

**CROSS
COUNTRY**



**INFORMATION
PACKET
2022**

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Get information for Seneca High School right on your phone—not on handouts.

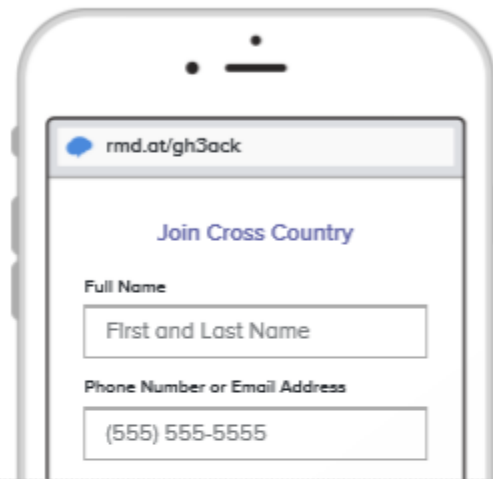
Pick a way to receive messages for Cross Country:

- A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/gh3ack

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



- B** If you don't have a smartphone, get text notifications.

Text the message @gh3ack to the number 81010.

If you're having trouble with 81010, try texting @gh3ack to (307) 215-7311.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/gh3ack on a desktop computer to sign up for email notifications.

June

2022

Irish Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Conditioning 8:30-9:30	15	16 Conditioning 8:30-9:30	17	18
19	20	21 Conditioning 8:30-9:30	22	23 Conditioning 8:30-9:30	24	25
26	27	28 Conditioning 8:30-9:30	29	30 Conditioning 8:30-9:30		

Bring water with you to practice.

We will meet in the south parking lot by the track.

Practices may end earlier.

Questions? The quickest way to get in contact with me is by email at kfoster@senecahs.org or send me a text on the remind app.

July

2022

Irish Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Conditioning 8:30-9:30	6	7 Conditioning 8:30-9:30	8	9
10	11	12 Conditioning 8:30-9:30	13	14	15	16
17	18	19 Conditioning 8:30-9:30	20	21 Conditioning 8:30-9:30	22	23
24	25	26 Conditioning 8:30-9:30	27	28 Conditioning 8:30-9:30	29	30

Bring water with you to practice.

We will meet in the south parking lot by the track.

Practices may end earlier.

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August

2022

Irish Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Trevor Till Memorial 5K
7	8 Season Begins 8:00-9:30	9 Practice 8:00-9:30 Parent meeting Time TBA	10 Practice 8:00-9:30	11 Practice 8:00-9:30	12 Practice 8:00-9:30	13
14	15 Practice 3:00-4:30	16 Practice 3:00-4:30	17 Picture Day 2:00 Practice 3:00-4:30	18 Practice 3:00-4:30	19 Practice 3:00-4:30	20
21	22 Practice 3:00-4:30	23 Practice 3:00-4:30	24 Morris Early Bird Invite 4:30—Morris High School	25 Practice 3:00-4:30	26 Practice 3:00-4:30	27
28	29 Practice 3:00-4:30	30 Meet in Ottawa Catlin Park	31 Practice 2:00-3:30			

Bring water with you to practice.

We will meet in the south parking lot by the track.

Practices may end earlier.

Questions? The quickest way to get in contact with me is by email at kfoster@senecaahs.org or send me a text on the remind app.

September

2022

Irish Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice 3:00-4:30	2 Twilight in the Woods 4:00—SHS Land Lab	3
4	5	6 Practice 3:00-4:30	7 Practice 3:00-4:30	8 Practice 3:00-4:30	9 Practice 3:00-4:30	10 First to the Finish 9:00—Detweiller Park Peoria
11	12 Practice 3:00-4:30	13 Practice 3:00-4:30	14 Practice 3:00-4:30	15 Practice 3:00-4:30	16 Practice 3:00-4:30	17 Bureau Valley Invite 9:00—Walnut JR High
18	19 Practice 3:00-4:30	20 Practice 3:00-4:30	21 Practice 3:00-4:30	22 Practice 3:00-4:30	23 Practice 3:00-4:30	24 Herscher Invite 9:00—Limestone Park
25	26 Practice 3:00-4:30	27 Tri-County Conference 4:00—SHS Land Lab	28 Practice 3:00-4:30	29 Practice 3:00-4:30	30 Practice 3:00-4:30	

Bring water with you to practice.

