

CHAGRIN FALLS



CROSS COUNTRY

WINNER'S MANUAL

CHOOSE YOUR ATTITUDE

*"The longer I live, the more I realize the impact of attitude in life. Attitude, to me, is more important than the facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearances, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is that **we have a choice every day regarding the attitude we will embrace for that day.** We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is plan on the one strength we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...*

we are in charge of our attitudes."

– Charles Swindoll

BELIEVE IN YOURSELF • BELIEVE IN YOUR TEAM • BELIEVE IN YOUR COACHES

I will be passionately involved and exert myself to reach my goals. I will gain knowledge, perspective and self-belief when I strive for my goals. Running holds a place in my life, but I keep it in perspective behind my family, my education, my values and my concern for the general welfare of the world. Athletics is a function of education. My main purpose in attending Chagrin Falls High School is to do the best possible academic work I can to prepare for my life's journey. The habits I learn of maximizing my effort in training will be practiced in the classroom as well. My time attending school and being on the team will become the foundation for a lifetime of excellence.

I will develop my athletic ability and improve my belief in myself this season. When I improve, I will also develop confidence in my training program, my coaches and my teammates.

STAND FOR YOUR VALUES

Balance	I will strive to keep family, academics, athletics balanced and in perspective.
Progress	I will strive to improve every day, every meet and every season.
Fun	I will do my part to make running, competing and team bonding fun for everyone.
Inclusivity	I will ensure each teammate is an integral part of the whole.
Respect	I will earn the respect of my team and I will respect my teammates.

COMMIT TO CORE BELIEFS

I am a special part of the program regardless of my running talent.

I have control over my performance and my future.

I believe that success occurs as a result of a progressive training model.

BE RESPONSIBLE

The performance of the team is not a case of whether we win or we lose. I realize that no single workout or race defines me or my team. Winning, losing, failures, successes, achieving goals, missing goals, good days and bad days are all part of the process of becoming a better athlete and a better person. When the team, or an individual, performs phenomenally or poorly I take responsibility, I am part of the process.

“The difference between success and failure, winning and losing, is the acceptance and the recognition that there is no certainty of outcome – unless you put yourself in a position where you can not compete at all. Winners know that losing hurts. But they’re prepared to put themselves in a position of challenge because they know that they will be more frustrated at not having taken up the challenge. A winning attitude develops from a combination of courage, hard work and experience.”

– Sebastian Coe, Olympic Gold Medalist & Multiple World Record Setter

THE CFXC ATHLETE-CENTERED COACHING MODEL

The goal of the coach and athlete is the performance and development of the athlete. Your coaches understand their purpose and place and the true challenges that you face in training and in competition. We all know that running does not exist in a solitary environment and that your academics, social network, nutrition and recovery all play a role in your ability to perform and grow.

Communication

We encourage an open dialogue between you, your team and your coaches. You are important in the decision making processes that effect the team. Your input is as valuable as our knowledge and helps us guide the team, and individuals, on the optimal path toward goals.

Goals

You will decide upon your own individual goals. You will work as a team to decide upon your goals as a whole. Your optimistic, realistic goals must be based on your values and commitment and they must be rooted in your values. There is no limit to what you can achieve with focus and bravery – provided you recognize your opportunity and grab it with both hands. Your goals are part of a larger process of personal development.

Attitude

Attitude is our magic. A determined attitude is always a prerequisite for success. When you possess a positive attitude and a hunger to surpass yourself you will thrive.

Value of Competition

By focusing on your athletic development you also help improve yourself as a human being. True achievements in athletics are the development of character, ability and values that can be applied throughout your life such as confidence, discipline, persistence and the values of challenge, hard work and teamwork.

Knowledge

Our knowledge of training is combined with our specific knowledge of your abilities and goals to form the optimal training plan for you. Only you understand your competitive experience so we rely on open communication to enhance our knowledge of your experiences in training and competition. The reality of competition from your point of view is far more important than any measurement that an external observer, or the clock, can make.

Training Design

We create a progressive, specific and effective training program for you that is rooted in reason, with consistent reevaluation and evolution.

Control and Roles

When you believe in the athlete centered model, you will achieve independence as an athlete. Our input is solely designed to facilitate growth and ability.

Specific Conditions of the Athlete's Life

We are here to guide you to developing a healthy balance in athletics. Rest, nutrition, academics, family life and social life are all critical aspects of the model. The responsibility to balance these issues is placed on your shoulders. The goal is to become a better person, not just a better runner.

CFXC PRINCIPLES

ACADEMIC PRINCIPLES

- Attend all classes
- Ask for help early, use your resources
- Exceed expectations
- Do the best you can do
- Be responsible for your own time management – be organized and plan ahead
- Encourage each other to get studying done
- Help teammates when they are struggling
- Compete in the classroom

SOCIAL PRINCIPLES

- TEAM BEFORE SELF
- Look out for and protect your teammates
- Always be a “teammate” first
- Be inclusive
- Be responsible
- Be a personality NOT an attitude
- Be a color
- Participate in team functions

BUILD THE RUNNING COMMUNITY

- Attend Middle School home meets to encourage younger runners
- Run off-season charity races
- Help time or organize a race
- Be a positive role model for younger runners
- Be respectful of our roads, trails and track

RECRUITING CLASSMATES & 8th GRADERS

- Always make an effort to be a part of the recruiting process
- Treat recruits with the same respect as teammates
- Be excited by the challenge of a new teammate
- Emphasize the unique qualities of our team and our training
- Encourage recruits to join in the future
- Speak inclusively with recruits
- Leave recruits with a positive feeling

PREPARATION FOR SUCCESS

While training may be the most important factor to your success, it may never be realized without the proper attention to other key aspects of your life as an athlete. Your training depletes your energy sources and breaks down parts of your energy systems therefore rest, hydration, and nutrition are important factors in maximizing your training.

