

Welcome to Centaurus Cross Country!

www.CentaurusXC.org

Coach D's email: devin.rourke@bvsd.org

CXC Summer Training Program 2017

Daily training from June 5th until Aug. 12th. Cost: FREE

"How FAST you run in October depends on what you DO in June, July & August" - every XC coach ever

- Meet and hang out with your teammates
- Build fitness for the upcoming season
- Eat watermelon! Play frisbee! (sometimes)
- Take part in volunteering opportunities, which also help raise funds for our team
- Most importantly, **Have fun!**



What to Bring

Running Shoes, Water Bottle with your name on it, and bug spray when we meet at the buggy spots

At every summer run, there are always 3 groups:

Group 1: New runners/ Beginning runners/ Returning from injury/ Limited or no running background

Group 2: Returning JV runners/ aspiring Varsity runners

Group 3: Potential Varsity runners/ returning Varsity runners/ Alumni

All abilities are welcome!! New Runners, Incoming Freshmen are encouraged to come meet the team!



M 8am Davidson Mesa TH (meet on Harper Lake side)-----	Steady run, Core workout
T 7pm Teller Farm TH (off Arapahoe)-----	Hard run (Fartlek and Strides)
W 7pm Waneka Pavilion, w/ Watermelon!-----	Easy warm up run, Circuit training
Th 7pm South Boulder Creek Tr. (Park @ East Boulder Rec Center)-----	Hard run (Prog. or Tempo)
F 8am Lafayette City Park (park just S. of the skate park)-----	Easy run, then barefoot frisbee
Sa w/ even dates, 8am -Long Run on westbound Coal Creek Tr. (meet @ S. end of Louisville Sports Complex parking lot)	^(Unless announced otherwise on team webpage, or facebook page)
Sa w/ odd dates, carpool leave CHS 7:45am, run start from TH @ 8:30am -----	Mtn Run @ Betasso (off of Sugarloaf Rd.)

*Coaches will be in attendance when possible. Team captains will be in charge when coaches aren't present. Practices typically last 60-75 minutes. Remember, being the best you can be requires **consistent, dedicated** training all summer!*

2017 Captains: John O'Malley, Emma Wager

The "bring-new-people" rule

Every returning runner is required to bring at least 1 new person to a day of summer running.

Summer Racing Opportunities

BRR Track Meets ([link](#)): 6/1, 6/15 (Olympic Day), 7/6, 7/20, 8/3, 8/17. Registration begins 5:30 PM@Potts Field. Entry fee \$5/\$7 per event for BRR members/non-BRR-members. Events vary by date, check website for details.

Summer XC Camp

When and where: 4 days, 3 nights, July 10th-13th, at Snow Mountain Ranch outside of Winter Park, CO. Departing CHS in white buses on the morning of the 10th, returning to CHS in the evening of the 13th.

Cost: \$300 (lodging, food and transportation to/from CHS included). Payable via [RevTrak](#).

Who: Any current or future CXC athlete. Coaching staff are chaperones.

What: Running a lot! Training will be based on your experience and mileage level, but you must come prepared. This must **not** be your first (or 2nd or 3rd) week of training!! Other activities include team-building, hiking, swimming, games.

Details: Trip-related details will be sent to those who sign up. Questions, contact Coach D.

Important Dates

- **First CHSAA-official day of practice:** Monday, August 14th, 3:20 at "The Hill" (near the drop-off area in front of school)
 - **Note:** this is before school starts. **Location may change due to school construction. Check Team Website.**
- **Pre-Season:** August 7th-12th (dates and locations the same as the summer running program)
 - **Note:** this is a great time to make sure you have your registration paperwork in! **See back of this sheet.**
- **Time Trials:** Wednesday, August 23rd.
- **Parent meeting:** Thursday, August 24th- *tentative*
- **Raffle Run:** Saturday, August 26th. Parents and family can run! Every runner bring a prize < \$5. 1 ~0.5mi lap run = 1 raffle ticket.
- **First Meet:** Home Invitational at Waneka Lake, Saturday September 2nd