We will meet in the south parking lot by the track.

Practices may end earlier.

Questions? The quickest way to get in contact with me is by email at kfoster@senecahs.org or send me a text on the remind app.

October

2022

Irish Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 LaSalle County Championship 9:00—Eastwood Country Club, Streator
2	3 Practice 3:00-4:30	4 Seneca Spooktacular 4:00—Seneca Grade School	5 2:00-3:30	6 Captain led practice 11:30	7 Morning Practice 7:00-8:00	8
9	10 Columbus Day Invite 9:00—Shady Oaks Country Club, Amboy	11 Practice 3:00-4:30	12 Practice 3:00-4:30	13 Streator Time Trial Meet Time TBA Streator High School	14 Practice 3:00-4:30	15
16	17 Practice 3:00-4:30	18 Practice 3:00-4:30	19 Practice 3:00-4:30	20 Practice 3:00-4:30	21 Practice 3:00-4:30	22 IHSA Regional 9:00
23	24 Practice 3:00-4:30	25 Practice 3:00-4:30	26 Practice 3:00-4:30	27 Practice 3:00-4:30	28 Practice 3:00-4:30	29 IHSA Sectional 10:00
30	31 Practice 3:00-4:30	1 Practice 3:00-4:30	2 Practice 3:00-4:30	3 Practice 3:00-4:30	4 Practice at the state course	5 IHSA State 9:00—Detweiller Park, Peoria

Bring water with you to practice.

We will meet in the south parking lot by the track.

Practices may end earlier.

Questions? The quickest way to get in contact with me is by email at kfoster@senecahs.org or send me a text on the remind app.

Seneca Cross Country

Rules and Expectations

- A. Student-athletes are expected to follow all Seneca Athletic Codes of Conduct as outlined in the SHS Athletic Handbook.
- B. ATTENDANCE:**
1. Student-athletes are required to attend all practices and competitions. If you are going to miss practice or are going to be late, you must inform a coach **BEFORE** practice. It will be an unexcused absence if a coach is not told beforehand.
 2. A phone call, email, or note **with explanation** must be given to a coach if you are going to miss practice.
 3. If a pattern of missed practices occur, dismissal from the team may be considered.
 4. An unexcused absence will result in suspension of the next meet. **Three (3)** unexcused absences will result in dismissal from the team.
 5. You must practice to compete. If you miss a practice the day before a meet, you will not participate in that meet unless it is for a very good reason and is cleared with a coach before the missed practice.
 6. If you are not competing in a meet, you must still attend the meet and will be required to work it.
 7. If you are injured, you must still attend all practices and meets.
- C. PRACTICE**
1. Practice begins promptly at 3:00. We will meet in the commons or by the shamrock near the track.
 2. Follow the practice calendar.
 3. You must be in proper running shoes to practice. If you do not have proper running shoes, you will have to sit practice and it will be counted as an UNEXCUSED absence.
 4. Anyone needing to be taped should have this done before practice. Anyone needing to see the trainer for ANY reason, should get approval from the coach first! NO EXCEPTIONS!
 5. If you are late for practice, you will stay after practice for extra conditioning unless it is approved by a coach.
- D. TRAINING**
1. Training requires hard work and dedication.
 2. We have a solid 13-week training plan that we follow.
 - i. It is EXTREMELY IMPORTANT to follow the training plan.
 - ii. Each workout is tailored to the individual runner.
 - iii. NO RUNNER SHOULD RUN EXTRA MILES OR DO AN EXTRA WORKOUT OUTSIDE OF PRACTICE UNLESS TOLD BY THE COACH BEFOREHAND.
 - iv. If we see or hear that you running outside of practice, you will be given one warning. The second occurrence will be dismissal of the team. We do not want injuries to happen because of overuse/overtraining.
 3. You must maintain good nutrition and getting plenty of rest during the season, especially days of competition. NO POP!!
 4. You must drink 8-10 glasses of water a day.
 5. Smoking, vaping, drugs, and alcohol will NOT be tolerated.
 6. If you are injured, you need to tell a coach ASAP.
- E. GRADES**
1. Student-athletes are students first; therefore, you are responsible for maintaining good grades during the season.
 2. If you are on the eligibility list, you will be required to attend study sessions before school. If you fail to attend the study sessions, it may result in a suspension of the next meet.

