

# Getting started with Bella Vista Cross Country

Here are some important steps to get started in BV Cross Country:

- Email Coach Kuphaldt at [h.kuphaldt@gmail.com](mailto:h.kuphaldt@gmail.com). Let him know your basic contact information for the athlete and parents so they can be added to email distribution list. Also include the athlete's year in school as of the fall school year.
- Sign-up as a user on XCstats.com (see handout on signing up on XCstats). It is important that both athlete and parent contact information be added to the website.
- Sign-up to add yourself to coach Kuphaldt's "Remind" Account. (See handout for how to sign-up)
- Bookmark BVTrack.com (Team website) and monitor for meet information, results, pictures and important team information.
- Come out for optional (BUT STRONGLY ENCOURAGED!) summer training. They say the 3 most important things to succeed in cross country is June, July and August! Weekly schedules will be emailed out and the summer training schedule will be posted on BVtrack.com Training runs will start in early June.
- Sign-up for our team camp! This is an incredible time of fun and bonding to help us prepare for the Cross Country season. (See Brochure)
- Purchase your uniform (This is optional but encouraged). Uniforms can be purchased from Coach Kuphaldt (\$24.00 for the shorts and \$46.00 for the singlet)
- Complete the athletic clearance packet for Bella Vista HS. This also includes a Pre-activity Physical. A link to this packet is available through the following link: <https://www.familyid.com/organizations/bella-vista-high-school> Schedule your physical early! Without the Physical and clearance packet completed you will not be able to practice or compete after July 30th.
- Read and sign-off on the BV Cross Country rules on BVTrack.com. Give a copy of the signed rules sign-off to Coach Kuphaldt along with a copy of your emergency card.

## **BASIC RULES:**

**Team makeup** – A Cross Country team is made of seven runners. The top five runners are the “scoring” members and the remaining two have the important job of displacing the scorers on opposing teams. Only the varsity level is limited to seven competitors in a race, the other levels usually have unlimited entries.

**Levels of competition** – Bella Vista is a member of the CVC (Capital Valley Conference League) and the Sac-Joaquin Section of CIF (California Interscholastic Federation). We have 2-3 CVC League Meets, including our championship meet on the last Friday in October. All athletically eligible Bella Vista High School Cross Country Team members are required to compete in these meets. At these meets, there are four races.

1. Freshman/Sophomore Girls, 2 miles
2. Freshman/Sophomore Boys, 2 miles
3. Varsity (includes JV) Girls, 3 miles/5K
4. Varsity (includes JV) Boys, 3 miles/5K

The competition that leads to the CIF State Meet at Woodward Park begins on the first weekend in November at the Sub-Section meet at Frog Town-Calaveras County Fairgrounds. This meet brings together approximately 150+ high schools in the Section to a single qualifying meet. The divisional structure for the entire Section and qualifying procedures can be found at <http://www.cifsjs.org/sports-playoffs/fall-sports/cross-country/>. The results of this meet determine the teams and individuals that qualify on to the Section Finals at Willow Hills, Folsom on the second weekend in November to compete for Section team and individual titles. The top varsity teams from Sections will continue on to the CIF State Meet at Woodward Park.

**Scoring** – Races are scored by assigning a point value for the place a runner finishes in. If a runner finishes first, he will earn 1 point. Finishing 55th would earn 55 points. Cross Country is similar to golf in that the lowest score wins. A perfect score is 15 points, with the top five runners occupying the first five finishing positions. Runners who do not have a full team or those runners placing 8<sup>th</sup> or higher on their team (in races that allow for more than 7 runners) are removed from the results for team scoring. This happens quite often at larger races. Big invitationals and championship races are often won with point totals close to 100.

**Race length** – Most races for varsity are either three miles or five kilometers long. Occasionally a course will measure slightly short or long. Fr/Soph are usually 2 miles in length. JV runs 3 miles at our league meets and sub-section and section meets. The race length varies at the invitationals for JV between 2 miles – 5K(3.11 miles).

## **EQUIPMENT NEEDED:**

- 2 important items! A watch (with a stopwatch feature) and running shoes.

It is best to have two pairs of shoes, a standard trainer and XC racing flats. The XC racing flats are light-weight shoes designed for racing, rather than daily training.

## **How can I help with the Bella Vista Cross Country Program?**

There are three ways that you can make the program more successful.

1. Encourage your son or daughter to take advantage of the training, competitive, and social opportunities that we offer and to be positive and respectful to their teammates, their competitors, and their coaches.
2. Invite your friends. Running is more fun in groups!
3. Get involved! Join us for runs, cheer at the meets, and take advantage of volunteer opportunities. These opportunities include: transporting athletes to and from practices or competitions, assisting at the BV invite, assisting at fund-raising events and becoming an active member of the Bella Vista Track and Cross Country Booster. We have lots of opportunities for involvement with the program.

## **R U N N I N G   T E R M I N O L O G Y**

**XC** -- Abbreviated form of Cross Country

**Runner** -- Someone who runs faster than a jog. We do not jog.

**CIF** -- California Interscholastic Federation

**CVC** – Capital Valley Conference (our league consisting of Bella Vista, Antelope, Woodcreek, River Valley, Oakmont, Yuba City, Roseville, and Inderkum)

**Invitational** -- A large race hosted by one or more schools. They provide better competition and larger fields of competitors.

**PR** -- Personal Record (time)

**Pace** – Running speed over a particular distance, for example minutes per mile

**Surge** -- A short burst of speed during a race. Used to change rhythm or break the competition.

**Kick** – A burst of sustained speed at the end of the race.

**Pack** – A group of runners in close proximity

**Racing Flats** – Special, light-weight shoes designed for racing rather than daily training.

**Training Shoes** – Running shoes designed for long wear in daily training

**Warm-Up** – A running and stretching routine that gradually warms the body up for intense running.

**Cool-Down** – A routine that allows the muscles to purge themselves of lactates and the body to gradually lower its temperature to normal following a race or intense workout.

**Aerobic** -- Running at a comfortable pace that keeps you in a heart-rate zone of 60-80% of your max.

**Anaerobic** -- Short, intense running that does not rely on the body's ability to process oxygen.

**VO2 Max** -- Short workouts lasting from 3-5 minutes. Usually part of an interval workout.

**Threshold/Tempo** -- Refers to aerobic threshold training. Usually running for 15 to 30 minutes

at marathon to half marathon pace, comfortably hard continuous run

**Progression Runs:** differing levels of distance and speed to finish a run that starts at an easy/moderate pace.

**Steady State:** the fastest continuous pace for a long run

**Easy run/Recovery run:** Easy, conversational pace. This is when true aerobic training begins. This pace is often used for cool down after a hard race or workout or the day after and intense workout or race.

**Intervals --** Segmented running run at varying intensities. Intervals can be any distance, but are most commonly between 200m and 2 miles.

**Splits --** Times associated with standard checkpoints in a race or workout. Ex: mile splits.

**Strides --** Moderately fast runs lasting between 50-200m. The focus is on form during these runs.