



AUGUSTANA CROSS COUNTRY RUNNING Fall, 2015



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Practice:

- Monday: 4:15 - 5:45
- Tuesday: 4:15 - 5:45
- Wednesday: 5:30 - 7:00
- Thursday: 4:15 - 5:45
- meet outdoors in the quad by the "creek" or if raining in classroom bldg
- if you can't make the scheduled time, you are expected to run at some other time in the day

Training:

- following season program on the xc website

Important Events:

- **Student-athlete orientation: Tuesday, September 1, 6:00-8:00 pm, gymnasium**
bring a pen – you will be required to fill out some forms
- **Team meeting: Wednesday, September 2, 5:00-5:30 pm, C061**
- **Individual pictures: tba**
 - head shots - bring your running singlet if you have one; singlets will be available for those who don't have one

Races:

- ACAC Grand Prix races (leave Saturday morning, return Saturday afternoon):

Sept 12	Concordia	Edmonton
Sept 19	GPRC	Grand Prairie
Sept 26 (optional)	LCK	Lethbridge
Oct 3	SAIT/STMU	Calgary
Oct 17	Augustana	Camrose
- ACAC Championships:

Oct 31	LCK	Lethbridge
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- CCAA Championships (leave Friday midday, return Sunday):

Nov 14	St. Lawrence	Brockville, ON
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- Other possibilities

Sept 20, 11 am	Terry Fox Run	(Camrose, Stoney Creek Ctr)
Wednesdays	Frank McNamara XC series	(6:00 pm, Edmonton)

-schedule at <http://www.raceonline.ca/events/details/?id=984>

Race signup:

- race information and signup form found on xc website; indicate that you are wanting to go to the race by signing up **by the Tuesday** prior to the race

Grand Prix Series:

- consists of 5 ACAC Grand Prix races and ACAC championships
- awards for top 10 women and men
- based on placings in best 3 exhibition races and championship

- School Team Competition:**
- separate men's and women's
 - based on team's top four finishers at ACAC / CCAA championships
- Conference Competition:**
- top 7 women and men at ACAC's are the ACAC conference teams at CCAA's
 - based on team's top five finishers at CCAA championships
- Expectations:**
- run according to season training schedule
 - 2 Grand Prix races if you want to run in the ACAC championships
 - regularly peruse xc website to get information and resources
 - check Augustana email for xc messages every day you are not at workout
 - be available to help at various tasks as they arise
 - **fill out all forms (see form checklist on xc website)**
- Jimmy Condon Scholarships:**
- 7 each for men and women per term
 - value \$900
 - full course load (3 x 3 credit courses)
 - in good academic standing (previous term)
 - Alberta resident or attended Alberta school in previous term
 - nomination by coaches
 - fall term considerations
 - recruitment
 - regular practice participation
 - four weekly practices for single-sport athletes
 - two of four weekly practices including one quality session for multi-sport athletes
 - 3 Grand Prix races
 - ACAC and CCAA Championships
 - general commitment to team
 - performance in 2 of first 3 races
 - winter term considerations
 - specific running training
 - 2 ACAC indoor track meets + ACAC indoor track championships
 - spring race
- Remarks:**
- run for enjoyment and personal improvement
 - stretching *before and after* a run is recommended
 - alternate lower intensity workouts and higher intensity workouts
 - "cross-training" can be beneficial (biking is especially good) but it does not replace running
 - a little "core" work (*eg. situps*) can help your running
 - running with a heart rate monitor on occasion is useful - we have a number available to use (sign out from Gerhard)
 - generally transportation will be arranged to get everyone who wants to run to races - if more runners sign up for a race than we have transportation for, I will choose who goes based on order of signup / commitment / results / team balance / opportunity to run at least 2 races
 - team spirit (support, encouragement, advice, *etc.*) will make for a more enjoyable and successful experience - how will we cultivate this?