



## 2026 Cross Country Information

Head Coach: TBA

Summer Coordinator/Coach: Sean Nicol  
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Webpage : <https://leesvillexctf.com/TBD>  
Temporary Link: <https://raleighrunninghub.com/leesville-xc/>  
Summer Training GroupMe: Email Coach for Link



### Mission

To compete in NCHSAA's highest division, represent the Leesville community well, and contribute to life-long development on and off the course.

### Important Dates

Pre-Summer Runner / Parent Meeting:	May 28, 2026
Summer Training Calendar Begins:	June 1, 2026
NCHSAA Dead Periods:	June 28 – July 5, 2026 & July 19-26, 2026
Summer Practice Begins:	June 13, 2026
Summer Kickoff (Athlete) Meeting:	June 20, 2026
Tryouts Begin:	July 29, 2026
First Scrimmage/Race:	August 8, 2026
First Day of School:	August 24, 2026

### Summer Checklist

- Complete the [2026 Leesville XC Interest Form](#) to join our mailing list.
- Register in Dragonfly to complete required forms for WCPSS.
  - LRHS Registration Link:  
<https://max.dragonflyathletics.com/maxweb/max-cover/login?redirectUrl=%2Fmain%2Ftoday%3ForgId=5e2e525deb8fa480a8b4ab07>
  - Further instructions: <https://leesvillexctf.com/dragonfly/>
- Review the “Recommended Equipment” list (Page 4), starting with good running shoes.
- Begin Summer Training Schedule on June 1. (See attachment).
- Email weekly running log to Coach Sean for feedback and training adjustments.
- Attend Summer Practices (Schedule on Page 3).
- Review weekly updates from Coach Sean and team captains. Reach out with questions.

## Team Communications

**Email:** Coach Sean ([coach.sean.nc@gmail.com](mailto:coach.sean.nc@gmail.com)) will send weekly updates to athletes and parents throughout the summer, providing the weekly practice schedule, team announcements, and points of training emphasis. We will have a team **Google Group, LRHS XC 2026**, which will be our team email list. More instructions to join the group will follow via email, as we set this up ahead of the first team practice (mid-June).

**Team GroupMe:** The team GroupMe will host informal group communications between coaches and athletes, typically serving as a “day of” reminder for team events or coordinating items among the team. The team GroupMe will be key for coordinating summer workout specifics as well, and team captains will be providing additional insights for workouts when appropriate. Athletes, please review this regularly.

**Google Calendar:** All practices, meets, and other events will be noted in the team Google Calendar. You can access the Google Calendar from the [team webpage](#) or [subscribe to it directly](#).

## Summer Kickoff - June 20th

While we will host a few optional practices from 6/13 to 6/19, **we will have a Summer Kickoff Practice and Meeting on Saturday, June 20th**, tentatively scheduled for 7:30 AM.

This will be similar to a team “pancake run” and include:

- Saturday’s run/practice
- A team (athletes’) meeting to formalize this season’s goals and elect team captains.
- Connect with a post-run breakfast.

## Team Captains

For each gender, two captains will be selected at the Summer Kickoff. One will be elected by teammates, and the other will be selected by coaching staff. (We will consider additional team captains after tryouts in July, based on the size of the team.)

Team captains will be expected to:

- Contribute to the mission and vision of the team, and represent the team well.
- Maintain regular participation at summer workouts, in-season practices, and meets, leading warm-ups and workout components when appropriate.
- Coordinate additional activities (i.e., summer group runs between coach-led workouts, team social activities).

**If you are interested in being a team captain, please email Coach Sean by June 16th, with a paragraph outlining why you would like to be a team captain.**

## Summer Workouts and Training Insights

[Training calendars](#) are provided to GUIDE your development throughout the summer. These are a supplement to, not a replacement for, coaching instructions. Coach Sean will provide individual instructions as needed to establish a strong foundation ahead of tryouts on July 29<sup>th</sup> and into the season. **The success of your season begins during the summer training sessions. Therefore, the expectation is that you will participate in summer training if you are in town.**

There are two tiers of training guides for returners and developing runners, respectively.

- **Green Calendar:** Experienced runners who can return at a higher mileage.
- **Blue Calendar:** Developing runners, or runners who may be recovering from a break in training, warranting a more gradual build up throughout the summer.

## Summer Training Schedule (June-July)

**5/29 to 6/11:** NCHSAA Dead Period due to exams – Follow training calendar this week.

**Sat. 6/13:** **First summer practice, 8:15 AM to 9:30 AM, Umstead State Park**  
To access our Saturday meetup location, enter the park through the Glenwood Avenue entrance and take the road straight, all the way down to the last parking lot. Note: Please plan to arrive to the park at 8:05/8:10. The gate opens at 8 AM but we will start promptly.

