



CHICO JR. CROSS COUNTRY TEAM

2023

CONSISTENCY IS KEY

Season will kick off Wednesday September 6th and run through the Month of October. Practices will be held Monday, Wednesday and Thursday from 3:00 to 4:30 PM. We will host optional Saturday morning runs as an additional opportunity for your athlete to explore our beautiful Bidwell Park and its trails. The team will compete against teams from Chico and Paradise. Competition will start September 21st. Students can change into their running clothes in the locker rooms and be ready for practice by 3:00 PM. Practice will start and end at the schools dirt track. Locker rooms will be unlocked by the coaches at the end of practice.

To Join the Team:

- 1. Parent permission consent forms must be completed by the end of the first week to participate on the team; see attached. Permission slips can be returned to Ms. Del Real in Room 506 or any of the coaches at practice.**
- 2. Please complete Cross-Country Parent contact form, See QR Code. Coaches will use the information to keep parents up to date on season events, volunteer opportunities, results, and other information.**

REGISTER NOW >



Parents are you interested in getting involved?
Snacks, Race Support, or interested in getting involved at practice? Take a moment to complete our volunteer sign up

**VOLUNTEERS
NEEDED**



What to Bring to Practice:

- Running shoes. A good pair of running shoes will prevent injury as they absorb the impact of running and provide a foundation for better leg support. Proper fit is the most important part of choosing the best shoe possible. Speaking to a fit specialist at our local running and sporting stores is recommended.
- Appropriate athletic attire,
- Water bottle & snack for post run
- Athletic watch with timing, start and stop. GPS versions are not required
- A Positive Attitude!

Team Expectations:

- If you need to miss practice, communicate with your coaches.
- Respect all athletes and coaches.
- Be ready to run by 3:00 pm for practice.
- Be courteous and encouraging to your teammates
- Athletes must do their best to run and not walk. Cross Country is a sport.
- Athletes will participate fully in all warm-ups, cool-down and strength training exercises as designed by the coaches
- Be respectful to everyone in the park
- Safety while running off campus is always a priority. Athletes should always follow all traffic/pedestrian laws. While at practice, always run with a teammate, stay on the described route, and inform coaches if you plan to deviate from the route.

Heat Mandate: If the heat is above 104 degrees outdoor sports at Chico Unified are canceled or moved indoors



CHICO JR. CROSS COUNTRY TEAM

RACE SCHEDULE

2023

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Date	Competition	Location	Time
Thursday September 21st	Chico Jr. vs Nord, Notre Dame, Paradise Jr.	Caper Acres	3:15 Warm Up 3:45 Start
Thursday September 28th	Chico Jr. vs Marsh, Paradise, Achieve	Hooker Oak	3:15 Warm Up 3:45 Start
Thursday October 5th	Chico Jr. vs Bidwell Jr, CCDS, Notre Dame, Paradise Charter	Hooker Oak	3:15 Warm Up 3:45 Start
Saturday October 14th	Chico High Autumn Invitational	Hooker Oak	3:15 Warm Up 3:45 Start
Thursday October 19th	Chico Jr. vs Nord, Paradise Jr, Achieve	Caper Acres	3:15 Warm Up 3:45 Start
Thursday October 26th	Middle School XC Championships All Schools	Hooker Oak	3:15 Warm Up 6th - 3:45 Start 7th - 4:05 Start 8th- 4:25 Start

Race Locations:

“Caper Acres” – Races will start and finish outside Caper Acres in Lower Bidwell Park. Parents are encouraged to come out and cheer on your athlete. Race is 1.2 Miles

“Hooker Oak Park” - Race is set up near the Legion baseball field of this community park. The races are between 1.3 - 1.8 miles in long. **Parents will need to provide transportation to these races. There are no buses.**

Chico Jr High will provide racing singlets to each competing athlete. Jerseys are school property and will be distributed and returned after each race. We will create team shirts at a cost of \$20 each. We will order shirts the first week of practice so please make sure to complete the registration form timely, so your athlete does not miss out.

TeamSnap is a web based / mobile communication app that allows parents real time to chat with coaches or other parents, and stay up to date on the most current practice/race information. Once registered parents will be invited to our TeamSnap roster.

