**BUCKEYE VALLEY XC 2013**



**“Some individuals dream of great accomplishments, while others stay awake and do them.”
 - Beth Lukens, Florida State runner**

Buckeye Valley 2013 Cross Country

Welcome to the 2013 BVHS cross country team! In this packet, you should find all the basic info regarding the 2013 xc season. I am looking forward to another great season!

Philosophy:

With cross country being a varsity sport, I do expect everyone to put forth their best effort during meets & practices. The great thing about distance running is that it does not matter what level you are at, you can always get better. Whether you are running 15:00 or 35:00 for a 5k, the goal is to work hard so we can all improve! Anyone interested in running is encouraged to join us regardless of your ability level (recruit your friends!)…..all I ask is that you work hard to improve yourself and the team.

Each meet is important, however the training is set with the hopes of peaking for MOAC’s and after. BV has had recent success with the boy’s winning back-back-back MOAC in ’10, ‘11 & ’12 and making it to Regional’s the last four years. The girls were in the state meet in ‘04 and ’05! I look forward to seeing how we can do this season and in order to accomplish our goals **everyone** must put in the work this summer!

How far are high school cross country races?

For those of you new to the sport or joining us from the middle school, high school cross country races are 5k (3.1 miles) over various terrain for both boys & girls.

When do we start?

As soon as possible! The best runners train year-round and the best way to improve as a runner is to run consistently! Good teams and runners run year-round, not just during the season. If we want to accomplish our goals, we must put the work in during the summer! Please see the attached calendar for summer conditioning plans and meeting dates. The first mandatory practice will be held Aug. 5th at Mingo Park Shelter (near the skate park) @ 8:00 am. I hope to see everyone throughout the summer at as many of the conditioning runs as possible!

Does everyone get to run in the same race?

Boys and girl races are separate. The top 7 on each team make up the varsity team. Team scoring is based on the top 5 runners from each team with the 6th and 7th runners used as tie-breakers. Some races allow everyone to race in the same race and others (usually the bigger meets/invitational’s) will have a varsity race (top 7 on each team) and an open race (anyone outside the top 7 on your team). Our top 7 can change race to race based on race times, injuries, practices, etc. The good thing about xc season is everyone competes at all meets we go to until the district meet (top 7 only).

When and where are practices?

For summer conditioning see the meeting dates on the calendar. Mandatory practices before the school year begins August 5th at 8:00 AM (weekdays only) at different parks until school starts (see calendar for the first week of mandatory meeting places). During the school year, most (if not all) practices will be held after school @ 2:50 and usually ending by 4:30.

What equipment should I have?

* Running shoes! The most important piece of equipment is your shoes. The right type of shoe can help keep you injury free. For the best help please go to a specialty running store….the following are a few off the top of my head:
* Delaware Second Sole (Sandusky St.)
* Columbus Running Company (Dublin & Westerville locations)
* Front Runner (Lane Ave near OSU)
* Fleet Feet (Polaris Pkwy)

Running shoes typically last 300-500 miles if you wear them just for running. It would be a great idea to get a new pair if you still have the same ones from last year. Shoes can be expensive, but they are the most important piece of equipment for runners! Most shoes start at $75 and up. Many injuries can be avoided with the correct pair of shoes. If you are not sure if you need new shoes, take your old ones into a running store and they can help you decide. \*Most running stores will give HS runners 10% off and Fleet Feet offers a 20% discount

* Optional:
* Running watch – I highly encourage a watch, a cheap $10 watch would be perfect
* Cross Country spikes- For the serious runner looking for better traction in races and lighter weight. Some prefer spikes and others wear their regular running shoes in races. Spikes are worn in races only and most have removable spikes on the bottom. When the course is sloppy, longer spikes can be inserted for better traction.
* Team T-shirt and warm ups

TEAM EXPECTATIONS

1. Work hard
2. Be on time **& make XC a priority. Commit yourself to xc from 2:50-4:30 each day after school. Work, appointments, etc. should be scheduled after 4:30.**
3. Represent BV well at all times!
4. Be a good teammate.
5. Follow instructed running routes & directions. Our routes/practices will change drastically if trust is lost.

