

WHITTIER WARRIORS



Parent Meeting
2021 XC



Agenda

- Coaches and Staff
- Track vs Cross Country
- USATF Membership
- Shoes, Uniforms, Gear
- Practice & Groups
- Racing Team
- Races & Schedule
- This Season
- Safety
- Nutrition
- Parent Support
- Communication
- COVID-19 Policy
- Other Items
- Training Gone Wrong



Coaches & Staff

- Head Coach David Rojas
- Group Coaches
 - Coach Aguilera
 - Coach Lily
 - Coach Dominguez
 - Coach Perez
 - Coach ???
- Volunteer Coaches
 - Coach Lila
 - Coach Isabela
 - Coach Martin
 - Coach Perdomo
 - ???





Track vs Cross County (XC)

- Where races are run?
- Scoring focus (place vs time)
- Training diff or not?

What is XC or Cross Country

- Team Sport not Individual
- Scoring Rules - Lowest score wins - Place you finish gives you points
- Where we race
- Not Track
- Typical Distance Runners?



USATF Membership

- You sign up directly with USATF
- Good for the full Calendar Year
- Provides Insurance for practice and races
- Gives us the ability to practice at Schools
- All Runners MUST have this
- Age Verification needed only for new runners
- What about postseason?



Commercial Break

- Registration Closes Weds 8/4
- Uniform and Orders due Weds 8/4
 - Late uniform order will incur a \$5 charge
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Shoes, Uniforms, and Gear

- Running Shoes (Training)
- Racing Flat/Spikes
- Uniform orders today
- Spirit Gear - Show Support
- Rollers, Golf balls, “the Stick” and more
- Lights?
- Beanies



Practices & Groups

La Mirada Regional Park M W F 5:30 PM Rain or shine

Group	Description	Focus	Practices
Dog	New to running/ 6-10 yrs old	Making Running Fun	50-60 min
Monkey	Some running or other sports can run 2 mile without stopping	Learning how to compete. PR focus	60-70 min
Rabbit	Can run 3 miles without stopping	Preparing to train. Building passion for the sport and promotion	60-70 min
Jaguar	Can run under 7:00 for mile. Competitive mindset	Training to Win. Beating others focus	65-75 min
Eagle	Can run under 6:15 for mile. Understand you get out what you put into it	Adv Training Regional & Nationals	70-90 min



Racing Team

- Made up of Jaguar and Eagle
- Stricter requirements
- Attendance at practice and races
- Saturday practice
- Leaders through example on the team
- Ability to travel to meets such as regionals and nationals



Races & Schedules

Day	Date	Race/Event	All Runners?	Location	Time
Sat	1/18	Uniform/Gear Order Day	ALL	Pikey's Pizza	2:00 PM
Weds	1/29	First day of Practice	ALL	La Serna High Track	5:30 PM
Saturday	2/8	La Mirada High All-Comers	ALL	La Mirada High Track	8:00 AM
Saturday	2/8	Pizza Party	ALL	Pikey's Pizza	10:30 AM
Saturday	2/15	Cal High All-Comers	ALL	Cal High Track	8:00 AM
Saturday	3/7	Long Beach Sprinters B	Selected	TBD	8:00 AM
Sunday	3/8	Picture Day	ALL	TBD	2:00 PM
Saturday	3/21	Pacific Shockwaves B	Selected	TBD	8:00 AM
Sat	4/4	Totally 80's 5K	ALL	Santa Fe Springs	7:00 AM
Sat	4/4	Pizza Party	ALL	Pikey's Pizza	10:30 AM
Sat/Sun	4/18-4/19	Imani A Meet	Selected	TBD	8:00 AM
Sat	5/2	Ayala All-Comers	ALL	Chino Hills	8:00 AM
Sat/Sun	5/16-5/17	Pasadena Running Roses A	Selected	Pasadena	8:00 AM
Sat	5/23	Strawberry Stomp	ALL	Garden Grove	8:00 AM
Sat	5/23	Pizza Party	ALL	Pikey's Pizza	11:00 AM
Sat	5/30	Warrior Final 1600 Time Trial	ALL	Cal High	7:30 AM
Friday-Sunday	6/5-7	USATF Southern Cal Assoc Champs	Qualified	TBD	8:00 AM



This Season

- USATF Schedule still being worked out
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Safety

- Practice runs - need more parents
- Keeping up and group assignments
- Bathrooms
- Coaches and kids
- Rides and after practice



Nutrition & Sleep

- Hydration - 8 glasses a day
- Food - balanced meals
- NO DIETING
- Iron Levels (for runners)
- Before and After races/workouts
- Sleep - no late night video games



Parents Support for Runners

- Attendance to Practices
- Attendance to Races
- Attendance to Bonding activities
- Hard Work over Natural Talent
- PRs over "Winning"
- Long Term Goals
- Leave Coaching to Coaches
- 90% of people respond to "Positive feedback"
- Sign up to help out



Communication

- Facebook
- Weekly Emails (Sundays)
- Text
- Calls
- Messenger - no
- Team Talks after practice
- Weds Parent updates 6:30 ish
- 1 on 1
- Social Media



COVID-19 Update & Policies

- Stay home if sick (Parents & Kids)



Other Items

- Using athletic.net
- Using Facebook
- Our website
- High School running
- Collegiate Running
- Professional Running



Training Gone Wrong!!!

