

Welcome To Capistrano Valley Girls Cross Country



Newcomers Meeting

Thursday May 25th, 2023

7:00 pm Coach Traci Maynard



Coaches

Girls Head Coach



- **Coach Maynard** is a Capo Valley Alumni. She ran Cross Country and Track all through high school. She was the school record holder in Cross Country her senior year. She then went on to run cross country and track on NCAA national championship teams at Cal Poly San Luis Obispo. She competed competitively in triathlons for 10 years. She has a 30+ year history of working with youth including being an assistant cross country coach at Northwood High School, the SLO Roadrunners triathlon team, Runner's Workshop summer camps and BSA. She became the Girls Head Cross Country and Distance Track Coach of her Alma Mater in 2019 and is looking forward to another great season.

Coaches

Girls Assistant Coach



- **Coach Sayles** coached the team for over 30 years and has a wealth of experience and knowledge building his successful teams. Coach Maynard was his first school record holder the first year he coached. He is 2014 OC REGISTER and CIF SS Coach of the Year. His athletes have won 55 individual League Championships, 4 CIF Champions, a State Champion, 4 Orange County Athletes of the Year. He was honored by CIF Southern Section with its “Coaching for Character” Award for years of teaching important values along with fielding championship level teams. He has completed 23 marathons, including 16 Boston qualifiers

Ken Sayles' Book "COACH, RUN, WIN"

Would you like to know what workouts were done by a California State Champion?

Do you want to know what to do as a coach?

For those who want to run faster, coach better, win more often, *Coach, Run, Win* is for them. *Coach, Run, Win* is a nuts-and-bolts guide to the day-to-day operation of a high school cross country program. It is comprehensive and concise in its presentation. Coach Ken Sayles explains championship level workouts in a clear, usable, yet not overly technical way. From the mental approach to racing, to proper hydration and fueling, race tactics, injury prevention and what precise paces to use in each workout, *Coach, Run, Win* provides user-friendly information about what has worked. Gleaned from his 30+ years of experience as a highly successful high school cross country coach, Coach Sayles reveals many of the tricks of the trade he used to help his individuals and teams win and win often. Look inside for a tip on how to deal with the heat like USA Olympic marathoners did.

As valuable an aid to the coach as the stopwatch itself.

—Coach George Varvas

COACH OF TWO NATIONAL HIGH SCHOOL RECORD HOLDERS

MJ Morgan James
PUBLISHING

READ TIME
192 min.
Price about \$14.95
Covers 1900s

Habitat
for Humanity
Partners in Building
Since 2002



KEN SAYLES

COACH RUN WIN

FOREWORD BY GEORGE VARVAS

Race Director, Woodbridge Cross Country Classic (world's largest cross country meet)

COACH RUN WIN



A COMPREHENSIVE GUIDE TO
Coaching High School Cross Country, Running Fast, and Winning Championships

KEN SAYLES

Coaches

Girls Assistant Coach



- **Coach Mike** is a Capo Valley Alumni. He ran Cross Country and Track all through high school. He was the school record holder his senior year for the 800 meters. He then went on to run cross country and track at Saddleback College and Point Loma University. He is an avid mountain biker and competed competitively in triathlons so he understands the importance of cross training. He has been a licensed Physical Therapist for over 30 years. He joined the coaching staff in 2019 and focuses on instructing the team with numerous exercises and stretching to improve performance and prevent injuries.

Team Captains

Seniors:

- **Ray Pagliarini**
- **Avery Williams**
- **Kaitlyn Davis**



2019 Division 2 CIF Team

- Team Captains are chosen by their commitment and dedication to our team. They are an extension of the head coach's philosophy. They are to be respected as much as the coaching staff. Team captains have an important role as they help create the culture of the team with their leadership and activities starting with summer captain-led practices.

What Is Cross Country?



- 3 mile race over various surfaces, often hilly
- We compete in Sea View League (4 teams):
Aliso Niguel, Capo Valley, Mission Viejo, San Juan Hills
- Coast View Conference- 9 teams in Sea View + South Coast
Sea View: Aliso Niguel, Capo Valley, Mission Viejo, San Juan Hills
South Coast: San Clemente, Tesoro, Trabuco Hills, El Toro, Dana Hills
- We are in CIF Southern Section (560 high schools)
- Division 3 (Determined by school size)
- Cross Country races are scored by place number:
 - 1st place = 1 point, 2nd place = 2 points and so on...
 - The team with the lowest score wins.
 - The top 5 runners on a team score, but runners placing beyond 5th place can displace the top 5 runners from another team. EVERYONE on the team is important!

