

Getting Started with Bella Vista Cross Country

- **Register with Sportsnet and schedule a physical** This needs to be done by the official first day of practice. Your information and an updated new Physical needs to be added annually. Bella Vista hosts physicals for a nominal fee each year during the summer. Check the season schedule at bvtrack.com for physical dates. [Here is link to information on registering for SportsNet and sports physical.](#)
- **Email Coaches.** Contact emails for coaches are listed below. XCStats is the program our coaches primarily use to send information and create the distribution list. Make sure your information is up to date (email, address, phone, parent/guardian)
 - Coach Kuphaldt at h.kuphaldt@gmail.com
 - Coach Jon at jonmholmes@gmail.com
 - Team Manager Wendi at wenchieb@hotmail.com
- **Sign up as a user on XCStats.com.** It is important that both the athlete and the parent/guardian contact information is added to the website. XCStats.com is the website that we use to log our runs, report planned absences, and is the tool of communications between coaches, athletes, and their families. If you do not sign up, then you will not get emailed communications from coaches. More instructions on signing up for XCStats.com, including the registration code is [found at this link.](#)
- Watch this training tutorial for using XCStats to communicate with coaches, report absences, and log your runs <https://youtu.be/iMhX8YaCG2M>
- **Sign up to get Remind text notifications.** Remind texts are used for last minute items, such as a schedule change or notices of where our tent is located at meets. Sign up instructions for Remind are [found at this link.](#)
- **Read and sign off on the BV Cross Country Rules.** Give a copy of the signed rules to the coach and/or manager. This document is found at these links: [Bella Vista Cross Country Rules and Guidelines](#) and BVXC Rules Sign-off form is on the last page.
- **Sign up for our Distance Team summer camp.** This is an incredible time of fun and bonding. More information on camp is found in the FAQ section on the website BVtrack.com
- **Attend summer training (optional, but strongly encouraged)** The summer training schedule is found at this link- [Summer Training Schedule](#) (tip: check periodically for updates). If you are not able to attend the summer training schedule, it is important to start conditioning on your own during the summer.
- **Bookmark BVtrack.com (team website).** This website is crucial for you to use, as it contains almost all of the information that you will need and gets updated frequently. It contains meet information, results, pictures, and important team information.

- Watch this video tutorial for the cross country section of the BVtrack.com website: [Link to: BVXC Website Tour](#)
- **Add meet information to your personal calendars.** Meet information is found at [BVtrack.com](#) (tip: check back periodically for changes). If you have calendar conflicts, always tell the coaches in advance so that you are not added to the meet.
- **Attend the Parent Meeting.** See the Season Schedule at [BVtrack.com](#) for date.
- **Purchase your uniform.** Uniforms can be purchased directly from coaches. The singlet is \$49. Plain black running shorts can be purchased on your own. Both of these items are required to be worn at meets.
- **Review the information** below to familiarize yourself with the sport and our program

RUNNING TERMINOLOGY:

- **XC:** Abbreviated form of Cross Country
- **CIF:** California Interscholastic Federation
- **CVC:** Capital Valley Conference (our league consisting of Bella Vista, Christian Brothers, Inderkum, Ponderosa, Rio Americano, Vista Del Lago, and Woodcreek)
- **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 cooling down after a hard race or workout or the day after an intense workout or race.
- **Intervals:** Segmented running 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.

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 in the last week 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 [CIFJSJ - Cross Country Bylaws](#) . 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, they 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 8th 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:

- A watch (with a stopwatch feature),
- 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
- uniform (bv singlet and plain black running shorts).

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

Parents/guardians: 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. 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.

Athletes: Take advantage of the training, competitive, and social opportunities that we offer and be positive and respectful to your teammates, your competitors, and your coaches. Invite your friends. Running is more fun in groups!