- To much too soon
- Too fast too soon
- Short term gains instead of long term success
- Multiple coaches/programs
- Focus on Performance only - no higher calling
- Diets
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Training

Workout	Eagle	Jaguar	Monkey	Dog
Lunge Matrix https://www.wareliteracing.com/warm-up-and-drills.html	X	X	X	X
Warm-up	X	X	X	X
Run	X	X	X	X
Speed Workouts	X	X	X	X
Speed/Form Drills https://docs.google.com/document/d/1VhxRdsM1v0nAof8-SPxeyOYSNxzI4_HBFEx1AI4bL9Fc/edit?usp=sharing	X	X	X	X
Core X https://www.wareliteracing.com/abs-core-routines.html	X	X	X	
Strength (Weights) https://docs.google.com/document/d/1B-ybwZ0IzQHBiLBUPEhwNbeLortvP-yOEFBBtodE8gg/edit?usp=sharing	X			
Mrytles https://www.wareliteracing.com/abs-core-routines.html	X	X	X	X

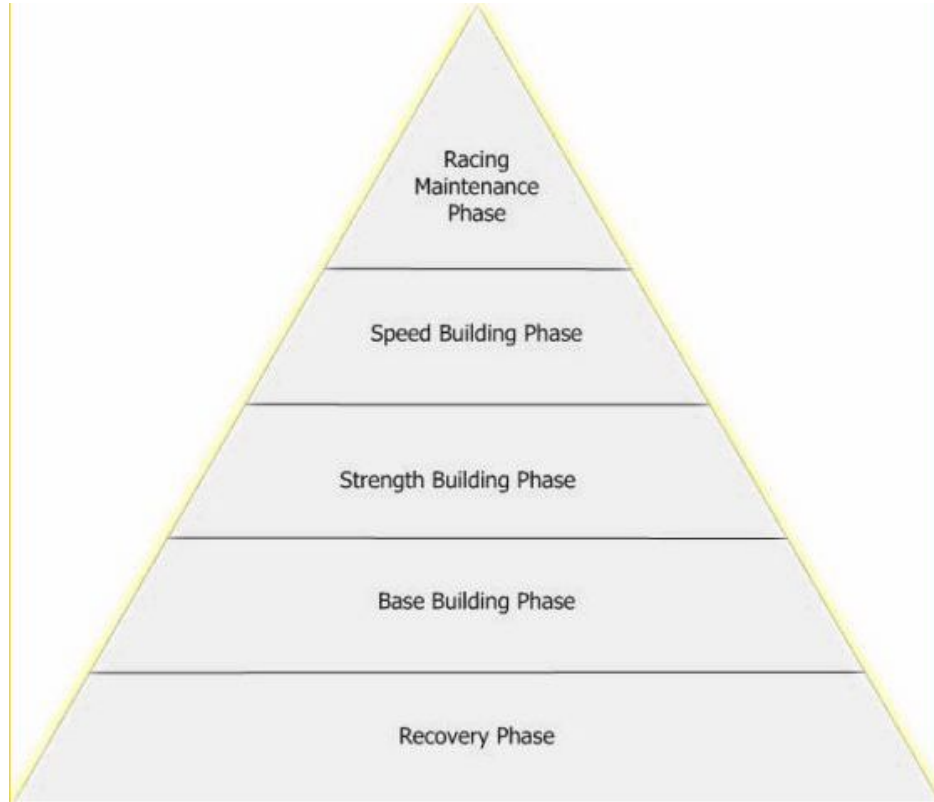


6 Systems of Running

- Endurance - Increase Fuel storage and efficiency
- Aerobic Threshold - Push line for aerobic levels
- VO2 Max - Higher % of Oxygen Used
- Speed Endurance - Longer burst of near top speed
- Power - Stronger muscles as building blocks for Speed
- Pure Speed - Faster top speed