The Team



Clovis Invitational 2022

- Varsity- top 7 as selected by coaches race by race not set lineup
- JV- non Varsity juniors and seniors
- Frosh- Freshmen
- Soph- Sophomores
- Some Invitationals are by grade level

Commitment to the team

- Commitment is 6 days a week. Everyday after school and every Saturday.
- Everyone who trains in the summer must meet a minimum standard of 6 miles in 60 minutes (10 minute mile) by the time school starts August 15th
- Workouts need to be recorded each week on the Monthly Team Training Logs sent out each month.
- Vacations are an understood part of summer, keep track of the miles your workout log daily.

Summer Training

- Be practicing NOW
 - 3-4 runs a week, walk/run for now if you need to but NO WALKING when coach-led practice starts
- Workout locations and workouts will be e-mailed
- Captain-led starts **Monday, June 26th 7:30-9:00ish**
 - Captains will provide information
 - Not coach supervised under CIF rules
 - Parents are welcome to to help supervise by running along, walking routes, biking
- Coach-led practice 3 weeks later on **July 17th 7:30-9:30am**

Summer racing



Summer San Clemente Trail Run and Beach Bonfire

- There are only so many hard races that can be done in a season. The season begins in September.

Please don't schedule other races from mid July on. A light run as an extra workout to support friend or cause might be ok.

NO half marathons please—your long run is with us!!

Coach Led Practices

Periodization Plans-the Basics

- A Pyramid, the base of which is the most important feature because the rest is built on it
- You must progress, slowly and carefully along the recommended guidelines. You can't "make up" missed workouts physiologically
- It is mandatory to follow our progressing training plan each week starting with captain-led practices. Failure to do so may result in injuries and show lack of commitment.

MAMMOTH CAMP



- By invitation to Top 20 based on combination of last year, track performance, participation post track, miles in captain-led time, miles and participation in first week of coach-led and ultimately, likelihood of being top 20 in fall season. We hold a few spots for newcomers.
- Sat, July 29th – Wed, Aug 2nd \$350.00 per athlete
- Final decisions by July 24th. **Captain-led practice is key for newcomers so you can show us what you've got.**

Fall Schedule

- Practice each day Monday-Friday and Saturday mornings when no meet on Saturday
- Weekday Practice begins at 3:35pm ending by 5:35pm
- Saturday practice when no meet is 7:30am-9:30am
- Each Sunday a detailed daily workout schedule will be sent out with specified locations and ending times
- Detailed workout result spreadsheets are also emailed

2023 GIRLS CROSS COUNTRY SCHEDULE

- Mon June 26 –Captain led practices—captains will e-mail information
- Mon July 17-First Day of Coach led Summer Camp 7:30-9:30am at school and various locations
- Requested donation for Summer Training is \$250 –checks to CVHS Girls Cross Country
- Physical and clearance packet must be completed and turned in ONLINE by July 17
- Thurs July 20- Parent and Athlete Meeting 6pm, on patio left of Norman P Murray, OC Pizza Fundraiser to follow
- Sat July 29- August 2- Mammoth Camp for top 20 invitees. \$350.00 per athlete
- Mon August 7- San Clemente Beach Trail Run and Bonfire (Families are invited)
- Sat Sep 2- Cool Breeze Invitational, Pomona Fairplex evening races
- Sat Sep 9- Laguna Hills Invite approx. 7am-12pm
- Sat Sep 16- Woodbridge Classic at OC Great Park races in late afternoon and evening
- Sat Sep 30- Dana Hills Invite approximately 8am -12pm
- Wed Oct 4- Coast View Preview Meet (F/S and JV only, no Varsity)
- Sat Oct 7- Clovis Invitational in Fresno for top 12, leave on Friday Oct 6, return Saturday evening Oct 7
- Sat Oct 14- OC Champs in Irvine, Oak Park near Irvine Lake approximately 7am-1pm
- Fri Oct 20th- Mt Sac Invitational approx. 2:00-6:00pm
- Fri Nov 3- Sea View League Finals at Irvine Park approximately 1-6 pm
- Sat Nov 11- CIF Prelims at Mt. Sac approx.
- Sat Nov 18- CIF Finals at Mt. Sac approx. 7-11am
- Sat Nov 25- CIF State Meet at Woodward Park Fresno, leave on Friday Nov 24, return Saturday evening
- Wed Nov 29- Awards Banquet at Tijeras Creek Country Club
- Early Dec- Optional Footlocker West Invitational at Mt. Sac

