

Mill Creek Junior Hawks 2023 Information Packet

Coach Derek Curtis

Coach Derek Curtis didn't start running until he was in his twenties, but he loves finding where his feet can take him to explore. His first real introduction to cross country was in 2011 when his oldest of eight children started running for her middle school team in sixth grade in Illinois and he has had at least one child on a cross country team every year since. Five of his children have run cross country for Mill Creek and Seckinger High Schools since 2015 and this will be the first year for his for his fifth grade son on the Junior Hawks. He is excited to coach the Junior Hawks again this year and hopes to help each runner develop dedication, diligence, teamwork, self-confidence and build the proper form and skills necessary so that they can remain healthy throughout the season and easily transition to the high school team at Mill Creek or Seckinger High Schools when they start their high school careers.

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Assistant Coaches

We are in need of assistant coaches as Coach Curtis will have to travel for work a few times during the season. Please reach out to Coach Curtis' contact information above if you are interested in helping the team. No prior cross country experience is necessary.

Practice Schedule

Practices will be held every Monday and Thursday from 6:00 pm to 7:00 pm at Little Mulberry Park on the Fence Road entrance. We meet for warm-ups at the pavilion and then head out to the park for our runs. We may meet at alternate locations from time to time – please subscribe to our Remind classroom (details below) to receive notifications of practice location changes.

Gear Needed

All runners should bring a watch with stopwatch functionality with them to every practice and every race. They do not need to have a GPS enabled watch – any with stopwatch will do. They will need this for workouts and races to see their time to ensure they are in line with their goal pace.

All runners should also bring a water bottle to our practices and to race days. They should also be hydrating throughout the day to make sure they are ready to run in the hot summer and fall afternoons.

Important Dates

Schedule is subject to change

7/30 – Time trial at Osborne Middle School (time TBD)

8/12 – North Georgia Two Mile Stage Races—Commerce, GA

8/19 – Apalachee Season Opener—Winder, GA

9/9 – Bill Woods Pridelands Invitational—Carnesville, GA
9/16 – Gwinnett County Meet—Conyers, GA
9/22 - Wingfoot Classic—Cartersville, GA
9/30 – Rangers XC Invitational—Cumming, GA
10/14 – Georgia Middle School State Championships—Cochran, GA

Results and information for all races are published on <https://ga.milesplit.com>.

Summer Mileage

Summer mileage will start the week of our first practice. We are going to offer two options: a 100 mile club and a 150 mile club that can be run against one of two schedules. Please see the running schedules for each club at the back of this packet. All runners who register for cross country, record their mileage, and complete their selected mileage club will receive a mileage club t-shirt. To record your summer mileage, please perform the following:

- Go to <https://www.strava.com> to create an account if your child does not already have one (please use a name that I will recognize when you request to be added to the club)
- After you have created your account, go to <https://www.strava.com/clubs/juniorhawks> to request permission to join the club.
- You do not need to have a GPS enabled device to record your mileage – mileage can be recorded from any device once your run is completed.

Runs can be added automatically by linking a compatible GPS device or they can be added manually by clicking the “+” button in the upper-right corner of the website and selecting “Add manual entry”.

If your runner has a GPS enabled device linked with Strava to record their mileage, please review the privacy settings on your child’s account. Strava has a feature to allow you to see who is running near you which allows everyone to see where and when you run—even if they are not a friend or within the same club. If you are not comfortable with that, please make sure to turn that feature off.

Please have your runners do the LMLS drills, dynamic drills, and stretching with every run so that they stay healthy. Their routine should be the following:

1. Perform the LMLS exercises
2. Run a quarter to a half mile of their run
3. Perform the dynamic drills
4. Finish the run
5. Stretch after the run

LMLS: <https://www.youtube.com/watch?v=xp5Jh7KKnnl&t=32s>

Dynamic Drills: <https://www.youtube.com/watch?v=js96M0QG8Gk&t=9s>

Also, have your runners review the following running form videos as reminder for how they should be running to avoid injury and optimize performance:

Running Posture: https://www.youtube.com/watch?v=4_Xqgv4vfx4

Arm Movements: <https://www.youtube.com/watch?v=-UCZ3nSXnEE>

Leg Movements: <https://www.youtube.com/watch?v=ixYwga9tPgs>

The purpose of the summer mileage is to build up endurance and stamina so no one should kill themselves during their runs. When practice officially starts, we will start off mostly working on summer mileage and then as we get closer to the start of the season we will transition to harder workouts and drills.

Remind

I use the Remind app to keep everyone notified of last minute changes to the schedule or race day information. I have cleared out the Remind from last year so I will need everyone to sign up again for the messages. To sign up, please use one of the following methods:

Via the web:

1. Go to <https://www.remind.com/join>
2. Put in the code 7ag9da and click the Enter button
3. Put in your first and last name, phone number or email address and sign up or login to your existing account

Via text:

1. Text 7ag9da to 81010
2. If you are a new user, follow the prompts to enter your full name, and then S for student, P for parent, or T for teacher. You will then get a confirmation text in a separate thread.

Via the App:

1. Download the mobile app for iOS and Android devices here:
https://www.remind.com/send_the_app
2. Create a new account (or log in if you already have one).
3. Tap +Join a class
4. Enter the class code 7ag9da and then click join

Social Media Accounts

Please follow us on Twitter at @mcxcjuniorhawks or on Instagram at @mcxcjuniorhawks. I am looking for a parent who would be interested in helping to manage these accounts. If you are interested, please send me an email.