

Foothill Technology Cross-Country Academy

A one week cross-country introduction program for newcomers and incoming freshmen to learn the basics of FTHS cross-country. Get a jump on summer training by meeting teammates and learning the basic procedures of the program. Participation for the entire week will be taken into consideration for tryouts. This academy will be led by male and female members from all grade levels from the 2021 team. Each attendee will be assigned a mentor.

Monday, June 20: 3 PM in classroom F-104: Basics of the Dragon program will be presented by Coach Dinkler. After the introduction, students will go across the street to learn the basics of the FTHS warm up and drills. After a short run, the athletes will be introduced to the FTHS core program and stretching program. We will also go over how to set up a log on XC Stats. Monday's activities should conclude between 4:45 and 5:00 PM. Please bring running shoes, a snack and a water bottle. Pick up will be at FTHS after the check-out procedure. Click on the link for the first day of cross-country academy: [Needs for the First Day of Cross-Country Academy or Practice](#)

Tuesday, June 21: 3 PM in classroom F-104: Once again, we will meet at 3 PM. Possible guest speaker today. Then, we will go over to the VC sign on Telegraph and once again do the Dragon warm up and drills. After that, we will go on a short run to the West Field before returning back to learn our stride procedure and cool down. Today, we will cool down to F104 where we will finish with some core workout routines. Check out will be after the conclusion of stretching. We should be done around 4:45 and 5:00

Wednesday, June 22: 3 PM in classroom F-104. Today, the entire Dragon spin routine will be taught. Weekly, the majority of the members of the team will do a recovery day on the spin bikes. Learn about set up, cadence, different riding positions and different riding techniques along with the proper way to maintain the bikes. After the conclusion of the workout, students will complete our core routine. Pick up time should be around 4:45.

Thursday, June 23: 3 PM in classroom F-104: We will do warm up, a short run, introduce HIITS, and conclude with cool down, active stretching and introduce a little more of our core program. There will be a short powerpoint on this day. Pick up time should be around 4:45 to 5:00.

Friday, June 24: 3 PM in classroom F-104: We will run to Camino Real Park, do drills, do either a short loop or a long loop and then run back to the tree to do our core and stretching program. We will then run back to the black box to check out. We should be done by 5:00 PM.

Newcomers who attend all five days of the CC Academy will receive an official FTHS CC Academy tee-shirt on Friday.