Shoes and other equipment

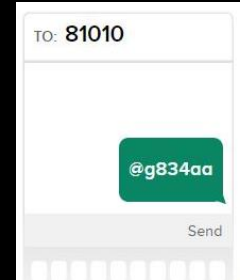
- The right shoes for YOU are not the right shoes for someone else
- Go to a running specialty store like Road Runner Sports in Laguna Hills or Snails Pace in Mission Viejo to be fitted properly.
- Choose shoes with a wider toe box for most effective forefoot landing. New Balance and Asics have wider toe boxes.
- The most expensive shoes are not the right shoe for young girls. Please avoid the HOKA brand or any with thick soles. They cause stability issues on off-road surfaces we run on and have caused injuries with girls on our team.

Equipment Continued

- Shoes should be changed every 400-500 miles which is 3-4 times a year
- Watch- required for everyone, GPS recommended
- Fluids!!!!-1/3 of body weight in oz plus enough to replace weight loss in workouts probably 16-32 oz so total of 50-80 oz a day, not just water but an Electrolyte Drink. Have 16 oz at least an hour before practice and at least 16 during with 16 after. BEST POST WORKOUT-low fat Chocolate milk
- Recommended Equipment- Foam Roller and stretch strap. We spend time working on the importance of stretching and Myofascial Release at practice and home.

Things to Do

- Check to make sure contact information is correct: phone, email, addresses, etc
- CAREFULLY, CLEARLY read emails
- Join “Remind” for last minute team messages
- Register for 7th period Girls Cross Country with counselor
- Make sure you have physical scheduled –Complete physical/clearance packet before July 17th Coach led practice (available online at www.capoathletics.com/athleticclearance under Athletics) or on our Cross Country websites www.capoathletics.com/crosscountry



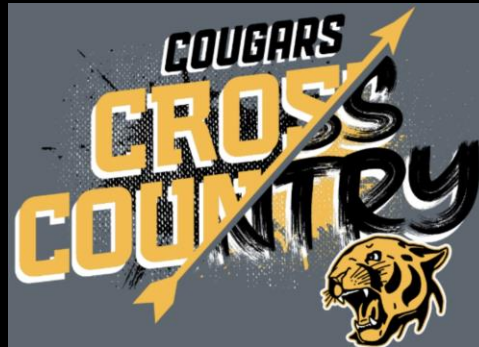
Ferritin level tests

- As part of the physical, please ask for a Ferritin binding test. It is NOT a test of iron level, it is a test of whether the iron you have binds to hemoglobin so that oxygen transfers to your lungs and muscles to enable you to run farther and faster. Doctors may think you are just asking for iron level, make sure you are clear, it is a separate test.
- A young female distance runner needs. It should be near 50 and they may say that 20 or 25 is ok, its not!!!
- Several of our best runners in recent years have had issues with this.

Uniforms and Spirit Wear



- Black Team Singlets provided for all runners for the season
- Gold Varsity and CIF Team Singlets checked out for each meet
- Solid Black Team Shorts sold on the online BSN Store
- Spirit-wear (T-shirts, Hoodies, Jammie Pants, Beanies, etc) for athletes and parents



- BSN Online Store Dates:

Opens July 15th Final orders must be submitted by July 29th

Order is sent to the school and distributed at practice

THE COUGAR WAY



- Coaches coach, athletes work hard, parents cheer and support
- Be perpetually positive
- Compete on race day with other teams, use daily workouts with teammates to compel them and you to better performances
- Encourage each other endlessly
- Full efforts at warmup, drills, workout, races, cool down, stretch down
- Understand that we are all human and have off days, the key to our way is in your response—what did you learn? Did you do your best?
- Be honest , always with yourself, your coaches and your teammates
- Be respectful and do not talk when coaches or captains are leading and instructing
- Each day—did you do the best you could? Did you learn something?

