

AVON LAKE CROSS COUNTRY'S

"Meet Cheat Sheet"

SWC Championship
Saturday 10.12.13

THANKS FOR A GREAT SEASON

Thanks for everything! It's been a great ride. Now it's time for one last race together. Let's get to work!

The night before...

- ✓ Eat a healthy dinner! Parents will most likely be cooking pasta & providing bread, which is high in carbohydrates, which provide stores of energy. Load up on this! Your body will convert it to glycogen, which will provide your muscles with energy the day of the race. Food = Fuel!
- ✓ Limit the amount of sweets! Get it down to one serving (1 cookie, 1 brownie, etc., but just one!) at a time. Don't get rid of it completely, just lower the amount each day. It's good to have a little chocolate, for example.
- ✓ Avoid sugary drinks. Replace soda/fruit juice with water. It's a small change that makes a huge difference. Complex sugars really have no useful function.
- ✓ Stay hydrated. Not too hydrated! But sipping water throughout Friday afternoon/evening helps.
- ✓ STRETCH
- ✓ Get a good night's sleep! Optimal sleep for a middle schooler is 9 hours, 15 minutes a night. This may or may not be the amount of sleep you get the night before your first meet (especially with nerves!), and there will be meets where you will want to attend the Friday night football game the night before, but by the time the championship rolls around, you should have plenty of time to stock up on rest! Your body needs to recover from the week of school, studying, and working out! Rest is crucial for this to occur.
- ✓ This is one race where you can stay up later. Catch a movie with your teammates, play video games, hang out at Crocker Park. Whatever you do, don't talk about racing! You're already prepared. Think as little as possible about racing! Get it out of your mind. Time to unload, relax, and have some fun! You can stay out later because you can sleep in Saturday. Just don't stay up too late...you might wake up earlier than you thought you would! Still, if you get a lot of sleep this week you'll be fine.

The morning before...

- ✓ I would eat a larger-than-normal breakfast on Saturday. Eat between 10:30 – 11:00 a.m. (no later than 11:30 a.m.) Bring a light snack to the race as well.
- ✓ You should be okay with what to eat...hopefully you've already been in a routine with this and you've seen what's worked for you over these last few weeks.
- ✓ Again, you'll want to bring water and sports drink.
- ✓ Lastly, this race breaks up your routine. You're used to running early in the day. One of the problems with running in the early afternoon is that you've got a lot of time to think about the race. Thinking about running is way worse than actually running! So you're going to have to find something to do to occupy your mind and take your thoughts away from the race. My recommendation? Find your teammates, get together, have breakfast in the morning together, and talk about anything—ANYTHING—except running. Don't talk about it. Play board games, watch cartoons, joke around, but don't dwell on the race. Keep each other loose! Remember,

part of your job this year was to take care of your teammates. Time to take care of each other for this last race!

At the race...

- ✓ Once you get there I'll already have the camp set up. We will take about 20 minutes, and you can use the restroom and buy any apparel you want.
- ✓ Boys, then you'll get your team together and start prepping and warming up.
- ✓ Girls, you'll cheer on the boys and then get ready for your race.
- ✓ Boys, you'll cheer on the girls after your race
- ✓ Afterwards, we'll gather as one team (boys & girls) as they go over the SWC Awards Ceremony
- ✓ After the ceremony we'll head home and go bowling!
- ✓ I should talk about post-race meals here...but really after this race we're going to pig out while we go bowling.

“Team Racing Goals”

- **Get a good start, practice good form, and finish through the chute!**
- **You know your assignments! Time to execute.**
- **Surge!**
- **Stretch all week!**
- **Stay positive in all thoughts and actions—keep this up!**
- **Reflect on our racing! Talk about racing with your teammates! Tell each other you believe in each other. That makes all the difference.**

*“Rocco’s Goals for the
2013
Avon Lake Cross Country Team”*

#1 Promote a healthy lifestyle

Healthy diet, healthy choices, positive outlook

#2 Ownership

Take care of myself, my team, and let my team take care of me

#3 Collective Responsibility

Two are better than one when two can act as one

**IT’S NOT THE BEST TEAM THAT WINS
IT’S THE TEAM THAT WORKS THE BEST TOGETHER
THAT WINS**