F. EQUIPMENT

1. Keep track of our equipment. When going to away meets, it is your responsibility to make sure we have all items needed for the meet (spike box, water jug, tent, etc)
2. All school equipment checked out to you becomes your responsibility. Theft, loss, or damage to the equipment will result in your paying for those lost, stolen, or damaged items in full.
 - i. Replacement costs
 1. Uniform top \$35.00
 2. Uniform bottom \$30.00
 3. Warm-up top \$50.00
 4. Warm-up bottom \$30.00
 5. Basic Watches \$15.00
 6. GPS Watches \$200.00
 - ii. Damaged items will be dealt with on an individual basis.
3. Uniforms and warm-ups will be checked out the week before the first meet and returned on or before the night of the awards night.

G. BUS

1. All student-athletes will ride as a team to all away meets.
2. You may ride home with a parent after an away meet. The parent must sign you out. You are still required to stay until the end of the meet.
3. If you are riding home with an adult other than a parent, a note from your parent is required and the adult must sign you out.
4. We must make sure the bus is clean when we leave it.

H. MEETS

1. Student-athletes are expected to act and represent our school and team in a positive, mature manner.
2. We will set up a team camp at all meets. You are expected to clean up camp at the end of the meet.
3. You are expected to support your team at all times. Cheer them on while they are competing.
4. If you are not competing in a meet, you will be required to work the meet. The coaching staff will assign each non-competing athlete to a duty.
5. No student-athlete will be allowed to leave a meet, unless an emergency occurs. You are expected to support your team until the very end and sign out at the end of each meet.
6. Because we host big home meets (Twilight in the Woods, Irish Relays, Regionals), we need student-athletes to help out as much as possible. Parents are also encouraged to help during meets if possible. We have always been known for hosting great meets and want to keep it that way!

I. LOCKER ROOM

1. Make sure you are keeping the locker rooms clean AT ALL TIMES!
2. Best on your best behavior in the locker rooms. No horsing around!!
3. Lock up all of your belongings!

J. VARSITY LETTER

1. You will earn a varsity letter automatically if you are a senior and you complete the season as a member of the team. (You can receive your letter if you are injured and still show up for practice and meets and help support your team.)
2. You will earn a varsity letter if you are top 7 on the team.

Seneca Cross Country

Rules and Expectations

Please sign and return this sheet acknowledging that you and your son or daughter have read the rules and expectations as this will be kept on file.

Student Name: _____

Student Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

Sincerely,

Kim Foster
Head Coach

Blake Slutz
Assistant Coach

12 Qualities of a Great Teammate!

1. A great teammate gives relentless effort.

Remember, your coach should not have to coach effort. The only way to get better is to give your maximum effort and push yourself. This will help push your teammates to get better as well.

2. A great teammate is unselfish.

Put the team first. Your job is to do what it takes to help make the team successful. Find a way to put the success of the team above your own success.

3. A great teammate is honest.

Your coach and teammates need to know they can trust you during ups and downs. This is built on honesty.

4. A great teammate is humble.

Put your individual accomplishments aside and give praise to your teammates. If they beat you, be happy for them, not jealous or upset with yourself.

5. A great teammate hold themselves and teammates accountable.

You should have high standards for yourself and your teammates. You should be able to confront them if they are cheating themselves and the team by cutting a workout short or even treating their body poorly. Don't accept a negative attitude from teammates, be the person that reaches out to them to help your team as a whole.

6. A great teammate strives to improve.

You can always be better tomorrow than you are today. Work to improve your running.

7. A great teammate is optimistic.

Don't constantly complain to other about what's wrong. Look for positives. Maybe you had a bad race or practice. Look at what was good about it or about the team aspect of it.