MEET EXPECTATIONS

* OHSAA rules state we must wear matching undershirts. You do not have to but if you choose to wear a shirt under your jersey it must be solid and the same as everyone else on our team (plan on white unless captains decide otherwise)
* Similarly, plan to wear solid black tights under our shorts if you choose to do so…..they can be very picky about logo’s as well. Try to find tights that don’t have a logo visible or make sure it is very small.
* Take the meet seriously, have a plan—do your best!
* Wear something BV to the meet! Let’s look like a team!
* Warm up and cool down as a team. You are expected to do this together each meet.
* Be a good teammate—cheer on and support your teammates!
* Represent BV well….we want to continue to carry a good reputation!
* No jewelry (a watch is the exception) This is an OHSAA rule
* You must have a minimum of 10 practices prior to running a race.
* Ride the bus to the away meets.
* I expect you to be riding the bus unless properly signed out with your parent. Students are not permitted to drive themselves to an away meet.
* No football/Frisbee, etc. at a race
* Follow school attendance protocol- you must be present at school the day of the meet or day before for a Saturday meet.

PHYSICALS

 Every athlete must have a current sport physical. This needs to be taken care of before the first practice. A physical is good for one year from the physical date. You are legally not to be at practice unless a valid physical is on file.

**\*ATTENDANCE-. Unexcused absences will not be tolerated. Failure to be at practice for the entire time (2:50-4:15) will result in not running the following meet unless approved prior to the practice you leave early/cannot make.**

FORMS

 Please get all your forms/paper work into me **ON AUGUST 5th**. Failure to do so will result in not participating and **no jersey issued until all forms turned in.**

VARSITY LETTER REQUIREMENTS –see handout

TEAM AWARDS – voted on by teammates and Coach at the end of the year

 \* Most Valuable Runner

 \* Most Improved Runner

 \* Baron Award

**CONTACT INFO:**

Coach Nate Ritz

nritz@buckeyevalley.k12.oh.us

740-363-1349 (school)

513-331-0490 (cell phone) \*best way to contact me during non-school hours

2013 Varsity Letter Requirements

To receive a varsity letter for the 2013 Cross Country season, runners must complete the following:

* Attend all meets and mandatory practices.
	+ Unexcused absences/not attending the entire practice can result in loss of varsity letter and sitting out a meet
	+ Two sport athletes need to inform coaches of their practice/season plan prior to the start of the season.
	+ Attend mandatory team functions
* Compete in all meets (unless injured or if preapproved by Coach Ritz)
* Attend the District meet (if not running, you should be there cheering on your teammates).
* Maintain a positive attitude throughout the season
* Finish in the top seven on our team in at least two meets (time or place) - -OR - - Run a time faster than 20:30 boys/24:30 girls - - OR - - Drop your time by 1:00 or > than last year (for 10, 11, 12 graders that competed a full season last year).
* Hand in uniform prior to awards banquet

*All seniors that have completed multiple years of xc will earn a varsity letter.*

