

HAYS CROSS COUNTRY

Welcome! We will begin at 6:00 pm.

Athletes & family members join.

This is our main form of communication.



BJX6-TYG2 ← This is the same as last year.

Click [HERE](#) to 'Sign Up' for XC 2022
(It's a google form to collect student information)

Websites:

bit.ly/haysxctf (I'll update this soon!)

 **@xchays**

 **@xchays**

 **xc.hays**

While you wait, take the time to bookmark this page:

(We all need to be members and find ways to be involved in this organization!)

Hays High Athletic Booster Club:

haysathleticboosterclub.com

'Follow' Hays High Athletic Booster club on



and



HAYS CROSS COUNTRY

Head Coach—Traci Hightower traci.hightower@hayscisd.net

Assistant Coach—Allison Castillo

Assistant Coach— Timothy Engler

TO PARTICIPATE:

You cannot just show up!

1) Complete Google Form to 'Sign-up'

<https://forms.gle/vvVZ6MePY31GLa5bA>

2) Complete ALL online forms. [HaysCISD.rankonesport.com](https://www.hayscisd.net/rankonesport.com)

- Create an account so you can easily check when forms have been approved
- Use FULL signatures & fill in every blank
- If there is a link...open it up. Not opening a link may automatically deny/not approve the form.

3) Turn in (to HHS Athletic Office) an Athletic Physical dated after 4/1/2022

- If you need help with this, let Coach Hightower know!

HAYS CROSS COUNTRY

IT'S A TEAM SPORT...

High School Races: 5K (5000 meters) 3.125 miles

A training PLAN...not just 'conditioning'...

Aerobic v. Anaerobic Timeframes

Aerobic training requires 20-24 weeks of training to elicit mainly **structural changes** in the body.

Anaerobic training requires 9-11 weeks of training to elicit mainly **chemical changes** in the body.

PHASE 1 OF THE 'PLAN'

10 WEEKS

Hays High School Cross Country 2022

Consistency is what transforms average into excellence.

Red/Blue Star: minimum of 20 mins running; Gold/Silver Star: General strength and/or core routine

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
May 22	May 23	May 24	May 25	May 26	May 27	May 28
May 29	May 30	May 31	Jun 1	Jun 2	Jun 3	Jun 4
Jun 5	Jun 6	Jun 7	Jun 8	Jun 9	Jun 10	Jun 11
Jun 12	Jun 13	Jun 14	Jun 15	Jun 16	Jun 17	Jun 18
Jun 19	Jun 20	Jun 21	Jun 22	Jun 23	Jun 24	Jun 25
Jun 26	Jun 27	Jun 28	Jun 29	Jun 30	Jul 1	Jul 2
Jul 3	Jul 4	Jul 5	Jul 6	Jul 7	Jul 8	Jul 9
Jul 10	Jul 11	Jul 12	Jul 13	Jul 14	Jul 15	Jul 16
Jul 17	Jul 18	Jul 19	Jul 20	Jul 21	Jul 22	Jul 23
Jul 24	Jul 25	Jul 26	Jul 27	Jul 28	Jul 29	Jul 30

PHASE 2 OF THE 'PLAN'

10 ½ WEEKS

Hays High School Cross Country 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Aug 1	Aug 2	Aug 3	Aug 4	Aug 5	Aug 6
			10th-12th Sched Pick (10:30-5p)		
Aug 8	Aug 9	Aug 10	Aug 11	Aug 12	Aug 13
Flight School (9:30-1:30)					Hays-Lehman-Johns
Aug 15	Aug 16	Aug 17	Aug 18	Aug 19	Aug 20
Self PD	First day of school				Tri-Meet
					HS-MS Meet
Aug 22	Aug 23	Aug 24	Aug 25	Aug 26	Aug 27
					Dripping Springs
Aug 29	Aug 30	Aug 31	Sep 1	Sep 2	Sep 3
				AISD Meet	
Sep 5	Sep 6	Sep 7	Sep 8	Sep 9	Sep 10
					San Marcos
Sep 12	Sep 13	Sep 14	Sep 15	Sep 16	Sep 17
					HaysCISD
Sep 19	Sep 20	Sep 21	Sep 22	Sep 23	Sep 24
		HaysCISD MS Meet (PM)			
				JV Meet	McNeil (Varsity)
Sep 26	Sep 27	Sep 28	Sep 29	Sep 30	Oct 1
					Seguin
Oct 3	Oct 4	Oct 5	Oct 6	Oct 7	Oct 8
					Varsity Practice
Oct 10	Oct 11	Oct 12	Oct 13	Oct 14	Oct 15
			District @ Lockhart		MS District @ Hays

SUMMER TRAINING 2022

Your future depends on what you do TODAY!

We must be dedicated in the summer to give ourselves an opportunity to be successful in the season.