THE COUGAR WAY of training

- We have developed a “system” of training based on up to date scientific research, experience and assessment of success
- We are a moderate mileage program, emphasizing slow steady and safe development
- Workouts are very individualized and based scientifically on where athletes are at in their development

We provide the science you must do the work

Periodization

Four Phases in 22 week training cycle each with a slightly different emphasis

- PHASE 1 Emphasis on getting miles in, building a base
- PHASE 2 Begins to mix in more hills for strength and speed and long speed intervals called Anaerobic Threshold or TEMPO work, this is our bread and butter key workout for next two months—still advancing long run
- PHASE 3 Races serve as speed workouts and a mix of shorter speed and longer speed replaces longer workouts
- PHASE 4 Peaking for championship time with less volume and distance but high intensity and speed

Miles and Paces by Coach-led practice

- Athletes should be able to run without stopping the first day of coach-led practice July 17th
- Initial paces are at aerobic or conversational pace, harder paces will begin second week
- Typical mileage progression for a newcomer would be from around 22 miles a week first couple of coach-led weeks to eventually around 40 for beginning and intermediate levels

Miles and Paces Continued

- Top 12 type or Varsity type newcomers would likely begin coach-led practices around 30-35 miles a week and progress to 45-50
- Long runs will progress from around 5-6 first Saturday of coach-led to 9-10 late in summer
- Specific paces and range of paces will be indicated as summer progresses



Allie Grah Orange County Championships 2022

Cross Training



Water running workouts

- Weight training, pool training, yoga, exercise bikes, elliptical trainers are all valuable to build better, stronger athletes.
- We incorporate a lot of drills, strength exercises and stretching into our daily routines.
- We emphasize hip and core work starting now, this is the key to running power and injury prevention.
- We will try to use pool for water running and swimming when available
- I will be posting a video on proper technique for Dynamic Warm-ups and strength work.

Cross Country is a class at Capo

- Grading is by attendance and participation
- 3 excused absences permitted per month (illness, doctor's appointment or family emergency)
- Attendance until the end of every meet is mandatory since we have a team meeting at the end of the meet. When you hear "Cougars" you are dismissed.
- Keeping an accurate workout log on our team training log is part of your grade.
- OC Champs and Mt Sac in October often have testing conflicts for sophomores and juniors please schedule alternative dates

CIF STATE MEET



- STATE MEET-Sat Nov 25 Thanksgiving Weekend- if qualified the Varsity team plus a couple extra girls will travel on Friday to Woodward Park in Fresno
- IF YOUR ATHLETE BECOMES A TOP 12 GIRL during the season PLEASE DON'T PLAN TO GO AWAY DURING THANKSGIVING just in case

Why are YOU here??

- Ideally-because you love running and want to devote much of your life to it!!
- Ideally-you love competing and being a part of a GREAT team accomplishing great goals
- NOT because some guidance person said it looks good on college applications or your friend talked you into it or you don't want to take PE



So Why are YOU here??



Freshman Team 2022

- You need to be motivated to do your best daily-this is not just a PE class, but a **highly competitive team to be committed to 6 days a week**
- Join with us ONLY if YOU understand why YOU are here, and what we expect of you
- We don't expect everyone to BE the top runner
- We do expect everyone to want to be the best that YOU can be!!!



Capo Valley Cross Country 2022 Sea View League Champions

WELCOME TO CAPO GIRLS CROSS COUNTRY



A TRADITION OF EXCELLENCE

CIF STATE TEAM FINALIST

2021, 2017, 2016, 2015, 2014, 2013, 2012

CIF STATE INDIVIDUAL CHAMPION

2017

CIF STATE INDIVIDUAL FINALIST

2019, 2018, 2009

CIF TEAM FINALIST

2021, 2019, 2018, 2017, 2016, 2015, 2014, 2013, 2012, 2011, 2010, 2009, 2006,
2004, 2000, 1993, 1992, 1991, 1989, 1986, 1979, 1978

CIF TEAM PRELIMS

2022, 2016, 2012, 2011, 2009, 2008, 2005, 2003, 1999, 1998
1997, 1996, 1994, 1988

ORANGE COUNTY CHAMPIONS

2014, 2013

SOUTH COAST/SEA VIEW LEAGUE CHAMPIONS

2022, 2021, 2020, 2017, 2016, 2014, 1999, 1995, 1992, 1989, 1985

FOOTLOCKER NATIONALS ALL-AMERICAN

2019, 2017

NXN ALL-AMERICAN

2017

WE ARE FAMILY!!!

