

Foothill Technology Cross-Country Academy

Schedule and activities for 2020 will depend on what is allowed by the district

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, learning the basic procedures of the program and starting a strength program. Participation for the entire week will be taken into consideration for tryouts. This academy will be led by members of the 2020 Dragon team, including All State runner, Oliver Pick, Ethan Crouch and Josh Villaseñor plus 2019 Individual State Champion, Brooke Secreto and other members of the 2019 State teams. Other mentors will include male and female members from all grade levels on the 2020 team. Each attendee will be assigned a mentor.

Monday, June 29: 9am at the Black Box: 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 program. After a short run, the athletes will be introduced to the FTHS core program and stretching program. Will also go over how to set up log on XC Stats. Monday's activities should conclude by 10:45 to 11:00. 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 30: 9am at the Black Box: Once again, we will meet at 9am. Josh Spiker, an NCAA CC All American will talk about cross-country.. At 10am, 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 core and static stretching. Check out will be after the conclusion of stretching. We should be done around 10:45 to 11:00.

Wednesday, July 1: 9am at the Black Box at FTHS. 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 do core, stretching and check out. Pick up time should be around 10:30.

Thursday, July 2: 9am at Black Box: 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 10:45 to 11:00

Friday, July 3: 9am at Black Box: Strength program development (will continue on throughout the summer, days will be Tuesdays and Thursdays). At 10, 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 F104 to check out. We should be done by 11:15 on Friday. **May do Rock Project afterwards**

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

Friday, July 3: See Senior leaders for possible team activity after academy...Tentative