8. A great teammate has respect for others and themselves.

Respect your teammates, coaches, family, teachers, facilities, school. Look people in the eye. Nod and acknowledge your coach when they address you. Clean up after yourself. Be polite. Encourage and cheer on your teammates and even other teams. Help create a culture of MUTUAL RESPECT.

9. A great teammate is a leader.

You don't have to be the best player on the team to be a leader. You don't even need to be vocal. Lead my actions. Challenge your teammates. Bring energy to every practice. Don't talk bad about teammates or coaches outside the team environment.

10. A great teammate is resilient.

Help your team use setbacks or losses as an opportunity to grow and improve. Don't make excuses, look for solutions.

11. A great teammate helps foster a family atmosphere.

Support your teammates like family. Teams that build close relationships are usually the team having the most fun and having the most success.

12. A great teammate takes responsibility.

All of your actions, within and away from the team, are a representation of your team, school, coaches, and family. Take responsibility for your behavior and actions at all times. Conduct yourself in such a way that your parents, coaches, teacher, brothers/sisters would be proud of you. You never know who is looking at you for cues on how to behave!

Seneca Township High School

Distance Running Nutrition

F—Fill up with fruits and veggies

A—Always hydrate

S—Start with Breakfast

T—Think lean protein

E—Eat often

R—Rest and Recover

Goals of a performance diet

1. Plan your meals and snacks to make positive food choices possible.
2. Eat balanced meals with a variety of wholesome foods each day.
3. Avoid extremes, no food is off limits, but moderation is essential.

The Players

Carbohydrates

Simplest definition: Potential Energy. The body's preferred fuel source for basic functions and intense training. Provides four calories per gram of carbohydrate consumed. Carbohydrates (carbs) should supply the majority of your total calories each day. Carbohydrates can be either simple or complex and will affect your energy levels and performance differently depending on the amount eaten, and how much fiber and fat they provide. This proportion of nutrients and the effect it has on your overall blood sugar content is known as the Glycemic Index (GI) of a food. Foods with a high GI will lead to a rapid spike in your energy levels followed by a drastic decline. Foods with a lower GI will provide a steadier supply of energy which can improve your performance in practice and competition by sustaining your energy levels.

Protein

Simplest definition: Muscle. A combination of individual pieces (amino acids) that unite to form one functional unit or fiber, that will contribute to assembling an individual strand of muscle. Protein can supply energy if carbs or fat are not available but is the last resort fuel for your body. Protein can provide four calories per gram if necessary. Adequate protein intake in your diet is critical to the recovery process following training, especially strength training.

Fat

Simplest definition: Stored Energy. The largest and most efficient fuel source available to your body. Fat is an essential nutrient in your diet and also helps to provide a feeling of satisfaction after a meal. The reserve supply and compliment to Carbohydrates, fat provides nine calories per gram. Your body will strive to protect a specific amount of fat stores based on your individual genetics.

The Game Plan

1. Schedule meal planning and nutrient timing to improve mood, increase energy, and enhance performance. Eat breakfast within one hour of waking up every day. Break the overnight fast by fueling your body for the day. Eat small frequent meals early and often. Ideally five to six meals each day, eaten every three to four hours. Drink water throughout the day. With every meal, before bed and when you wake up. Carry a water bottle to class. Make a pre and post-workout nutrition a priority. Try not to skip meal before, eat as soon as possible after training.
2. Choose balanced meals with a variety of foods that you like to eat and others you know you need to eat. Choose meals and snacks composed of more carbohydrate than protein, and more protein than fat. Substitute calorie-dense carbohydrates such as white breads with nutrient-dense carbohydrates, specifically fruits and vegetables. Select a rainbow of colors for your fruit and vegetable choices and especially salads. Select wholesome foods that are not processed and packaged. Fruits and nuts as snacks instead of potato chips. Limit obvious poor choices such as fried foods, dressings, soft drinks, and sweets.
3. Avoid extremes when planning meals and making your food choices each day to reinforce healthy habits. Restrictive dieting doesn't work! Fads don't last! You can eat almost whatever you want, just not however much of it you want, whenever you want. Eat your favorite indulgences (sweets, pizza, fast food) in moderation.