- At Cougar Cross Country are goals are:
 - To create lifelong runners and exercisers
 - To create competitive athletes and teams
 - To foster dedication, commitment to excellence
 - To pursue “Victory with Honor”
 - To develop a family of parents, athletes and coaches working for a common cause



VOLUNTEERS

We value our parent volunteers. They are essential to our program

- Hosting/food donations for team pasta parties (multiple dates during season)
- Food donations at meets
- Fundraising Committee
- End of season banquet/awards
- Photographers
- Banquet Program Designer
- End of Season Photo Albums
- T-shirt Pre-orders for Woodbridge Invitational OC Champs
- Be a driver for the Clovis Invitational October 6th-7th
- Uniform Singlet Check-out and Check-in

2023 GIRLS CROSS COUNTRY VOLUNTEER SIGN-UPS

WE VALUE OUR GIRLS CROSS COUNTRY TEAM PARENTS. THERE ARE SEVERAL WAYS TO BE INVOLVED. PLEASE SIGN-UP BELOW FOR AREAS YOU ARE INTERESTED IN

VOLUNTEER POSITION	DESCRIPTION/COMMENTS
HOST A TEAM PASTA PARTY	YOU PROVIDE THE VENUE. FOOD AND PAPER GOODS ARE PROVIDED BY SIGN-UPS FROM FAMILIES.
1	
2	
3	
4	
FUNDRAISING COMMITTEE	SET-UP RESTAURANT DINE-OUTS AND VARIOUS FUNDRAISING OPPORTUNITIES
1	
2	
3	
AWARDS BANQUET DECORATIONS 11/29	ASSIST TEAM CAPTAINS WITH SET-UP AND DECORATIONS FOR THEIR CHOSEN BANQUET THEME
1	
2	
BANQUET PROGRAM DESIGN (by 11/29)	TO BE SUBMITTED TO SCHOOL PRINT SHOP
Andy DeLeon	
SENIOR CELEBRATION AT 11/29 BANQUET	HELP PLAN THE CELEBRATION OF OUR GRADUATING SENIORS AS PART OF THE BANQUET
1	
PHOTOGRAPH MEETS AND EVENTS	TAKE PHOTOS AT EVENTS AND RACES (WITH A DIGITAL CAMERA, NOT PHONE) AND POST ON SHUTTERFLY ACCOUNT
Janel Underwood	
Deonna Heath	
3	
TEAM PHOTO ALBUM DESIGN	ASSIST IN CREATING PHOTOBOOKS FOR ATHLETES FROM SHUTTERFLY ACCOUNT (GIVEN TO ATHLETES AT THE BANQUET)
1	
T-SHIRT PRE-ORDERS FOR MEETS	WOODBIDGE INVITATIONAL (SEPTEMBER) AND OC CHAMPIONSHIPS (OCTOBER)
1	
UNIFORM SINGLET CHECK-OUT/CHECK-IN	CHECK-OUT OUT SINGLETS FOR THE SEASON AND CHECK BACK IN AT LEAGUE FINALS
1	
OTHER WAYS TO CONTRIBUTE	TELL US IF YOU HAVE OTHER WAYS THAT YOU MIGHT CONTRIBUTE (E.G., EXPERTISE, SUPPLIES, ETC.)
1	
2	
3	
*FROM TIME TO TIME, WE MAY ASK FOR ADDITIONAL VOLUNTEERS OR ITEM DONATIONS SUCH AS DONATING SNACKS ON RACE DAYS	

Donations Support:

- Coaching Stipends
- Team T-shirts
- Meet entry fees
- Clovis Invitational (hotel, dinner, breakfast, transportation)
- Awards Banquet
- Banquet Special Awards
- End of the year photo books
- State meet expenses
- General team supply expenses



DONATIONS

Summer Donation \$250 per athlete:

Covers all coaches, summer activities, team T-shirts

Fall Donation \$300 per athlete:

Covers assistant coaches, meet expenses, banquet, awards and photo books

Please note that the Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity or class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment.

Fundraising Opportunities:



- Blast Fundraiser (online team fundraising)
- Register for Ralph's Rewards and/or Amazon Smile
- Setting-up dine-outs
- Any other creative ways to fundraise for our team

IMPORTANT UPCOMING DATES

June 26th: Captain-led practice begins

July 17th: Coach-led practice begins

July 15: Uniform shorts/spirit wear orders

July 20th: Parent and athlete kick-off meeting

Location TBA