

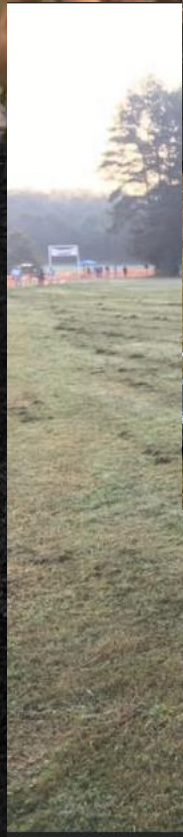
2023 Allatoona Cross Country Informational Meeting

Patrick Parsons-Head Cross Country/Track & Field

Welcome

- What is Allatoona Cross Country?
 - Opportunity to be part of a Varsity Competitive Sport at Allatoona High School
 - 5K (3.1 miles) race that teams are scored based on the lowest team score
 - Faster Time = Lower Team Scores
- Allatoona XC is successful
 - Consistent State Qualifiers; Region Champs; Individual Top 10 Finishers; Podium Teams; Individual Region & State Champions; Athletes who have gone on to run collegiately.
 - Celebrate Success throughout the season





How we got there

- Allatoona XC Universal #1:
- “Hard Work is Hard Work”
- The thermometer of the runner cannot be lukewarm and expect to see results
- How much you put in=How much you will get out
- Slackers get exposed
- “To Do Hard Things You Must Be Willing To Do Hard Things”

Food for Thought #1

- Talent and Excellence are not the same thing
 - Genetics do help
 - What you do with talent matters even more
 - While you can't control the genetic talent you're born with, you can focus on becoming the best runner **YOU can be.**
 - Jack Daniesl, PhD says this:
 1. **Inherent ability & motivated**
 2. **Ability to do well but not motivated**
 3. **Lack ability but highly motivated**
 4. **Lack ability and not motivated**

Opportunities & Direction

- A runner's environment is maybe the most important factor on their success
- We want to establish an environment that runners can strive in
- That means that the runner's direction needs to be clear
 - Coaches having the best intentions
 - Having a positive environment to feed off of
 - Following a training plan that will lead to success

How do we get there

- Allatoona XC Universal #2
- "Race! Don't Chase!"
- We cannot compare ourselves to everyone around us and let that be our focus.
- We must focus on using the tools at hand to be able to compete.
- We take advantage of our opportunities

How are you going to use your time?

Chronos Time

- How we measure time.
- How we train & make decisions
- How we work on improving
- Quantitative Measurement



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Kairos Time

- Seizing the opportunity & what you do with that time
- Qualitative Measurement



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Food for Thought #2

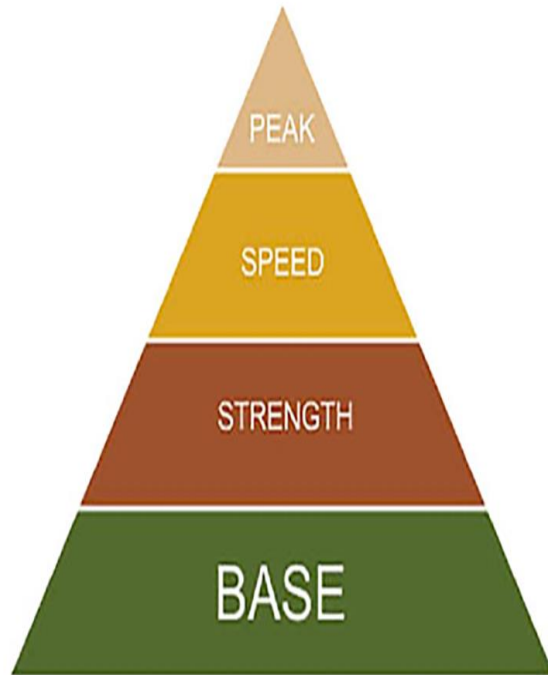
- Build your attention span for hard work
 - Everyone is starting at square one. Our training plan reflects that.
 - How do you eat an elephant?
- You can change your capacity for hard work
 - A “Long Run” that only last 4 miles can go to 6 and then to 7. It then can go to 8 or more.
 - A 10 Second plank becomes 15 seconds and then 30 seconds

