

2026 Cookeville High School Cross Country

Administrative

- Fee - \$150 – covers meets, supplies, replacement uniforms, etc due before Jamboree
- New uniforms for new runners (after fees collected). Returners use last year's uniform.
- Physical required (dated after April 15) before able to practice - Upload to BigTeams (instruction document at chsxc.com)
- Shoes - spikes or running shoes - 10% off at Express Footwear
- **www.chsxc.com - rules sheet, physical forms, signup form - check this site regularly!**

Philosophy

- Team First – We are a team. We will do what's best for the team. We represent the team.
- Empower the Runner – Embrace your role in the team. Accountability and responsibility of the individual runner. Senior leadership (conflict management, etc)
- Learn and Adapt – Learn from past successes and failures and determine how we respond

Team

- 7 Varsity runners – top 5 count towards scoring
- All 7 spots are subject to change each meet – no spot is ever “safe” every meet
- Encourage one another – All runners are expected to remain at any meet to cheer each other on unless you received permission from a coach to leave (with good reason)

Summer Training

- Everyone assigned a training plan in Garmin Clipboard
- TSSAA Dead Period – June 22 – July 5 – on your own - encouraged to run together
- Summer workouts start on June 1: Mondays, Tuesdays, Thursdays – 6-730pm
- Boys expected to complete 5K in 30 minutes, Girls in 35 minutes by camp in mid-July
- Bluegrass Running Camp in Berea, KY – you will have no problem at camp if you follow the summer training plan. If you do not, you will have problems. You run the chance of injury.
- Bring towel! We will also have water, but bring your own if you choose.

- Time trials – on demand throughout summer

Season

- School days – practice Monday through Friday, 3:20pm-5pm - Meeting from 3:20pm to 3:30pm then workout
- Similar workouts as summer
- All season! - strengthening (including core!), stretching, and rolling

Meets

- Schedule will be shared as available
- Parents transport to meets
- 1 night race this year (not counting the home time trial)
- Parking \$5 at our home meets

Communication

- GroupME - ability to receive texts but should download the app - Parents and runners will be added:
 - https://groupme.com/join_group/107672662/n6qwzzwE
- Email - updates are emailed weekly
- Facebook: Cookeville High School Cross Country
- Jennifer Shope – 931-261-7978, jennifer.shope@pcsstn.com, room 352
- Travis Shope – 931-260-2129, tjshope1@gmail.com