



AUGUSTANA CROSS COUNTRY RUNNING Fall, 2023



Coaches:

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C171

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Website:

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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:

- **August 24 (Thursday), 5:00 – 5:45 pm: Team meeting, C167**
- **August 24 (Thursday), 2:00 pm: ACAA First Year Seminar - Consent Culture is Everyday Culture** (for 1st year students only)
- **August 25 (Friday), 12:15-1:15 pm: First practice**
- **August 30, 5:00 pm: Cross country team student-athlete orientation, C167**
 - *compulsory* - if you are not able to attend you will need to attend with another team at another time
 - bring a pen and notebook/paper
 - individual pictures – head shots after session in "horseshoe" gym foyer, 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):

Sep 9	Concordia	Edmonton
Sep 16	SAIT	Calgary
Sep 30	Lethbridge	Lethbridge
Oct 14	Augustana	Camrose
- ACAC Championships:

Oct 28	Lethbridge	Lethbridge
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- CCAA Championships:

Nov 11	DAL - AC	Truro, NS
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- Other running opportunities

Sep 17	Terry Fox Run, 11 am, Stoney Creek Centre	
	https://run.terryfox.ca/3166	
Wednesdays	Frank McNamara XC series	(6:00 pm, Edmonton)
	https://raceroster.com/events/2023/77214/2023-frank-mcnamara-fall-x-country-series	

- 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 4 ACAC Grand Prix races and ACAC championships
 - awards for top 10 women and men
 - based on placings in best 3 Grand Prix races and ACAC championships
- 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)
- Scholarships:**
- Alberta Athletic Scholarships
 - may not know if we have these until January
 - 5 each for men and women per term
 - value \$900 / \$1800
 - full course load (3 x 3 credit courses per term)
 - Canadian citizen
 - Alberta resident or attended Alberta school in previous term
 - nomination by coaches
 - Augustana athletic scholarships
 - 5 – 10 total
 - value \$500 - \$1000
 - full course load (3 x 3 credit courses per term)
 - in good academic standing (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

Fund raising

requirements:

Adopt-a-Viking

- solicit donations from family, friends, strangers, businesses
- tax deductible!
- \$50 for runners participating in xc Grand Prix Races / ACAC Championships
- \$200 for xc scholarship recipients
- additional amount for runners traveling to nationals
- \$50 for runners participating in indoor track
- \$100 for indoor track scholarship recipients
- used in current year if necessary for championship
- builds travel fund for future championships (especially Ontario / Quebec)

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 – \$30), Timex Sleek or Ironman (\$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?