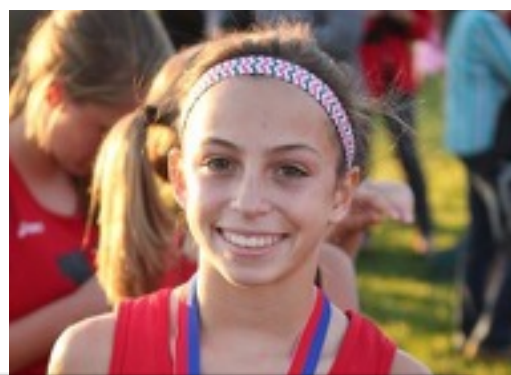


ALL OF OUR SATURDAY PRACTICES AS WELL AS OUR THURSDAY PRACTICES IN SEPTEMBER WILL BE HELD AT A LOCAL FOREST PRESERVE. SATURDAY PRACTICES WILL RUN FROM 9AM TO 10:30AM. THE LOCATION OF EACH PARK CAN BE FOUND ON THE CALENDAR (GREEN ICON ON LEFT SIDEBAR) AT YMSRUNNING.COM.



Saturday Practices	Thursday Practices
Aug. 8 @ Hoover	Sept. 3 @ Richard Young
Aug. 15 @ Harris	Sept. 10 @ Harris
Aug. 22 @ Richard Young	Sept. 17 @ Hoover
Aug. 29 @ Silver Springs	Sept. 24 @ Richard Young

THE MEETS



11:10  12:10

THESE ARE THE TIMES OUR TOP RUNNERS SHOULD SHOOT FOR IN THE TWO MILE. THE BOY'S TIME OF 11:00 AND GIRL'S TIME OF 12:20 WOULD GIVE US A GOOD CHANCE TO WIN A TROPHY AT STATE IF WE HAD FIVE RUNNERS AVERAGING THOSE TIMES.



OUR MEET SCHEDULE CAN BE FOUND ON YMSRUNNING.COM. PLEASE NOTE THAT THE TROY AND NEW LENOX INVITES HAVE LIMITED ENTRIES. COACH MILLER'S GROUP WILL HAVE A FEW OPTIONAL MEETS. RUNNERS ARE ENCOURAGED TO COMPLETE A WORKOUT ON THOSE DAYS AS OPPOSED TO RUNNING IN THE MEET. 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. THE TOP 3 TEAMS AT THE SECTIONAL MEET, BOYS AND GIRLS, QUALIFY FOR 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 GO TO [YMSRUNNING.COM/?PAGE=MEETVOLUNTEERS](https://ymsrunning.com/?page=meetvolunteers).

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 / LACROSSE BALL / MASSAGE STICK

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, lacrosse ball, and/or massage stick 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

You can go to our website and view the Nutrition section for more details about what 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 butter
A 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.

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



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

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

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.

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

The course will be on Monday, May 13 from 6:30 to 7:30pm in the YMS cafeteria. Everything else turned in on that day is the cross country registration form. Everything else to 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 shows the website interface for Yorkville Middle School Cross Country. At the top, there is a search bar and navigation links for 'VIEW RUNS' and 'SIGN OUT'. The main content area features a 'Runner Diary' entry for a run on March 28, 2013. The interface includes a 'Route Run' section with a '25 miles' distance and a 'Loops' input field, and a 'Did Not Run' option. Below this is a 'Run Comments' section with a text input field and a 'Save Comment' button. A 'SEASON STATS' box displays '24.3 miles run' and '0:00 per mile'. Navigation links for '<PREV * NEXT>' are also visible. A sidebar on the left contains a navigation menu with links for HOME, FAQ, SCHEDULE, RESULTS/RECORDS, NUTRITION, and FACEBOOK. A date 'Tuesday, August 27' is shown at the bottom left.

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.