



AUGUSTANA CROSS COUNTRY RUNNING Fall, 2021



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Practice:

- 3 week block
Monday - Thursday 12:15 - 1:30
- 11 week block
Monday 5:30 - 6:30 Tuesday 4:15 - 5:30
Wednesday 5:45 - 7:00 Thursday 4:15 - 5:30
- meet outdoors in the quad by the "creek" or if raining in Classroom Building
- 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:

- **Team meeting: Thursday, August 26, 5:00-5:45 pm, C167**
- **First practice: Friday, August 27, 12:15-1:15 pm**
- **Student-athlete orientation: Monday, August 30, 5:00 pm, Chapel**
 - bring a pen – you will be required to fill out some forms
 - **individual pictures** – head shots before meeting at 4:00 – 5:00 in "horseshoe" gym foyer, bring your running singlet if you have one; singlets will be available for those who don't have one
- **ACAC Town Hall: Wednesday, September 15, 8:00-9:00 pm, Zoom**
 - compulsory for all ACAC student-athletes
 - Zoom invite tba

Races:

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

Sep 18	Concordia	Edmonton
Oct 2	Augustana	Camrose
Oct 16	St. Mary's	Calgary
- ACAC Championships:

Oct 30	Augustana	Camrose
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- CCAA Championships (tentative – depending on COVID situation):

Nov 13	St. Mary's	Calgary
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- Other running opportunities

Sep 6	Camrose Ski Club training camp trail race (5 km & 10 km)	
Sep 19	Terry Fox Run	(virtual)

<https://terryfox.org/terry-fox-run/>

Wednesdays	Frank McNamara XC series	(6:00 pm, Edmonton)
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<https://raceroster.com/events/2021/50676/2021-frank-mcnamara-fall-x-country-series?fbclid=IwAR1FqH5le8HEf4wIQDuuwxiMn2OoPdSOAZTp5KyD18EYwJplgr0fLZcU4>

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 Monday** prior to the race

- Grand Prix Series:**
- consists of 3 ACAC Grand Prix races and ACAC championships
 - awards for top 10 women and men
 - based on placings in best 2 Grand Prix races and championship?
- School Team Competition:**
- separate men's and women's
 - based on team's top four finishers at ACAC / 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 with various tasks as they arise
 - ****fill out all forms and complete all education****
(see forms & education checklist on xc website)
- Jimmy Condon Scholarships:**
(tentative)
- 5 - 7 each for men and women per term
 - value \$1800
 - full course load (3 x 3 credit courses per term)
 - 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
 - > three of four weekly practices including Wednesday quality session for multi-sport athletes
 - 3 Grand Prix races
 - ACAC and CCAA Championships
 - general commitment to team
 - performance in 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
 - warmup (jog, active/static stretching) *before and after* a run is recommended
 - alternate lower intensity workouts and higher intensity workouts
 - "cross-training" can be beneficial but it does not replace running
 - a little "core" work (*eg. situps*) can help your running
 - a watch with a chronograph/stopwatch feature is almost indispensable
 - lap and split features are really useful
 - *eg. Casio F91W-1 or LA20WH-1C (\$20), Timex Sleek 50 (\$40 - \$60)*
 - 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, coaches 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?