**Running Tips**

* Run as consistently as possible. Don’t over do it though. Too much running can lead to injury. Do not increase your weekly mileage by more than 10% each week. Taking 1 day off p/week is also good to get your body rested.
* Keep a running log. This allows you to keep track of your running so you can build upon what you have done in the past and will also help me better prepare training for you.
* If you must run on a road, run on the left side so you can see traffic coming towards you.
* Run on varying terrain. Softer surfaces like grass and trails can be easier on your legs. Rolling terrain is always good to train on as well.
* Most of your summer running should be comfortable. When you are running comfortably, you should be able to carry on a conversation with someone running next to you. Too slow will not be as beneficial though (see pace chart for a good training pace rule of thumb).
* If you would like to easily measure how far you ran on-line check out [www.gmap-pedometer.com](http://www.gmap-pedometer.com)
* Get the right type of shoe from a specialty running store.
* Listen to your body. It is normal to feel some soreness and aches, but if it is severe or doesn’t go away for a few days back off. Running through it can make it worse.
* Ice. Icing aches/injuries after a run is helpful. A frozen bag of veggies or a frozen dixie cup (peel back) for a self-message works well. Ice for 10 minutes at a time, up to 5 times daily. RICE (Rest, Ice, Compress, Elevate)
* Sleep. Especially when you are training and racing. Getting 8 hours of sleep is important. Two nights before a competition is the most important night of rest!
* Hydrate! Your body weight is 55-65% water. Hydrating yourself is very important anytime…especially in the summers! Drink before you are thirsty. Sports drinks are good post – run to replace electrolytes (loss of sodium can cause cramping). Try to stay away from caffeine as much as possible as it actually can dehydrates you a little (stay away from “energy” drinks). Drink plenty of water and sports drinks to rehydrate yourself throughout the course of the day. Always a good idea to bring a drink with you to practice!
* Dehydration symptoms: headache, weak, premature fatigue, nausea, thirst, irritable, cramps, goose bumps (in hot weather), stop sweating.
* Running paces: It is important to run the desired pace each run. We will work/run hard some days and easy on others. Hard days will be a variety of paces and lengths. Easy days are just that…..easy! This allows your body to recover, but also builds endurance at the same time. Obviously, running easy on hard days wouldn’t be helpful for your improvement and running hard on easy days can lead to injury or burnout. Generally on easy runs you should be able to talk with a running partner, but at the same time it should not feel like a walk in the park. Every day/run is important and has a purpose!
* Warm up! Before every run, it is best to do some light jogging followed by stretching. Stretching after a run is important. We will get more in depth with warm ups/cool downs/stretching/etc once the season begins.
* Cool down! Stretching after a run is just as, if not more, important than before. Once we begin workouts and races, we will stress proper cool downs.
* Stride length: the general rule of thumb is that your stride should be roughly 180 steps p/minute. If bored during a run, try it out sometime. Count how many times one foot lands during 1:00. Somewhere in the 90 range for one legs is ideal.

***Parent volunteer help needed!***

1. Course clean-up day….Saturday, August 17th @ 8AM. We could use parent help and some basic equipment to help prepare for our home meet.
2. BARON BLAST HOME MEET

# SATURDAY, AUGUST 24TH, 2013

I could use as much help at our home meet as possible!

Anyone that can help (timers, course monitors, finish line help, etc) would be appreciated! If you can help, please meet by 9:00 AM near the finish line chute. THANK YOU!

The first race will be the boys @ 10AM followed by the girls @ 10:45AM

**PARENTS and ATHLETES: If you have an email address, please email me @ nritz@buckeyevalley.k12.oh.us (I update the list, so contact me even if I’ve had it in the past). I try to send out all info once the racing season begins via email.**

**Buckeye Valley 2013 Cross Country Schedule**

**Sat. Aug 24 BARON BLAST BUCKEYE VALLEY HIGH SCHOOL**

Sat. Aug 31 Granville Invite Bryan Du Park, Granville

Sat. Sept 7 Tiffin Carnival Hedges Park, Tiffin

Wed. Sept 12 Looking to add a small meet this day

Wed. Sept 18 Arrowhead Invitational Whetstone HS

Sat. Sept 21 Otterbein Invitational Otterbein College, Westerville

Sat. Sept 28 North Union Invitational North Union HS, Richwood

Sat. Oct 5 Jonathan Alder Ray Russell Jonathan Alder MS, Plain City

Sat. Oct 12 MOAC Hartford Fairgrounds

Sat. Oct 19- District Watkins Memorial High School, Watkins

Sat. Oct 26 Regional TBA

Sat. Nov 2 State National Trails Raceway, Hebron

**It's at the borders of pain and suffering that the men are separated from the boys.    -  Emil Zatopek**

* ***Please check ACT/SAT dates as sometimes they conflict with important end of the year meets***

**T-SHIRT & WARM UP ORDERS**

T-shirts and warm up orders will take place on line this year. Please visit the website below to place your order.

