



# SWC CROSS COUNTRY RUNNING TEAM

2022 -2023 Season

Cross Country season is a **GO!**

**Parent Meeting Sept 10<sup>th</sup> @ 10:00 am @ SWC**

## What is Cross Country Running?

Cross country is a team sport that takes place in the fall. Teams, divided into age groups, run a course over varied terrain and try to out run other teams. A successful team will have between 6 and 10 athletes per age group per gender. The categories are as follows; Novice is grade nine (14 years and under), Junior is grade ten ( 15 years and under) And Senior is grade 11 and 12 (18 years and under). Every person on the team matters.

Distances to run:

Novice – 4 km

Junior – 5 km

Senior – 6 km

## So How Is Cross Country a Team Sport?

Every person on the team contributes to the score of the team. The first four finisher's places are added together for our team score. For example, athletes finish 3,5,7,10 our score is 25 points. The winning team has the lowest score.

We can race unlimited number of athletes in meets and the zone championship. The more on our team the better, because, the remaining athletes act as displacers, adding places or points to our opponents team. We can only race 6 at the SOSSA championship, only 5 race per team at OFSAA, the Ontario Championship.

## Why Join the SWC Cross Country Team?

We are the third winningest team (17 gold medals), and the most decorated team 46 podium team finishes in Ontario history. During the last 11 years, SWC has won 69 zone team titles and 58 SOSSA team titles. Last fact, and the one most proud of, hundreds of cross country Bulldogs have gone on to continue running on post-secondary school teams, graduated with scholarships for schools internationally, and have become professionals of all kinds over the past 30 years.

**School sports are a great for personal growth.** Besides improving health and fitness, it teaches confidence, self- respect, reliability, teamwork and cooperation, leadership and social relationships. It teaches goal setting and time management. It teaches persistence, patience and practice.

## What You Can Expect This Season.

The SWC team trains 7 days a week. Yes, that seems a lot, but, by looking at our stats, it has been proven that our training program works.

Cross Country Season runs from the first day of school until mid-November.

Practices will be:

From **3:30 – 6 pm Monday to Friday**. Location SWC. Please arrange for a pick up at the school between 5:45 pm and 6:00 pm unless otherwise discussed.

From **9 - 11 am Saturday**. Locations will vary but will be communicated through emails.

Sundays are running on your own, for now.

Practices are RAIN, SNOW or SHINE.

## What to expect at a practice.

Fun, Fun, Fun! Team spirit and hard work.

Our work outs incorporate a full body workout. You won't just be running every day. There will be stretching, yoga, recovery runs, plyometrics, core strengthening and more. We try to keep it active and fun for everyone.

We do varying types of runs throughout the week. The length and frequency of the runs is based on age and ability. Our critical training/racing days are Mondays, Thursdays and Saturdays. These are very important to attend.

## **What to Wear. What to Bring With You to Practice.**

Always be prepared for the weather. As mentioned above, practice is RAIN, SNOW or SHINE.

Bring

- running attire – shorts, t-shirt,
- proper running shoes/trainers/spikes
- sweatpants, sweatshirt/long sleeve shirt (to keep warm before/after workouts)
- water bottle
- towel
- stretching band (one will be given out if you don't have one)
- roller (if required)
- running watch (if you have one)
- sunscreen
- mask for Covid responsibilities

## **Coaches for 2022 season**

Head Coach - Benny Ralston

Assistant Coaches – Lisa Rollo, Barry Wills

Teacher Representative – Irene Siemiaszko

## **Events**

Events for 2022 include:

**BULLDOG Invitational** (Fundraiser) - Monday Sept 19 - Fireman's Park, Niagara Falls

**MCQUAID** - Saturday Oct 1 (Sept 30 - Overnight)

**Pre-OFSAA** - Wednesday Oct 12 (tentative)

**ZONE - Wednesday** Oct 19 - Fireman's Park, Niagara Falls

**SOSSA -Thursday** Oct 27 - Fireman's Park, Niagara Falls

OFSAA - Saturday Nov. 5 (Nov 4 - Overnight) - Dagmar Ski Resort Ltd. 1220 Lake Ridge Road  
Ashburn, ON (Uxbridge) L0B 1A0

# What to Bring to a Cross country Meet

Here is a list of **musts** and suggested items to bring. These items will only help you keep dry and warm throughout the day.

(Print off a copy to check off. Also bring it with you - it's a great way to make sure you have all your stuff before leaving.

- **SWC warm up suit.**
  - **Warm up Clothes**
  - **Long sleeve shirt**
  - **Sweatshirt**
  - **T-shirt**
  - **shorts**
- **Uniform** – Singlet and shorts
- **Socks** – warm up, racing, dry pair for after (total 3 pairs)
- **Extra Dry Clothes for after the race**
- **Running Shoes**
  - **Warm up runners/flats**
  - **Trainers**
  - **Spikes with extra elements, wrench**
  - **Dry shoes** for after the race
- **Watch**, fully charged.
- **Water bottle** x 2 (with water in it)
- **Towel**
- **Stretching band**
- **Roller**
- **Hat or toque and gloves or mitts**
- **Sunscreen, lip balm, “Body Glide”**
- **Sunglasses**
- **Face masks (just in case)**
- **Small light snacks**
- **Garbage bag x 2** (if it rains, you can put your stuff in the bag to keep dry)
- **Newspaper** Why? Insulate you from a wet damp ground. You can sit and stretch on the garbage bag.
- **Blanket** (for warmth)

Resource Websites:

NRHSAA Website

<https://www.nrhsaa.ca/cross-country/>

2022 OFSAA Website

<https://www.ofsaa.on.ca/championship/cross-country-running/>