Your Coaches:

Danny DiMeo –Head Coach, Email: drdimeo@gmail.com Ph.: 530-519-3265

Meghan Rollins - Assistant Coach, Email: meghanrn@yahoo.com Ph.: 530-519-7774

**PERMISSION FOR SCHOOL-SPONSORED VOLUNTARY ACTIVITY
AND CONSENT TO MEDICAL TREATMENT - MINOR**

Please complete and return form to: _____ Chico Jr. / XC Team _____ SCHOOL

*** (Name of Child) _____ *** Grade _____ has my permission to participate in the
voluntary activity of the Cross Country Team _____

DESTINATION Lower Bidwell Park, Hooker Oak Park Area _____

DATE: Mon/Wed/Thurs TIME OF DEPARTURE 3:00 DATE /TIME OF RETURN 4:30 (Sept 6th- Nov 1st)

TRIP SUPERVISOR _____ Danny DiMeo

MEANS OF TRANSPORTATION: (Please check one)

District-owned vehicle

Commercial (Name of company) _____

Running/Walking Other (Specify) **NOTE: It is fully understood that**

CUSD is in no way responsible, nor does CUSD assume liability, for any injuries or losses resulting from non-CUSD sponsored transportation, although CUSD may assist in coordinating the transportation and/or recommend travel time, routes, or caravanning to or from this event, it is not mandatory. Driver is not driving on behalf of nor is an agent of CUSD.

AS STATED IN CALIFORNIA EDUCATION CODE SECTION 35330, I understand that I hold Chico Unified School District, its elected or appointed officials, employees, agents, and volunteers harmless from any and all liability or claims, which may arise out of or in connection with my child's participation in this activity.

I FULLY UNDERSTAND that participants are to abide by all rules and regulations governing conduct during the trip. Any violation of these rules and regulations may result in that individual being sent home at the expense of his/her parent/guardian.

IN THE EVENT OF ILLNESS OR INJURY, I do hereby consent to whatever x-ray, examination, anesthetic, medical, surgical or dental diagnosis or treatment and hospital care are considered necessary in the best judgment of the attending physician, surgeon, or dentist and performed by or under the supervision of a member of the medical staff of the hospital or facility furnishing medical or dental services.

A SPECIAL NOTE TO PARENT/GUARDIAN: (1) If any medication or drugs are to be taken by student, such medications must be listed below. (2) All drugs must be kept and distributed by the staff. (Name of drug and reason)

***IMPORTANT MEDICAL INFORMATION THE SUPERVISOR SHOULD KNOW: _____

***Parent/Guardian Signature: _____ ***Date: _____

***Email: _____

***EMERGENCY TELEPHONE NUMBER: _____ Home Work Cell

Medical Insurance Carrier _____ Policy No. _____



2023

SEPTEMBER

CONSISTENCY IS KEY

SUN	MON	TUE	WED	THU	FRI	SAT
AUGUST 27	AUGUST 28	AUGUST 29	AUGUST 30	AUGUST 31	SEPT. 1	SEPT. 2
			XC Student Information Meeting 3:00-3:30 PM	*Turn In Permission Slips*	*Turn In Permission Slips*	
3	4	5	6	7	8	9
Week 1	Labor Day No School	*Turn In Permission Slips*	XC Kick Off Practice 3:00-4:30 PM *Turn In Permission Slips*	XC Practice 3:00-4:30 PM *Turn In Permission Slips*	*All Permission Slips Must Be Turned In By Monday 9/11*	
10	11	12	13	14	15	16
Week 2	XC Practice 3:00-4:30 PM Aerobic + Flying 100's		XC Practice 3:00-4:30 PM Partner Relay	XC Practice 3:00-4:30 PM Aerobic + Flying 100's		
17	18	19	20	21	22	23
Week 3	XC Practice 3:00-4:30 PM Fartlek Fast-Faster-Fastest		XC Practice 3:00-4:30 PM Aerobic + Flying 100's	Race @ Caper Acres Chico Jr <u>vs.</u> Nord, Notre Dame, Paradise Jr, 3:45 Women Start 4:05 Men Start		Optional Trail Run 8 - 9:30 AM @ Hooker Oak Park
24	25	26	27	28	29	30
Week 4	XC Practice 3:00-4:30 PM Progressive Tempo		XC Practice 3:00-4:30 PM Aerobic + Flying 100's	Race @ Hooker Oak Chico Jr <u>vs.</u> Marsh, Paradise, Achieve 3:45 Women Start 4:05 Men Start		Optional Trail Run 8 - 9:30 AM @ Upper Park Rod & Gun Club

REMINDERS

- **Don't forget your running shoes**
- Eat a healthy breakfast and lunch
- Pack a snack bar for post run refueling
- Hydrate with water and electrolytes. Drink half you body weight in ounces every day.
- Bring a positive attitude, be kind and courteous
- Be ready to run, work hard & at practice by 3:05 PM
- Leave your cell phone in your locker.
- Be Safe - Follow all traffic laws, run with a partner and stay on the described route

Parents will need to provide transportation to races at Hooker Oak Park

STRENGTH

Core Workout

30-60 Seconds Each

- Sit Up + Cross Over
- Plank (Left, Center, Right)
- Single Leg Bridge
- Flutter Kicks
- Mt. Climbers