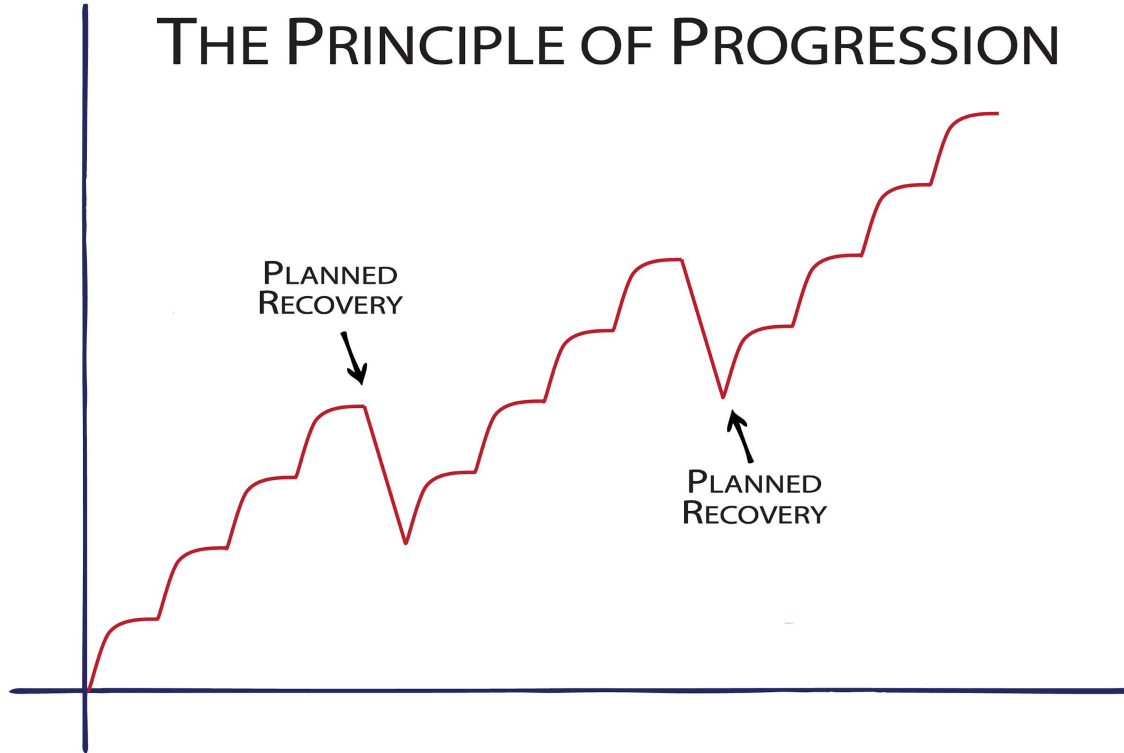
Periodization





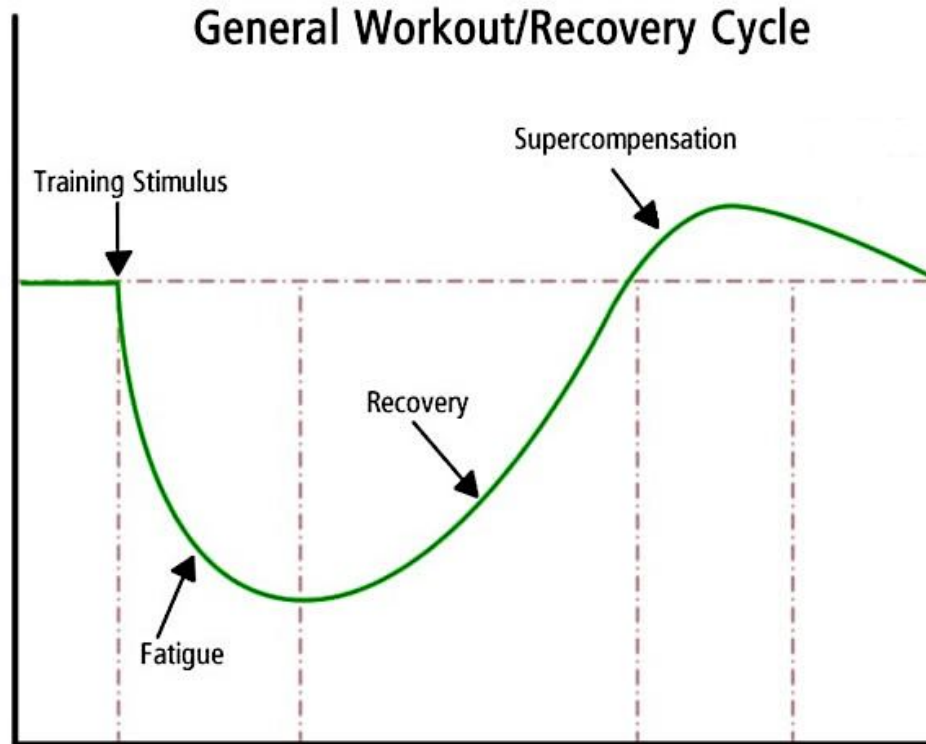
Periodization

THE PRINCIPLE OF PROGRESSION





Periodization





Periodization