All gear is optional. The warm ups are the same as previous years. On the warm up, you will have the option to get your name on the pants and jacket.

Please be sure to get your orders placed before the deadline, which will be before the first day of school in hopes of getting our gear before the first meet of the season.

WEBSITE FOR ORDERS: <http://teamshowroom.com/buckeyevalley>

Buckeye Valley High School Boys’ Cross Country

5k 1982-2012

1. Aaron Iverson 16:33 1999
2. Jeff Wallace 16:48 1983
3. Jay Wallace 16:54 1985
4. Tommy Jarvis 17:05.70 2012
5. Tim Oroszi 17:24.6 2003
6. Rodger Harvey 17:27 1989
7. Scott Thomas 17:28.9 2006
8. Tyler Luikart 17:32 1993
9. Jacob Reed 17:33 2002
10. Jordan Knieper 17:37.46 2011
11. Caleb Herriott 17:44.7 2012
12. Matthew Stewart 17:49.02 2012
13. Drew Slavik 17:49.34 2012
14. John Tripper 17:52 1984

Dustin Wood 17:52 1998

1. Jonathan Scowden 17:57 1985

Josh Harper 17:57 2007

1. Andrew Hardin 17:58.53 2007
2. Scott Seymour 18:03 1986
3. Dan Shearer 18:10 1984

Brandon Stewart 18:10.52 2010

10/13/12

Buckeye Valley High School Girls’ Cross Country

5k 1982-2012

1. Jenny Brooks 19:15.4 2001
2. Mandi Smith 19:57.5 1999
3. Kaitlin Campbell 20:14.1 2004
4. Jordan Keysor 20:34 2005
5. Chloe Mercier 20:46.86 2010
6. Selina Schults 20:47 1998
7. Heidi Raidel 20:48.5 2006
8. Natalie Bailey 20:50.3 2004
9. Shaina Kaiser 20:52 2004
10. Cheyenne Emery 20:58.92 2010
11. Devin Hilt 21:00.10 2010
12. Hannah Brooks 21:12.35 2008
13. Kim Gale 21:23 2005
14. Heather Swenson 21:33 1993

Kara Clunk 21:33 2003

1. Anna Hafner 21:55 1997
2. Tammy Harper 21:59 1986
3. Amy Seymour 22:01 1991
4. Jenny Bowden 22:11 1997
5. Amy Womeldorf 22:12 1987

Brittany Hubbard 22:12 1998

10/29/11

XC HOMEWORK—Due before June 6th

If you would like to be added to the 2013 XC email list, email me so I can add everyone to the new email list (even if I have your info already—I’m making a new list). My email: nritz@buckeyevalley.k12.oh.us

* + In this email, include your name
	+ You will find that I send almost all info via email
	+ Parents and athletes can be added

If you do texting on your phone—text me with a quick message that includes your name so I can put you in my contacts. My cell # 513-331-0490. I don’t text often, but can when I need to get more urgent info out (bus time change, practice cancelled, etc.)

SNACK AND DRINK SIGN UP SHEET

We have roughly 40 runners if that helps you organize/plan. Check with the family that signed up with you and feel free to team up and share the load. We normally have 1-2 sets of parents bring drinks and 1-2 sets of parents bring a snack for the team at each meet. You can bring these or if you can't make the meet you can send them on the bus with us. The kids love these after they finish their races! I will upload this to the website.

