



AUGUSTANA CROSS COUNTRY RUNNING Fall, 2024



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Practice:

- 3 week block
Monday - Thursday 12:15 - 1:30
- 11 week block
Monday 5:45 - 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 20 (Tuesday), 3:00 – 4:00 pm: Media Day team & individual photos, gymnasium** (wear singlets, running shorts and shoes)
- **August 21 (Wednesday), Athlete Orientation**
 - *compulsory* - if you are not able to attend you will need to attend with another team at another time
 - bring a smart phone/tablet/laptop, pen and notebook/paper
- **August 22 (Thursday), 5:00 – 5:45 pm: Team meeting, C167**
- **August 23 (Friday), 12:15-1:15 pm: First practice**

Races:

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

Sep 7	Concordia	Edmonton
Sep 14	NWP	Grande Prairie
Sep 21	Lethbridge	Lethbridge
Sep 28	St. Mary's	Calgary
Oct 12	Augustana	Camrose
- ACAC Championships:

Oct 26	St. Mary's	Calgary
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- CCAA Championships:

Nov 9	St. Clair	Windsor, ON
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- Other running opportunities
 - Sep 15 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 5 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?