Training

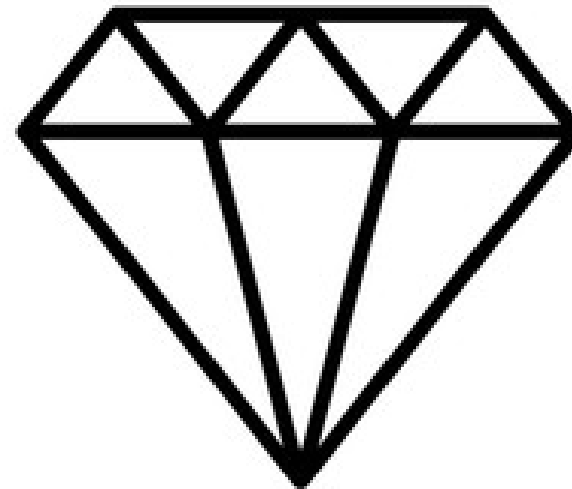
- Allatoona XC Universal #3 "Trust the Process"
 - Trust our direction. Honestly, there are only two ways this can go.
 - Start with the end in mind
- Season is planned out and is personalized based on ability
- NO independent plan or training can occur with the schedule we have planned

How we will get there

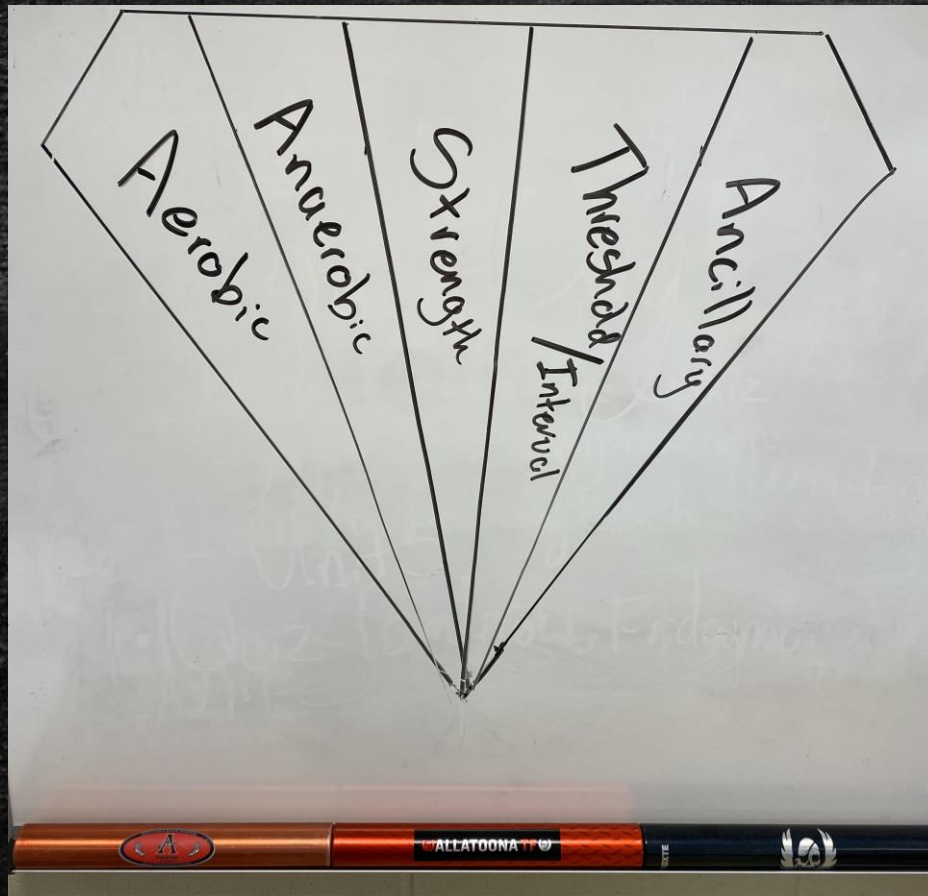
Common Thought



Our Approach



Diamond/Reverse Pyramid



- Our training is focused on racing a 5K as fast as possible on different terrains.
 - We want everyone to be at their best at Region & then be competitive at Carrollton.
 - 80-88% of our training is Aerobic based
 - 12-20% is Anaerobic
 - Hills
 - Threshold/Interval Training with short rest
- Supplemental work to include:
 - Form
 - Core
 - Strength

Food for Thought #3

- Know that Progress Is Not Linear
 - Being able to see time drops and physical improvements give us confidence
 - Things come up. Things change
 - You know what is annoying?
 - The reality is that you may plateau on occasion
- “Race. Don’t Chase”