Body Strength

- 5-10 X Single Leg Deadlift
- 5-10 X Pistol Squat
- 5-10 X Single Leg Calf Raises
- 10-20 X Push Up
- 10-20 Frog Jump
- 10-20 Lunges

RECOVERY

- Refuel & Rehydrate - Eat Healthy
- Rest - An athlete needs 9-10 hours of sleep every night
- Stretch & foam roll at home

If you are experiencing pain, communicate with a coach



2023

OCTOBER
CONSISTENCY IS KEY

SUN	MON	TUE	WED	THU	FRI	SAT
1 Week 5	2 XC Practice 3:00-4:30 PM Speed Development	3	4 XC Practice 3:00-4:30 PM Aerobic + Flying 100's	5 Race @ Hooker Oak Chico Jr vs. Bidwell Jr, CCDS, Notre Dame, Paradise 3:45 Women Start 4:05 Men Start	6	7 Optional Trail Run 8 - 9:30 AM @ 5 Mile Recreation Area
8 Week 6	9 XC Practice 3:00-4:30 PM Scavenger Hunt	10	11 XC Practice 3:00-4:30 PM Luck Of The Dice	12 XC Practice 3:00-4:30 PM Aerobic + Flying 100's	13	14 Race #4 *Invite Only* Chico High Autumn Cross Country Invite
15 Week 7	16 XC Practice 3:00-4:30 PM Speed Development	17	18 XC Practice 3:00-4:30 PM Aerobic + Flying 100's	19 Race @ Caper Acres Chico Jr Nord, Paradise Jr, Achieve 3:45 Women Start 4:05 Men Start	20	21 Optional Trail Run 8 - 9:30 AM @ Upper Park Rod & Gun Club
22 Week 8	23 XC Practice 3:00-4:30 PM Speed Development	24	25 XC Practice 3:00-4:30 PM Aerobic + Flying 100's	26 XC Championships All Schools 6th Grade 3:45 PM 7th Grade 4:05 PM 8th Grade 4:25 PM Hooker Oak Park	27	28 Optional Fun Run 8 - 9:30 AM @ Hooker Oak Park
29	30	31	NOV 1 End of Season Celebration 3:00 - 4:30 PM @ Caper Acres. Parent Pick Up at Caper Acres	NOV 2	NOV 3	NOV 4

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- 10-20 X Push Up
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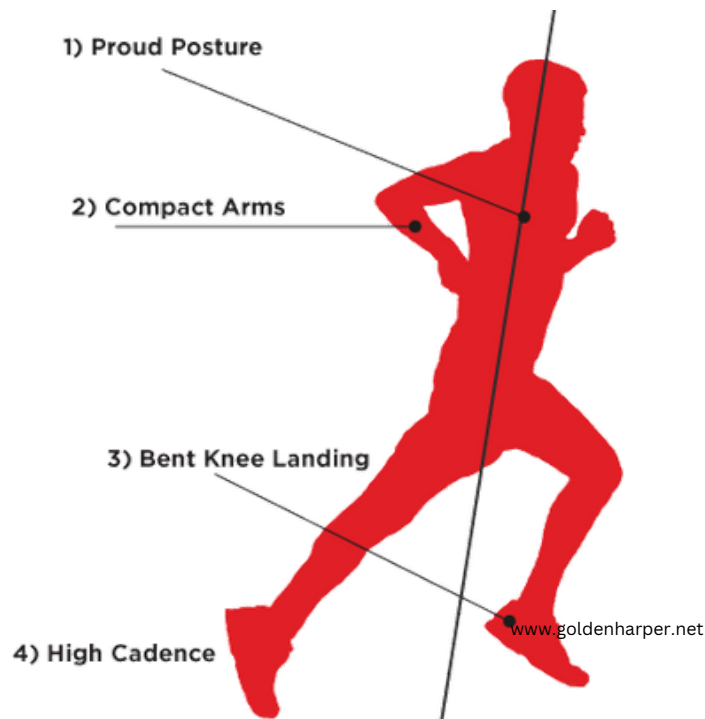
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GOOD RUNNING MECHANICS

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Proud Posture

- Run Tall, Run Proud
- Reach for the sky

Mental Cue: "Shoot The Moon"

High Cadence

- 165+ steps/min: 10 min pace
- 170+ steps/min: 9 min pace
- 175+ steps/min: 8 min pace
- 180+ steps/min: 7 min pace

Mental cue: "Rock Lobster" by the B-52's

Compact Arms

- Short, compact, relaxed arm movement
- Pump back, recover forward
- Elbows should not extend in front of the waist unless sprinting

Mental Cue: "Towel Behind My Back"

Bent Knee Landing - Foot Strike

- Land close to midfoot parallel to the ground
- Keep the knees bent & feet relaxed
- Avoid overstriding & excessive heel striking
- Dibble exercises

Mental Cue: "Run a little quieter" or "Bend the knees a little"