Goals for Summer

- Consistency is the key to being successful in running. Start now and build gradually to increase your aerobic fitness.
 - By the end of June, be running at least 4 days a week. Base/Capillary Runs are the focus.
 - By the end of July, be running at least 5 days a week. We will progress the speed and nature of the workouts.
- Run with teammates.
 - It will make the team better if we are all working together. Make a date to run with a teammate on days we do not meet for summer workouts.
 - *Whenever possible, avoid running on paved or concrete surfaces; grass or dirt surfaces are much easier on your legs.*
- Purchase a wristwatch & pair of running shoes. (Doesn't mean the most expensive!)
 - Watches should at least have a chronological timer with a split or lap function. GPS watches are helpful but not necessary. The Garmin Forerunner 35 is the most cost effective GPS watch (Amazon)...a refurbished/renewed watch is great!
 - If you have never bought running shoes before, there are several running specialty stores in the area that have skilled professionals that will recommend shoes best for your running style, event choice and foot shape.
- Begin healthy eating and sleeping habits.
 - These 2 items can separate good and great performances. Water should be your drink of choice.
- There is more to running than running.
 - You will receive information regarding stretches, ab workouts, leg circuits, and supplementary exercises. These activities are just as important to your development as daily running. JUST DO IT. I'd rather you shorten your run rather than skip stretching and strengthening exercises.

Summer Training....find a balance between work and play...

Hays High School Cross Country 2022

Choose your category! Understand that high school XC is a looong season, so be patiently CONSISTENT with your training. Follow the plan so your legs & lungs will be prepared for the more interesting training that will follow over the next few months.

Purple: Incoming freshmen, new to cross country OR those who are 'just now gettin' off the couch.'

Blue: All returning runners that have been consistently active throughout the Spring Semester of 2022!

Red: (beginning Jun 12) Varsity Boys or JV Boys that have been training consistently.

White: These exercises should be done by everybody

Days without a pace are what we call 'base run' days. Run at a comfortable pace. Be light on your feet!

Complete ALL the supplemental strength work. These details definitely make a difference in your performance when the workouts get longer and when we finally get to run in a crowd (that think they can push us around!).

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
May 22	May 23	May 24	May 25	May 26	May 27	May 28
BEFORE	Leg Swings(LS)		Leg Swings(LS)		Leg Swings(LS)	Any 'Active' Activity!
Purple	15 mins	6 min HIIT & Abs	15 mins	10 min Cross Fit	15 mins	
Blue	20 mins	Core	20 mins	Core	20 mins	
AFTER	Lunge Matrix(LM)				Lunge Matrix(LM)	
May 29	May 30	May 31	Jun 1	Jun 2	Jun 3	Jun 4
BEFORE	LM & LS		LM & LS		LM & LS	Any 'Active' Activity!
Purple	15 mins	12 min Workout 1	15 mins	12 Min Workout	15 mins	
Blue	20 mins	Core	20 mins	Core (Pedestal Routine)	20 mins	
AFTER	Balance Routine		SAM Phase 1-Easy Day		SAM Phase 1-Easy Day	

'Optional Practice' begins June 7th...join us whenever you are in town...

Jun 5	Jun 6	Jun 7	Jun 8	Jun 9	Jun 10	Jun 11
		Optional Practice HHS 6:30 - 7:45		Optional Practice HHS 6:30 - 7:45		Any 'Active' Activity!
BEFORE	LM & LS	LM & LS	LM & LS	LM & LS		
Purple	15 mins	20 mins	OFF	20 mins	15 mins	
Blue	24mins	20 mins	25 mins	20 mins	20 mins	
AFTER	SAM Phase 1-Easy Day	Balance Routine Strength & Core	SAM Phase 1-Easy Day	Strength & Core	Core	
Jun 12	Jun 13	Jun 14	Jun 15	Jun 16	Jun 17	Jun 18
	Optional Practice HHS 6:30 - 7:45	Optional Practice HHS 6:30 - 7:45		Optional Practice HHS 6:30 - 7:45		Any 'Active' Activity!
BEFORE	LS & LM	LS, 5 min WU, LM	LS & LM	LS, 5 min WU, LM	LS & LM	
Purple	24 mins-LR	1 min Steady, 2 mins Easy Repeat 4 times 12 mins total running	OFF	1 Mile Time Trial (for training pace purposes)	24 mins	
Blue	30 mins-LR	2 min Steady, 3 mins Easy Repeat 3 times 15 mins total running	OFF		24 mins	
Red	35 mins-LR	18 mins Steady	OFF		30 mins	
AFTER	SAM Ph1 E & CoreX	5 minute cool down SAM Phase 1 Hard Day	SAM Ph1 E & CoreX	5 minute cool down Balance Routine	CoreX	

Practice Location:
'Square Turf' behind the
'old' baseball field.

Bring/wear:

Water bottle
Towel/Mat

Running shoes, shirt &
shorts (school & weather
appropriate)

A wrist watch...GPS or not
GPS...just have a watch
that has chronological time.

Prompt at pick up or have a location to 'wait' for parent pick-up. Maybe stay for power camp? Maybe go get free breakfast in the cafeteria?