Email List

All athletes and parents MUST be on the Cross Country team email list. The email list will be the official means of communication. Coaching staff communicates often by email. **Sign up to the team email list at www.CentaurusXC.org.**

Fall Sports Registration

Fall Sports Registration takes place at Centaurus the first couple weeks of August. Registration involves completing a packet of paperwork (parent signatures required), paying the athletic fee (~\$185), and providing proof of current physical. Most of this is done online, at the Centaurus Athletics Website. Further information regarding athletics registration is available by clicking [HERE](#). **This must be completed BEFORE you are able to participate in any official team practice.** You need a “golden ticket” from Sue Fischer in order to participate in practice.

“I WISH I HAD REGISTERED EARLY!! I WAITED UNTIL THE LAST MINUTE LIKE EVERYONE ELSE, AND IT TOOK FOREVER!” -students, every year ;)

Summer Volunteering at Ironman

Sunday, June 11th: Boulder IRONMAN

Sunday, August 5th: Boulder 70.3

SIGN UP HERE: www.centaurusxc.org/ironman

The Centaurus Track and Cross Country teams have again been asked to volunteer at the Boulder Ironman events this summer, by staffing aid stations, working the finish line, helping at the sports expo, and other tasks. This is a great community service opportunity, and a way to get involved in the sports we love, in addition to earning grant money for the team in return. The dates of the volunteering events are listed below.



Funds earned as a result of the Ironman events will be split between the Track and Cross Country programs. Track program expenses include equipment, and food for meets. Cross Country expenses include the NXN Arizona trip, and food for meets.

Of special importance is the Boulder Full Ironman on June 11th. This will be the largest Ironman ever held in the world, and we, the Centaurus Track and Cross Country teams, will be manning the “Triple Hit” aid station on the Run Course! We need 120 volunteers to help manage a Run Aid Station along Boulder Creek. Volunteers can be Track and Cross Country athletes, parents, family, friends.. everyone is welcome!!

In-season, low-altitude travel opportunity: mid September, 2017

The most successful teams are those that work together toward a common goal. In Cross Country, that means training day-in, day-out throughout the summer with your teammates by your side. It means making a commitment to be there everyday, and for the most dedicated athletes, it means making sacrifices in order to place the team above oneself.

If 5 or more boys or girls **clearly demonstrate**, throughout the CXC Summer Training Program, that they wish to be part of a successful CXC team, they may be deserving of an in-season, low-altitude travel trip. The trip is limited to the top 5-7 athletes, will be funded entirely by the families of the travelers, and will take place in mid-September. If you, the athlete, wish to be considered for such a trip, please discuss it with your parents and express interest to me by **June 15th**. A decision regarding the travel team will be made early on in the season, and further details will be available at that time.

Arizona Trip to Nike Cross Regionals: November 17th-19th, 2017



This trip is an opportunity to run a very fast 5k at low elevation with some of the best runners in the surrounding 5-state region. In addition to the unique and special racing opportunity, we enjoy fun activities afterward such as mini-golf, hiking, visiting the college campus, etc.

Because of the outstanding fundraising and organizational efforts of parents involved with our booster club CTCC (Ironman volunteering, Concessions Stand, etc.), a significant portion of the cost of the trip is subsidized. Typically, the final out-of-pocket cost per athlete is in the range of \$400, which includes all racing fees, food, lodging, and travel expenses. The final cost of the trip depends

heavily on the success of fundraising efforts.

Since NXR is primarily a valuable racing opportunity, the coaching staff will invite athletes to come to NXR beginning as early as the first official day of practice in the season. Invitation is not based only on performance, but performance is a primary factor. **No one single race will be the determining factor- the entirety of the season will be considered, as well as the level of summer commitment to training and volunteering. Other factors include the athlete's volunteering efforts, attitude, dedication to the team, work ethic, leadership, and responsibility. This decision will not be taken lightly. The decision will be made as a coaching staff, and the decision is final. More details about NXR will come out toward the middle of the season.**