Tools Needed to Succeed

- Final Surge App and Sign-Up for Account
- Watch/GPS
- Running Shoes
- Proper Running Attire
- Physical
- Water Bottle
- Right Attitude
- XC Spikes for Race Day

To Take This Sport Serious You Need To Have the Proper Gear

Running Camp

- Team XC Camp at Berry College
 - July 10-14
 - Cost \$425
 - Includes Room & Board
 - Camp Shirt
 - Camp Bag
- *Please have Spending Money*
- 6:45am: Wake up
 - 7:10am: in front of dorm ready for run
 - 7:15-10:15am: Run/breakfast/shower
 - 10:30-12:00pm: classroom session
 - 12:15-1:00pm: Lunch Krannert Dining Hall
 - 1:00-2:00pm: down time, team building game/activity
 - 3:00pm: Afternoon run (for those that need it)
 - 4:00-4:45pm: Recreational Activities TBD
 - 4:45-5:45pm: Afternoon circuit/ice bath/free time
 - 5:45-6:30pm: Dinner Krannert Dining Hall
 - 7:30-9:30pm: Camp games/Sand volleyball/tennis/frisbee next to dorm
 - 10:00pm: In rooms
 - 11:00pm: Lights Out

Season Breakdown

- Summer is all about building based- BUILDING OUR AEROBIC ENGINE & INTRODUCING ALL THE PACES & TYPES OF TRAINING
- Start from the ground up to lay down the foundation for a successful, healthy season
- To be able to be part of this program you are expected to participate in summer training
- Keeping Final Surge Updated at least once per week
- Regular Attendance @ summer training (80%)
 - 24 days of organized training
 - 19 days at least in attendance
- Consistency is Key

Summer Incentives

- Summer training shirts with mileage total on the back
- End of Summer Event
- Candidate for Varsity races early on in the season

Season Breakdown

- Early Season (When school begins)
 - Begin to race and differentiate training days
 - Structured/organized practices 5-6 days/week
 - Sunday's rest-Monday will ALWAYS be the Long Run
- Regular Season
 - Heart of our training and begin to really compete
 - Building upon August
 - Celebrating PRs
- Championship Season
 - End of October-Beginning of November
 - Everything we have planned for is for this

Team Registration

- Registration is open at allatoonarunning.com
- This is where you will sign-up your athlete and pay team dues
- All CCSD sports have to be self-sufficient
- Dues \$440-New Runners & \$390-For Returning
 - Team Gear (you own your team gear)
 - ROW shirts
 - Team snacks/drinks
 - New Race Tops
 - Meet Entry Fees
 - Allatoona Athlete Fees
 - Season Activities

Does not include:

- Running Shoes
- XC Spikes

Needs For Our Program

- FUNDRAISING IS A NECESSITY-our dues do not cover our entire budget
- Volunteer Help! Allatoona Quad Meet on Aug. 25 Cobb County XC Championships-Sept. 15 & 16!!!
- We need:
 - Repair Bridge
 - Team travel expenses; especially for Great American
- Sponsorship Programs
 - Silver Level: Name/Business put on back of team shirt
 - Black Level: Name/Business on team banner
 - Red Level: Name/Business on team trailer
- Donation Drives
- Team Spirit Nights

Allatoona Cross Country Checklist

1. Get a physical- Must Have Before Day 1
2. Buy Running Shoes *Don't Forget Spikes in August*
3. Buy a Water Bottle
4. Buy a Watch-Something with Stopwatch ability
5. Sign-Up for Team Stack App
6. Sign-Up for Final Surge
7. Sizing for team gear will be during the summer to guarantee delivery before first meet

EXPECTATIONS FOR RUNNERS

- BE PREPARED
- BE ON TIME
- BE APART OF ALLATOONA RUNNING
 - WE ONLY ALLOW ALLATOONA GEAR/ALLATOONA COLORS TO BE WORN AT PRACTICE
 - RUNNING CLUB SHIRTS ARE NOT PERMITTED

Closing

- Each one of you needs to be able to answer the why
 - “Why am I here?”
- I believe that running is like life
- With 20 years of coaching experience I have learned a lot
 - Your runner needs a positive place to be able to train
 - Your runner needs to believe that they can do it
 - Your runner will get the best of us and our experience