

Do's and Don'ts For Cross Country Coaches

Do's

Do attend NCA Multi-sports clinic every year.

Do organize a summer camp for incoming 9th graders.

Do provide activities that build team bonding.

Do have a summer running program.

Do have routine, regularity, and predictability in your practices.

Do give runners target times for workouts.

Do practice unless lightning.

Do have an end of the year banquet-dinner for runners and families.

Do print varsity runner's times at various meets as 9th graders at the end of the season so current 9th graders can compare their times as freshman with varsity runners.

Do have your runners eat two bananas in the 24 hours before a race.

Do have your runners sleep 8 hours especially 2 days before a meet.

Do have runners eat 3 hours before a meet. Need to be fueled to race. After that only saltines or pretzels. Only sips of water in the last hour.

Do hurdle drill at end of practice 2 times a week. Do 1-minute planks daily

Do provide Bagels and Chocolate Milk after last hard practice before major meet.

Do require spikes for members of varsity team.

Don'ts

Don't let them run further than directed.

Don't let 9th graders or new runners without summer mileage run distance that those with summer running are running.

Don't let them do their own practice. You are the coach.

Don't do two "A" practices in a row and no "B" practices before an "A" practice.

Don't increase mileage and speed at the same time.

Don't introduce new muscle training activity or workout prior to a major meet.

Don't do uphill sprint repeats first three weeks of season.

Don't drop someone from varsity team unless they lose to another runner in a head to head race in a meet.

Don't taper for meets before the end of the season.

Don't let varsity team runners compete in sporting activities that could result in injuries after the conference meet. i.e pickup games, intramural games, soccer games

Don't let runners eat lettuce in 24 hours before a meet (and at lunch before practice).

Don't sleep in Kearney the night before the state meet.

Don't have runners try new things before the state meet. I.e foods, drink