AUGUST 24 – HOME MEET

1. Drinks – 1. Snacks-
2. Drinks – 2. Snacks-

AUG 1- GRANVILLE

1. Drinks – 1. Snacks-
2. Drinks - 2. Snacks-

SEPT 7- TIFFIN

1. Drinks – 1. Snacks-
2. Drinks - 2. Snacks-

SEPT 18- WHETSTONE

1. Drinks – 1. Snacks-
2. Drinks - 2. Snacks-

SEPT 21- OTTERBEIN

1. Drinks – 1. Snacks-
2. Drinks - 2. Snacks-

SEPT 28- NORTH UNION

1. Drinks – 1. Snacks-
2. Drinks - 2. Snacks-

OCT 5- JONATHAN ALDER

1. Drinks – 1. Snacks-
2. Drinks - 2. Snacks-

OCT 12 HARTFORD FAIRGROUNDS MOAC

1. Drinks – 1. Snacks-
2. Drinks - 2. Snacks-

OCT 20 DISTRICT & beyond (top 7 runners compete) – we can wait to sign up for these meet until we know who will be running

**Summer Conditioning:**

Summer conditioning will be held at local parks. We will start the runs @ 8AM. These will typically last about an hour (ending around 9 or slightly longer for those experienced runners).

June 9th = 17 weeks until MOAC & 10 weeks until first meet! Champions are made in the off-season!

Tuesday, June 25 – Gallant Woods

Thursday, June 27 – Delaware State Park Marina

Tuesday, July 2- Mingo Park

Tuesday, July 4- No organized conditioning run

Tuesday, July 9- Deer Haven Preserve

Thursday, July 11- Delaware State Park Beach

Tuesday, July 16- Mingo Park

Thursday, July 18- Coach Ritz’s house. 970 Berlin Station Rd, Delaware

Tuesday, July 23 – Gallant Woods

Thursday, July 25- Delaware State Park Marina

Tuesday, July 30 – Delaware State Park Marina

Thursday, Aug 1- Deer Haven Preserve

**Mandatory Practices:**

Those starting at 8AM will last about 1 ½ hours. Once school begins, we will meet by the MS picnic tables at 2:50…..finishing by 4:30 at the latest. Each Monday during school, we will first meet in the health room at 2:45 for a team meeting.

Monday, Aug 5- 8AM Mingo

Tuesday Aug 6 Delaware State Park Marina 8AM

Wed, Aug 7 Gallant Woods

Thurs, Aug 8 Location TBA – 8AM

Friday, Aug 9 Location TBA 8 AM

Sat/Sun Aug 10/11 – run solo

Monday, Aug 12 – 3:30pm Delaware State Park Marina

Tuesday, Aug 13- 3:30pm Gallant Woods

Wednesday Aug 14 - 3:30pm Delaware State Park Marina

Thursday, Aug 15- first day of school. All practices begin at 2:50 at the MS picnic tables.

**Places we meet over the summer:**

**Mingo Park – 99 E. Lincoln Ave, Delaware. Meet at the shelter house near the skate park.**

**Delaware State Park Dam – 3920 US Highway 23, Delaware. Meet @ shelter**

**Delaware State Park Marina – 5202 US 23, Delaware – Follow signs to marina once you are in the park. Meet by start of the trail and picnic tables**

**Delaware State Park Beach – 5202 US 23, Delaware – Follow signs to beach once you are in the park**

**Coach Ritz’s House – 970 Berlin Station Road, Delaware. I am about 2 miles south of the new Meijer/Kohl’s. Mapquest or call/text for help with directions.**

**Highbanks Metro Park – 9466 US 23, Lewis Center. This is a big place. We will meet in the parking lot by the ranger station (1st parking lot on the right).**

**Gallant Woods – 2151 Buttermilk Hill, Delaware. Meet at the shelter.**

**Deer Haven Preserve – 4183 Liberty Road, Delaware.**

*MY CELL PHONE #: 513-331-0490. FEEL FREE TO TEXT OR CALL WITH ANY QUESTIONS, ETC.*

\*\*\* Please remember- we are guests @ all places we go, represent BV well so we can continue to be welcomed back. Please adhere to all park rules……including watching your driving speed \*\*\*