SLEEP

Go to bed at the same time every night! The consistency of your bedtime is the most important factor in getting the most out of your night time rest. Sleeping 7.5-8.5 hours per night will help your body recover from strenuous training sessions and prepare for your next session or race.

HYDRATION

Every function in your body depends on hydration. A dehydration level of only 3% will cause your body's energy level to drop. If you are thirsty you may already be dehydrated. Carry a water bottle everywhere. It is best to keep your own water bottle to avoid spreading or contracting illness.

What to drink: Water, Natural Fruit Juices, Gatorade

What NOT to drink: Pop, "Energy" Drinks (i.e. Red Bull, Monster, etc.), Juices with small percentages of pure fruit juice

NUTRITION

Every Day

Right types of food: Red meat (at least once per week), complex carbohydrates, fruits and vegetables, whole grain cereals, variety

Right amount of food: Control your portions

Right timing of meals: Breakfast, Lunch, Carbohydrate Replacement, Dinner

Race Day

Pre-Race 3-4+ Hours: Well balanced meals including complex carbohydrates such as pasta, are a great source of energy.

Pre-Race 1-3 Hours: Fruits, Granola Bars, Gatorade

Pre-Race <1 Hour: Sips of water, Half Banana, Half Apple, Half Clif Bar

NOTE: Avoid trying new foods or energy sources on race day.

"When you win, it is usually the result of careful planning and a well-rehearsed outcome, or perhaps the result of someone else's error of judgement. When you lose, it is because something happened that was not anticipated, which means you were not as prepared as you could have been. Losing offers scope to do better next time – in every area of life."

– Sebastian Coe

RACE DAY ROUTINE

We will be competing with the best teams in our district, region and state throughout the season. It is important that we feel comfortable and confident when we walk to the line. Our race day routine will be incorporated into our workouts and our races to familiarize ourselves with a race-ready feeling.

THE WARMUP

The warmup routine starts approximately 30 minutes prior to the gun.

Run

15 minutes progressive run. Start easy, shuffling your feet, and build into a strong pace.

Strides

20m back and forth of each:

Easy Skip – Side Skip – Karoake – A-Skip – B-Skip – Butt Kicks – Stiff Legged Run

Accelerations

3x30m accelerations

THE RACE

When you begin the race your head is full of good plans and strength. Everyone looks good through the first mile. When you decide to take the lead, make a surge or continue to push at the 2-mile mark, the challenge begins. Pain and discomfort enter your mind and body. That is the reality that we must prepare for: to learn the difficult skill of continuing to push through the pain. That is the true athlete-centered challenge of the race.

Racing is the toughest and the most rewarding element of our season. Your training will teach you **courage and mental toughness**, racing is your chance to prove your gains. On race day, you must decide to go after your goal with **enthusiasm and determination**. You must be **doggedly self confident** while walking to the line, running the race and finishing strong. **Staying positive, remaining alert and controlling your emotions** during the race will guide you to the finish. There will come a point in every race where pain will increase and you will want to back off. It is human nature to withdraw from pain, and that's OK. You are not a wuss. Your training and racing experience will teach you how to push through with more toughness each race.

THE RECOVERY

Immediate: Drink water

Within 5 minutes: 15 minute cool down

Post-cool down: Gatorade, Chocolate Milk, Clif Bar, Bagel

Post competition: Eat a good meal within 4 hours

THE CFXC RUNNER

YOU HAVE -OR- YOU WILL GAIN THE WILL TO SUCCEED. Every CFXC Runner...

- Recognizes the importance of patiently following a goal-oriented long-term training plan.
- Eases back on training when physical or mental signs indicate the need to.
- Identifies which type of pain is a warning sign to be heeded and which is a challenge to overcome.
- Seeks the best advice and travels to optimum training venues regardless of any inconvenience.
- Resists the temptation to change any element of the program without discussing it with the coach.
- Respects every competitor but idolizes none.
- Exhibits moderate behavior and always appears unhurried.
- Is a good listener who seeks knowledge and those who are full of ideas and theories.
- Is loyal to those who help him/her and acknowledges it freely.
- Has a daily relaxation routine in place and the ability to relax before, during and after competition.
- Accepts pre-race nerves but keeps anxiety and worry to a minimum.
- Focuses totally on goals and is not distracted by what others are doing or saying.
- Confronts limitations and works to overcome them.
- Keeps detailed personal training records.
- Avoids compromising on sleep, nutrition, hydration and the safety aspects of training.
- Understands that training is useless unless the body is given time to recover and regenerate.
- Focuses positively and aggressively on competition.
- Never concedes defeat until the competition is over, and even then only concedes that the defeat is a temporary one which will be rectified at the next competition of the competition after that!
- Shows poise and courage in a crisis.
- Recognizes a mistake then admits it, learns from it and moves forward.
- Trains and practices drills in all the conditions likely to be encountered in a race.
- Possesses a contagious positive attitude.