The Top 24 Food Choices in the Performance Diet

1. Water=the single most essential component that represents 80% of your body and 65% of your weight.
2. Beans=top ranked carbohydrates like green, black, kidney, lima, and pinto provides protein, a low GI, fiber, and minerals essential to overall metabolism.
3. Poultry=top ranked proteins such as baked, roasted, or grilled skinless chicken and turkey breasts contributes an excellent portion of protein with an unmatched protein to fat ratio.
4. Green Leafy Vegetables=carbohydrates like broccoli and spinach, even leafless green, red, and yellow peppers have antioxidant vitamins and minerals and deliver a significant portion of fiber.
5. Citrus Fruits and Juices=carbohydrates including oranges, grapefruits, and tangerines supply the antioxidant vitamin C, potassium, fiber and are easily transported as a wholesome snack.
6. Grilled or Baked Fish=protein choices like salmon, tuna, sardines, and herring deliver a significant amount of protein and the essential omega-3 fatty acids. Also includes pre-packaged selections.
7. Bananas=carbohydrate that provides excellent amounts of potassium and fiber with no fat contribution
8. No-Fat Dairy Products=protein selections such as skim milk and yogurt that deliver a solid protein to fat ratio and an excellent source of calcium for strong bones.
9. Berries=carbohydrates such as strawberries, blueberries, blackberries, and raspberries provide solid amount of antioxidants, especially vitamin C, and potassium with no fat content.
10. Whole Grains=carbohydrates include Total, Wheaties, Raisin Bran, Cheerios, and Shredded Wheat cereals, oatmeal in addition to whole grain rice, bagels, and sandwich breads like wheat or rye provides excellent amounts of fiber, iron, folic acid, and zinc.
11. Lean Beef=proteins like flank sirloin and filet steak, in addition to roast beef and lean ground beef meats that supply a good protein to fat ratio, B-complex vitamins and iron.
12. Sweet Potatoes=carbohydrate that is more of a vegetable than a starch and contributes more protein, vitamins, and minerals than a regular potato with a lower GI.
13. Sports Drinks=Gatorade quickly replenishes lost water, electrolyte, and muscle glycogen stores.
14. Tomatoes and Tomato Sauce=carbohydrates can be included in a salad, pizza, or pasta sauce or as a juice drink that delivers solid amounts of potassium, fiber, vitamin C, carotenes, and lycopene which can provide a powerful defense against several forms of cancer.
15. Nuts=protein source such as peanuts, almonds, walnuts, and pecans which supply a solid amount of protein with essential fatty acids and the antioxidant vitamin E.
16. Fleshy Fruits=carbohydrates like apples, grapes, peaches, and plums that supply a quality amount of fiber and significant contributions for water but less vitamins and minerals than other fruits.
17. Eggs=protein course that delivers a solid protein to fat ratio with essential fatty acids and has the potential to reach all-American status by hard boiling and removing the yolk.
18. Starchy Vegetables=carbohydrates like peas, carrots, corn, squash, cauliflower, cabbage, brussel sprouts, and potatoes provide a quality source of fiber and essential vitamins and minerals.
19. Low-Fat Dairy Products=proteins such as 2% milk, reduced fat cheeses, and regular yogurt that supply a good protein to fat ratio while providing an excellent source of calcium.
20. Recovery Shakes=carbohydrate sources such as EAS Advantage, Gatorade Nutrition Shakes, GO! That provides an optimal ratio of carbohydrate to protein to ensure muscle protein and glycogen resynthesis. Affordable and transportable meal replacement.
21. Lean Pork and Ham=protein choices that can provide a solid protein to fat ratio if trimmed and prepared either baked or grilled rather than fried.
22. Dried Fruits=carbohydrate that is a longer lasting, more easily transported version of berries, bananas, or fleshy fruits which has lost some vitamins and minerals in the drying process.
23. Peanut Butter=protein that has a solid protein to fat ratio with no cholesterol.
24. Olive Oil=only ranked fat source is also the healthiest. And excellent substitution to heavier more saturated salad dressing or cooking oils.