



2023 Pacific Crest Cross Country (XC) Season: 9/7/23 - 10/12/23

****Optional pre-season workout calendar below****



#1 Goal – Work Hard, Be Safe & Have Fun!!!

Important Dates:

- **Registration dates for XC:** Tuesday, August 1- Thursday, August 30, 2023
- **Season dates:** Thursday, September 7- Fri, October 12 (districts athletes will also practice the week of October 16, more districts information TBD)
- **1st Practice:** Thursday, September 7 | 3:50-5:00pm | Mrs. Baunsgard’s classroom (TBD)
 - Goal: introduce coaches, our practice calendar/season calendar, practice guidelines
 - Athletes DO NOT dress down or bring their XC clothes on this day
- **Practice Days:** Monday, Tuesday, Thursday, Friday | 4:00-5:00pm (no practice on Wednesdays)
- **Parent Meeting/Q&A:** Thursday, September 7 | 5:00pm | PCMS Library
- **Picture Day:** TBD

Meet Calendar (all races are 3km or 1.8 miles):

- Students *must attend school* on the day of the meet in order to participate in the meet.
- Parents are responsible for their child’s transportation to and from meets. If this is an issue for your family, please reach out to head coach Jane Baunsgard.
- The below will be updated soon.

Date	Day	Opponent	Location	Time

****NOTE: ALL 7th and 8th grade races MAY START BEFORE THE SCHEDULED TIME if the 6th grade race finishes early****

Participation Requirements:

- XC is open to all 6th, 7th, and 8th graders. No previous running experience is needed!
- Please follow instructions on the [PCMS athletics page](#) regarding registration. You will need to sign up via FamilyID, pay the \$40 participation fee, and provide a current sports physical.
- If misbehavior occurs at practice, a warning will be issued for the first offense. Parents will be contacted and the athlete will be asked to leave practice for the 2nd offense. If another misbehavior and/or violation occurs, the athlete will be dismissed from the team.
- If an athlete is injured, they are not to attend practice for that day.

Attendance:

- Attendance will be taken at every practice. Athletes need to attend 75% of practices in order to participate in cross country meets.
- **Athletes must be present at school to attend practice that day. Absences will be checked prior to practice each day.**

- If an athlete is injured, they are not to attend practice for that day.

Volunteer Coaches/Helping at Meets:

- With 75-100 athletes and 3 coaches, we simply cannot have an XC season without some parent volunteer help! Please reach out to [the athletic secretary, Rachel Larsen](#), if you are interested in being a volunteer coach or helping at our meets. We appreciate your willingness to help!

Frequently Asked Questions:

- 1. Dressing Down?** Be prepared for various types of weather! Athletes will have access to the locker rooms so they can dress down in the locker room and then meet us on the baseball field for outdoor practice or in Ms. Baunsgard's classroom (D113) for indoor practice.
- 2. Inclement weather?** XC practice will not get canceled for inclement weather 99.9% of the time. If there is a thunderstorm or it is smokey, we will have indoor practice and meet in Ms. Baunsgard's classroom (D113). If it is raining or windy, we'll run outside and embrace the challenge! If there is a change in our practice plan, please check your email and students will hear an announcement at school.
- 3. What should I bring/wear to practice?** Bring an after school snack and a water bottle. Wear comfortable running clothes such as tights, shorts, and non-cotton shirts. Layers are the name of the game! Wear comfortable, high quality running shoes to prevent injury.
- 4. What happens if I get injured?**
 - The best way to prevent injury in middle school runners is to make sure your running mileage increases slowly, you are eating enough food (including fats, protein, and carbs), not skipping meals, getting enough sleep, and wearing supportive shoes (2021 American Academy of Physical Medicine and Rehabilitation.)
 - If you are feeling injured- ice, rest, and consistent stretch/strengthening exercises are almost always recommended (as well as seeking help from a physical therapist if the pain continues). Please always check in with a coach if you become injured at practice.

Contact information:

- Head coach: Jane Baunsgard, jane.baunsgard@bend.k12.or.us
- Athletics director: Steve Blackmarr, steve.blackmarr@bend.k12.or.us
- Athletics secretary: Rachel Larsen, [Rachel Larsen](#)

Optional Pre-Season Workout Calendar

Monday 8/28	<p>Dynamic warm up:</p> <ul style="list-style-type: none">- Walking knee to chest (20 seconds)- Walking quad pull (20 seconds)- Grapevine x 2 (10 seconds each side)- Skip (20 seconds) <p>Level 1 (you haven't been running much this summer but you're excited to get started!)</p> <ul style="list-style-type: none">- 20 mins: 4 min walk, 1 min run, repeat for 20 mins <p>Level 2 (you have been running this summer and are excited to continue building!)</p> <ul style="list-style-type: none">- 2 mi easy run: you could have a conversation at this pace <p>Cool down:</p> <ul style="list-style-type: none">- Walk (1 minute)- Walking knee to chest (20 seconds)- Walking quad pull (20 seconds)
Tuesday 8/29	<p>Dynamic warm up: See Monday</p> <p>Level 1 (you haven't been running much this summer but you're excited to get started!)</p> <ul style="list-style-type: none">- 20 mins: 3 min walk, 2 min run, repeat for 20 mins <p>Level 2 (you have been running this summer and are excited to continue building!)</p> <ul style="list-style-type: none">- .5 mi easy warm up, 1 mi faster pace (hard to talk), .5 mi easy cool down <p>Cool down: See Monday</p>
Wednesday 8/30	<p>Dynamic warm up: See Monday</p> <p>Level 1 (you haven't been running much this summer but you're excited to get started!)</p> <ul style="list-style-type: none">- Rest day: go outside and be active but no specific run for today <p>Level 2 (you have been running this summer and are excited to continue building!)</p> <ul style="list-style-type: none">- 2 mi easy run: you could have a conversation at this pace <p>Cool down: See Monday</p>
Thursday 8/31	<p>Dynamic warm up: See Monday</p> <p>Level 1 (you haven't been running much this summer but you're excited to get started!)</p> <ul style="list-style-type: none">- 20 mins: 1 min walk, 4 min run, repeat for 20 mins <p>Level 2 (you have been running this summer and are excited to continue building!)</p> <ul style="list-style-type: none">- .5 mi easy warm up, 1 mi faster pace (hard to talk), .5 mi easy cool down <p>Cool down: See Monday</p>
Friday 9/1	<p>Dynamic warm up: See Monday</p> <p>Level 1 (you haven't been running much this summer but you're excited to get started!)</p> <ul style="list-style-type: none">- Run one mile easy pace: constant pace so you don't have to take walking breaks <p>Level 2 (you have been running this summer and are excited to continue building!)</p> <ul style="list-style-type: none">- 2 mi easy run: you could have a conversation at this pace <p>Cool down: See Monday</p>