SUMMER TRAINING 2022

Things to consider for summer training:

- THE HEAT & proper hydration!
 - Early mornings or very LATE evenings are your only options. Do not think that running in hot temperatures make you a 'tough runner.' You put yourself at a high risk and it will take your body longer to recover for the next workout.
 - Consider drinking from a refillable water bottle (like you do at school) to help you measure your daily fluid intake.
- If you cannot join our 'Team Runs,' train on your own following the posted running schedule. Find a teammate or 'accountability partner' to connect with a couple of times a week.
 - You can even message Coach Hightower through SportsYou weekly updates on your training!
- Playing summer/select sports? Great! Multi-sport athletes are welcomed! Try to include at least one day of 'base training' and include some of our supplementary exercises. This probably means you already understand the importance of good nutrition and sleep habits!
- Going to a summer camp or long vacation? Enjoy! Try to run or complete supplementary exercises if you can. If not, just re-enter the training plan when you return home.
- If injuries or prolonged soreness occur, it's OK to take a few days off! Also, PLEASE reach out to Coach Hightower so we can possibly avoid frustration and/or an expensive doctor's visit. Our training staff is available occasionally throughout the summer!

SHOE & WATCH IDEAS....

Local Stores: Will help you pick a shoe for your foot & running type. **CALL AHEAD** for APPT

FLEET FEET

5900 W Slaughter Ln Ste 430

← in Circle C...may have XC spikes in stock now or closer to August.



3616 Far West Blvd Suite #120, Austin, TX 78731

- **Keeps cross country spikes in stock**

DICK POND
ATHLETICS

Has a lot of options in the clearance section. When ordering, comment: Coach Hightower Hays XC and we will get 'Team Bucks.'

RUNNING
WAREHOUSE
Online Discount Store

ONLINE SUGGESTIONS

SAN MARCOS
PREMIUM OUTLETS
A SIMON CENTER

new balance
FACTORY STORE

asics

NikeFactoryStore

saucony

S
SKECHERS

Timex Men's Ironman Essential 10

\$27⁹⁹

List price \$42.95 Save \$14.96



WALMART.COM



Garmin Forerunner 35 Watch,

★★★★☆ ~ 2,195

\$89⁹⁹ ~~+\$139.99~~

✓prime FREE Delivery Fri, May 20

More Buying Choices

\$89.90 (3 new offers)

In-Season Overview (Beginning Aug 1st)

2021 Meet Schedule

Practice Calendar This will be updated each week on the newsletter.

- Practice every Monday through Friday:
6:30 am – 8:00 @ HHS.
- Locker rooms (with showers & lockers) are available and will be assigned prior to the start of school
- Meets are in the morning and are usually over by noon. We will return to traveling together by bus all on the same day and at the same location!
- There is a CC athletic class period. Enrollment in the class is not a requirement to participate in CC, but it is highly recommended. If you are truly committed to be a competitive runner, and have room in your schedule, join us! 4th & 8th Period

How do I make the 'team'?

- Attend practice...on time!
- Be where you are suppose to be, doing what you are suppose to do
- Train Properly
- Your attitude must add value to the team.
- Run a 5K (3.125 miles) without walking

If you meet those expectations, you are putting on a uniform and racing!

Practice 'conflicts' with other school sponsored activities (band, tennis, etc) can be worked out.

COMMUNICATE & Stick with the plan!

NECESSITIES: In-Season (Beginning Aug 2nd)

Everyday for Practice

- Water Bottle. Pre-filled...enough to last the entire practice
- An old towel or yoga mat
- Watch with Lap/Split Timing OR GPS
- Running Shoes--A pair of shoes SOLELY for cross country.
- Distance Spikes (for meets)

Practice Dress Code:

- Athletes supply their own running shorts each day.
- Athletes will be issued ONE Safety Green Tank, ONE Red Tank, ONE 'old uniform'

Monday	Tuesday	Wednesday	Thursday	Friday
		'Old' Uniform		

Cross Country 2022 'Big Picture'

The best teams are created by YOU!

- Promote the program and recruit your friends! It usually doesn't take long for people to realize how cool we are! Give them our SportsYou code and/or share this presentation with them.

Join the booster club and be an active member.

- HHS, HaysCISD, Kyle/Buda is growing rapidly! There is so much change happening around us. Let's be a part of that change & model for our kids how to be a contributing member of society!

Read the newsletters. Participate &/or volunteer sooner rather than later.

Our usual cool/unique Hays XC shirt will be available in August! When I send out the 'order link,' order one. My goal is to have them before our first meet....hopefully before our Aug 1 parent meeting.

'Need Help With'

- 'Acts of Service' involving our Wallace & Barton XC program.
- Team Pasta Dinners (once every two weeks beginning in August)
- Promote XC via Social Media graphics, senior highlights, etc.
- End of Year Varsity 'Banquet' or 'Celebration'
- Shared Google Photos (or something similar) for parents/athletes to upload (great memories especially looking back as seniors)

HAYS CROSS COUNTRY 2022

TODAY'S PRESENTATION



<https://bit.ly/3wCfY8J>