

## **2018 CANEFIRE VARSITY CROSS COUNTRY:**

### **GUIDELINES**

- 1) **TIMES** – 3:00 p.m. – 4:45 p.m. – (M-F)  
Distance (No more than six miles)  
Speed Work – 3 ½ Mile Total  
Circuit Training – Strength workout
  
- 2) **PLACES** –  
M-F – First Soccer Shed
  
- 3) **RUNNER NEEDS** –
  - Practice uniforms are to be worn at each practice  
Practice Uniforms may be picked up from the Athletic Director
  - Cross Country Uniforms will be given out before the first race
  - Good running shoes with arch support
  - During the months of training you should receive 8 – 9 hours of sleep per night
  - Three solid meals per day
  - Hydrate during the day –
  
- 4) **TRAINING POINTS:**
  - 5-6 mile base
  - Speed work over three miles / Timed miles / half miles / quarters (Speed Variations)
  - Circuit training to strengthen and tone core / arms / legs
  - The coach or one of the assistants will be with the runners during entire training session
  
- 5) **MEETS:**
  - Schedule is attached – Races are 5k (3.1 miles)
  - In town meets we will meet at the place of the race
  - Out of town meets we will meet at school and the school will provide transportation to the meet and back. We ask that the students ride with the team to away meets. Students may ride home with their parents.
  - There will be a sign up for parents to provide snacks for the meets.

**6) SCHEDULE: Girl's race first / Boy's race begins about 50 minutes after girl's race begins.**

- **Saturday, August 25 – 9:45 a.m. – CANEFIRE CONDITIONER**
  - 8:00 a.m. – Runners arrive and meet in Library
  - 9:45 a.m. – Boy's Race
  - 10:45 a.m. – Girl's Race
  - 12:00 p.m. – Awards Ceremony
  
- **Saturday, September 1 – 10:00 a.m. – HPA**
  - 6:30 a.m. – Runners Report to school
  - 6:40 a.m. – Depart School
  - 8:30 a.m. – Arrive at HPA
  - 10:00 a.m. – Races
  - (After Race Activity)**
  - 6:30 p.m. – Return to School
  
- **Saturday, September 8 – 2:00 p.m. – Kamehameha**
  - 12:00 p.m. – Meet at the high school gym at Kamehameha
  - 2:00 p.m. – Races Begin
  - 4:00 p.m. – Meet Over
  
- **Saturday, September 15 – 10:00 a.m. – Keaau**
  - 8:00 a.m. – Meet at the Hilo side of the Stadium in the stands
  - 10:00 a.m. – Races Begin
  - 12:00 p.m. – Meet Over
  
- **Saturday, September 22 – 10:00 a.m. – HPA**
  - 6:30 a.m. – Runners Report to school
  - 6:40 a.m. – Depart School
  - 8:30 a.m. – Arrive at HPA
  - 10:00 a.m. – Races
  - After Race Activity
  - 6:30 p.m. – Return to School
  
- **Saturday, September 29– 10:00 a.m. – Waiakea**
  - 8:00 a.m. – Meet at Mr. Rimel's Truck in the Front Parking Lot
  - 10:00 a.m. – Races Begin
  - 12:00 p.m. – Meet Over
  
- **Saturday, October 6 – 2:00 p.m. – Kealakehe – Optional Race**
  - **HARVEST FAIR DAY**
  - Will discuss options when we get closer
  - May do our own race after the Harvest Fair
  
- **Saturday, October 13 – BYE – End of Fall Break Week**
  
- **Saturday, October 20 – 9:00 a.m. – BIIF Championships – HPA**
  
- **Saturday, October 27 – HHSAA STATE CHAMPIONSHI – Oahu**

**CROSS - COUNTRY REGISTRATION FORM**  
**This form is due by Friday, August 10, 2018**

**NAME** \_\_\_\_\_ **GRADE** \_\_\_\_\_

**SHIRT SIZE** \_\_\_\_\_ **SHORT SIZE** \_\_\_\_\_ **FAVORITE #** \_\_\_\_\_

**RUNNER CELL PHONE** \_\_\_\_\_

**FATHER'S NAME** \_\_\_\_\_ **CELL PHONE** \_\_\_\_\_

**MOTHER'S NAME** \_\_\_\_\_ **CELL PHONE** \_\_\_\_\_

I, \_\_\_\_\_, have read the rules for the cross-country team and have seen the schedule for practice and the meets. I understand the commitment that is involved and I am willing to commit to the team. I will always do my best to be on time and to participate throughout the entire season. I understand how difficult this will be but I am willing to make the necessary sacrifices.

\_\_\_\_\_  
**Student's Signature**

I, \_\_\_\_\_, have read the rules for the cross-country team and have seen the schedule for practice. I understand the commitment my child is making and I will support my child 100% in this endeavor.

\_\_\_\_\_  
**Parent's Signature**

I, \_\_\_\_\_, give my child, \_\_\_\_\_, permission to run off campus for practice. I understand the risk to running in the Keaau community along roadways and on sidewalks. I understand that my child may at times be separated from other runners and therefore out of sight of other runners and coaches.

\_\_\_\_\_  
**Parent's Signature**