**Week of 6/15:** Wed. - Friday 6:30 AM to 8:15 AM, Rotating Locations\*  
\* - Locations include Lake Lynn, Harrington Grove, and Umstead, TBA.  
**Saturday (6/20) Summer Kickoff, details TBA.**

**Week of 6/22:** TBA 6:30 AM to 8:15 AM, Rotating Locations

**Week of 6/29:** NCHSAA Dead Period – Follow training calendar this week.

**Week of 7/6 +** Monday - Friday 6:30 AM to 8:15 AM, Rotating Locations

**Week of 7/13:** Saturday 8:15 AM to 10:15 AM, Umstead

**Week of 7/20:** NCHSAA Dead Period – Follow training calendar this week.

**Week of 7/27:** Monday – Tuesday 6:30 AM to 8:30 AM, LRHS Track  
**Wednesday (7/29) Tryouts Begin at 6:30 AM, LRHS Track**  
Thursday – Friday 6:30 AM to 8:30 AM, LRHS Track  
Saturday 8:15 AM to 10:15 AM, Umstead

## Recommended Equipment

- A good pair of running shoes (or two, as rotating makes them last longer).
- A watch (does NOT need to be GPS – a [\\$20 Casio watch](#) goes a long way in terms of learning how to pace, and meets do not allow GPS watches).
- A water bottle and a towel (stretching/core).
- A [foam roller](#), lacrosse ball, and/or resistance bands for recovery. (Our favorite color is “cheap”).

## Tentative Meet Schedule

\*Note: This is to be confirmed by the head coach once announced. **If you qualify to participate, meet participation is expected unless a conflict is discussed with the head coach.**

Kickoff Classic 3K	Aug 8 (Sat)	WakeMed Soccer Park Cary, NC
Invitational TBD		
3K vs. Athens Drive, Holly Springs, Cardinal Gibbons, Enloe, Broughton	Sep 1 (Tue)	WakeMed Soccer Park Cary, NC
Dual Meet		
Friday Night Lights	Sep 11 (Fri)	Ivey Redmon Park Kernersville, NC
Dual Meet		
Adidas XC Challenge	Sep 19 (Sat)	WakeMed Soccer Park Cary, NC
Dual Meet		
Great American XC Festival	Oct 3 (Sat)	WakeMed Soccer Park Cary, NC
TBD		
CAP 8 Conference Championships	Oct 20 (Tue)	WakeMed Soccer Park Cary, NC
8A East Regional Championships	Oct 31 (Sat)	WakeMed Soccer Park Cary, NC
8A State Championships	Nov 6 or 7	Ivey Redmon Park Kernersville, NC

## Summer Training Recommendations

- **Train hard but train smart.** Do not push yourself on these easy runs; we are not trying to wear our bodies down before the season even starts. Your bodies will not hold up until November if you are pounding out these runs in June and July.
- **Run early or run late,** try not to run in the heat of the middle of the day.
- **Take advantage of Umstead** - you have a great park nearby for running. You should be trying to get as many of your miles as possible on soft surfaces such as trails and grass. Most of the trails there are shaded as well to make these summer runs more bearable.
- **Upperclassmen/Those of you who drive** – Please offer to carpool underclassmen or those who don't drive when you are meeting for long runs. When it comes to the team, we all have a common goal and that's to be the best we can. Please realize that they cannot always get there and may not feel comfortable asking for a ride, so offer. Those who don't drive – please speak up and ask, and if someone continually gives you a ride to practice, offer them gas money or water/Gatorade/sports drink etc for taking you. This works both ways.
- **Pay attention to your bodies.** If something is hurting you, please take a day off. Taking a day or two off is better than making it worse and having to take two or three weeks off. That being said, there are often “nagging” injuries that will go away even with running and you will not feel your best every day even when training is going right, but if it is sharp pain or getting worse, then stop and take a couple days off.

### Tempo vs. Fartlek Explanation:

Tempo run = Ex. 2/3/2 means ease into the run for 2 miles, then do 3 miles of tempo pace (a pace that you feel you can only maintain for the length of the tempo distance) and then back down to a comfortable pace for 2 miles. 7 miles total, 3 of it tempo. We will discuss this at practice.

Fartlek example is the same setup, middle number is the distance of the fartlek (fartlek is where you alternate hard vs easy pace for varied distances until you reach the total distance of the fartlek), first and last number are easy miles. Again, we will discuss this at practice.