

Thank you for reaching out about SHHS boys fall XC program.

This is a lot of information, but it is all important!

Items in this message:

- Nutrition
- Hydration
- General Information
- Summer training guidelines
- Preseason practice
- Attachments/Links

Proper Training Shoe Selection

Over Gaming Over Training

Post Run Nutrition (Nancy Clark)

Please send me your contact information, such as email addresses, cell phone numbers and your son's non school email address and cell phone number. I will invite him to join my training link. I will also invite each of you to join our TeamSnap communication website. Thanks!

## Nutrition

Junk food equals junk results on the course and in the classroom

We are what we eat and drink. **Sports performance** and **cognition** are strongly linked to sound nutritional habits. It is vital that your son consume protein and carbohydrates in the proper fashion within 1 hour post exercise. Why? They can replace the muscle glycogen stores which the cells will be in a super

check out these links..

[Fueling: Before, During and After the Run — Featherstone Nutrition](#)

[Nancy Clark RD – Sports Nutritionist & Author](#)

## Hydration

Hydration is vital for safety and performance reasons. Please do not wear a cotton shirt during practice, it does not allow for proper evaporation and the associated cooling effect is lost. Per WSSD policy student athletes must wear a shirt during all practice sessions.

See link below for hydration information.

[Hydration | Korey Stringer Institute \(uconn.edu\)](#)

## **General Information**

we do not have tryouts

there is a Varsity and JV team

Newcomers will have a training program that reflects shorter workouts initially and less mileage than the varsity, but if you're not prepared due to improper training over the summer, it will be difficult.

Team members must follow the team rules. Go to our team website (see link below) and review Team Guidelines Standards and Rules. Team members are responsible for reading this information.

## **Summer Training Guidelines**

I suggest newcomers to the team should start training no later than July 1.

Freshman are required to train over the summer, their initial goal:

**A conversation pace** 30 minute easy run/walk, 4 x week, increasing 10 minutes every 3 to 4 weeks until they can run 45 continuous minutes at conversation pace. I highly recommend the course not be flat. They should run up long moderately steep hills 2 out of the 4 training sessions per week. Why? Our home course at Rose Tree Park is one of the most challenging and hilly courses we race on during the season. A few neighborhood hills are noted below:

Location of hills to run up during training (the attachment is expressed as a workout, meaning running the hill multiple times. Please only run it once during your easy summer training).

Avondale road and make a left on to Martroy,

-Rabbit Run road near the Rose Valley pool,

-Riverview Rd near the Swarthmore community pool.

-On the Swarthmore campus, near the Swarthmore train station, all the way up to the administration building on the top

We have voluntary (highly recommended that you participate) practices, 2 x week which will start the week after school ends. This information will be discussed at the June XC intertest which will be announced soon. This meeting will be communicated to all parents by the SHHS and SHMS administrations, TeamSnap members and posters in the high school.

### **Pre-Season Practice**

Your son will need a physical exam dated June 1, 2024 or after to participate once preseason starts, which is Monday, August 12. We meet in front of Dr. Forwood's office around 6-6:30 pm, **but that time may change to earlier in the morning**. Practices are 5 days a week Monday through Friday. **All team members are expected to attend each preseason practice session.**

If you go to our XC and track and field website at this address [www.havenxctf.com](http://www.havenxctf.com) you will find more information on coaching bios, top SH performances, etc.....

If you have friends and acquaintances who would like to have their son run cross-country, you can forward them this message and they can reach out to me and Coach Balmer as well.

If you have further questions, please let me know.

### **Attachments**

-Guidance on proper training shoe selection.

I recommend purchasing shoes at the Running Place in Newtown Square,

#### Home - The Running Place

Tell them you run for Strath Haven and you will get a 10% discount. Please purchase the shoes in the PM due to our feet swell during the day. Please bring your son's old running shoes or playground shoes to the running store and the socks he will wear during practices. The salesperson can screen several items: shoe wear pattern, gait pattern, foot shape/type for a best practice fitting. Once the shoes are purchased, they should only be used for running, not other sports or activities. Please, see link below and I advise not purchasing shoes without being properly screened.

#### 3/8-Guidelines for Running Shoe Selection (milesplit.com)

-Over gaming and over training.

If your child is participating in 2 sports during the same season, please let me know. As a retired physical therapist who continues to have a strong interest in pediatric sports injury prevention, it is vital that parents take charge of their children's organized sport activities. Thinking of a negative consequence, whether it is mental burnout or a physical injury won't happen to your child may be correct, until it happens.

I suggest that parents read these articles (at least the summary/conclusion) due to the current and long-standing issue of overuse injuries in youth sports, which some physicians and sports medicine specialists have termed an "epidemic".

[nyshsi-the-rules-of-play-injury-risk-and-respect.pdf \(acsm.org\)](#)

[Overuse injuries, overtraining, and burnout in child and adolescent athletes - PubMed \(nih.gov\)](#)

[Sports Specialization and Intensive Training in Young Athletes | Pediatrics | American Academy of Pediatrics \(aap.org\)](#)

[Sports-related injuries in youth athletes: is overscheduling a risk factor? - PubMed \(nih.gov\)](#)

- Post Run Nutrition

[Sports Nutrition Guidebook – Nancy Clark RD](#)

All the best and thank you,

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PS- Team and Parents!

A message from our athletic director who wanted you to know about an upcoming fall class.  
**"This coming fall the school will be offering a class called Nutrition and Food Science that could be beneficial to your student-athletes."**

There are athletic and cognition advantages of a nutritious and calorie dense food plan which includes proper hydration.

More information about where and when will be forthcoming.