



Peachtree Ridge High School

Cross Country 2023

Info Meeting

**Peachtree Ridge Cross Country
Athlete Information Sign Up**



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Athlete Information Sign Up**



Cross Country Coaching Staff

- Head Coach: Coach Matthew Brick, matthew.brick@gcpsk12.org
- Assistant Coaches: Coach Deborah Guilbeau, Coach Dave Melissas, Coach Craig Melissas



Communication

- **Talking Points:** Text **967512** to the number **(415)-649-4988**
- **Email:** ridgexc@gmail.com or matthew.brick@gcpsk12.org
- **Twitter:** **@PRidgeXC**
- **Instagram:** **ridgexc**
- **Website:** <http://www.peachtreeridgerunning.com/>



What Is Cross Country?

Cross Country is a race of 5000 meters (3.1 miles) at the High School Level in Georgia. The race usually includes changes in elevation and footing surface, which is very different from running on a track. Participants race for both team and individual recognition. Cross Country is a “summer sport” that races in the fall.

What is “The Path to Greatness”?

WE will be on this journey together as we continue build OUR brand. Being a STATE CHAMPION starts NOW as we begin this PROCESS!

Be a Leader: Off the field, you should sit in the front of the class at school, answer questions, and always do your school work. Remember, you are a student-athlete *not* an athlete-student. On the field, a great leader is less concerned about his or her popularity and more concerned about holding everyone to their highest standards and driving his or her teammates to their potential.

Self-Confidence: This is a trait that separates the good teams from the great teams. If you get injured, sick, or fall during a race, we know we can easily rebound from this setback.

Self-Discipline: An athlete does every workout from beginning to end, and has a daily plan to do something to get better. An athlete with self-discipline does the whole workout when the coaches are not around.

Competitive Fire: We will back down to no one! We are willing to put it on the line and push through the discomfort..... *P³=Push Past Pain !*

Mission Statement

Cross Country is guided by our Peachtree Ridge High School Mission. We believe that participation in Cross Country can prepare students for success in life. Being part of the Cross Country team positively prepares a student for the challenges they might face in life's pursuits and encourages healthy lifestyle choices and habits.

The logo for Peachtree Ridge Cross Country is located in the bottom right corner. It features the word "RIDGE" in a large, bold, white sans-serif font, centered between two horizontal red lines. Below this, the words "CROSS" and "COUNTRY" are written in a smaller, white sans-serif font, separated by a white "X" symbol.

RIDGE
CROSS X COUNTRY

Peachtree Ridge

Cross Country Fundamental Beliefs

- Running is a fun activity in and of itself.
- Quality distance running takes time to achieve. A long term approach is required.
- There is no substitute for consistent hard work.
- Aerobic Fitness is the foundation to Cross Country Fitness. If you want to be fast you must run long distances regularly.
- Diet, Hydration, and Sleep all affect performance and allow me to run my best
- Major Injuries can be prevented through consistent training, keeping track of shoe wear, and addressing minor injuries at their outset.
- The bond I form with my team and coaches will directly affect our team's performances.
- Consistent Summer training prepares me for success in the Fall Season
- Good Runners should be good students. I should plan ahead so that I fulfill all of the commitments I have made.



XC Athletes Are The Best!

- Traditionally, cross country runners have the highest GPA in the school.
- Running is for 4 years, but your academics will be with you for the rest of your life.
- The NCAA manual is very large. It never mentions the word “athlete” one time but it mentions the words “student-athlete” 5,000 times

Take Care Of Yourself

Sleep



Ferritin (Iron)

- Iron transports oxygen throughout the body
- Iron deficiency can result in decreased performance and pose various health risks
- Get ferritin check at physical – simple blood test

Take Care Of Yourself

Nutrition

- Your body needs fuel. You would not run your car on empty
- Fresh and Variety
- Protein, Fruits, Vegetables, Carbs etc.
- Carbs & Protein post run – 30 minutes

Hydration

- 2-5% decrease of body weight = up to 30% decrease in performance
- Water
- Gatorade/Powerade

Cross Country Terms

- **Cool down**: an easy paced run or jog after a race or workout designed to help the body recover from the stress of the previous activity. It always includes stretching after the running portion.
- **Dynamic warm-up/stretching**: Body movements designed to actively stretch muscles while simultaneously warming up the muscles before a workout, run or race.
- **Fartlek**: A Swedish term, which literally means speed play. A run that involves bursts of speed randomly dispersed throughout a run.
- **Invitational**: A meet between a larger number of teams. (usually 10 or more)
- **Pace**: Rate of speed maintained over a prolonged course
- **PR**: Personal Record: Running your fastest time at a particular distance or on a particular course.
- **Loop course**: A course that basically follows a large circle. Some courses are 2 or 3 loop courses.
- **Out and back**: A course that goes to a particular point and then returns the same way. Lithia Springs is example of an out and back course.
- **Pack running**: running in close proximity as a group
- **Racing Flats**: A lightweight shoe designed primarily for racing: not training.
- **Starting Box**: Designated area on the start line from which a team starts the race. Sometimes called the gate or lane
- **Strides**: gradual acceleration to a sprint then a deceleration. These should be 60-100meters in length. Usually completed before workouts and races and sometimes after runs. They help with form and with speed.
- **Surge**: A racing tactic involving an increase in pace that is meant to discourage an opponent.
- **Warm-up**: exercises and running that prepare the body for the intensities of competition.

More terms are located in the Key in your training schedule!

MileSplit

- Each athlete has a profile on MileSplit
- You can find the results and information for each meet:
<https://ga.milesplit.com/teams/4467-peachtree-ridge-high-school>

XC Website

- The meet itineraries/ line ups will be on our XC website and sent through Talking Points a couple days before each meet.
- Website Link: <http://www.peachtreeridgerunning.com/>

7A- Region 7

- **Berkmar**
- **Discovery**
- **Duluth**
- **Meadowcreek**
- **Norcross**
- **North Gwinnett**
- **Peachtree Ridge**

Rank One

- You must have all of your completed documents uploaded to Rank One before you begin summer training with the team.
- Rank One Tutorial

Summer Training

- Be Consistent
- Stay Healthy
- Summer Training Plans/Guidelines
- Summer Practice Schedule

Summer Mileage (Location & Practices)

Practice 7:30-9:30 a.m. @ various locations

***Note:** Practices will be Mon (Collins Hill Park or Suwanee Creek Park), Tues (Peachtree Ridge Track), Thurs (Peachtree Ridge Track); unless otherwise noted; other days you will log your mileage & run on your own or you can run with each other

Run On Own: Run your mileage from your “Miles Per Week”

Note: First week of practice (June 5th - June 9th) will be held at Peachtree Ridge HS Track.

- **GHSA “Deadweeks”**
 - 5/29-6/4 and 7/3-7/9
 - You can still come to the locations and run with teammates, but no “official” practice.
- Summer Practice Schedule Locations: **Peachtree Ridge XC Summer Locations**

Champions are born in June, July & August!!!

Summer Mileage (Location & Practices)

Practices will be @ (addresses are on Summer Training Locations)

Monday: Collins Hills Park or Suwanee Creek Park (make sure you look at the training locations)

Tuesday: Peachtree Ridge Track

Wednesday: Run on your own

Thursday: Peachtree Ridge Track

Friday: Run on your own

**The other days you will log your mileage and run your “Mile Per Week”.

Note: First week of practice (June 5th- June 9th) will be held at Peachtree Ridge HS Track.

Summer Training Locations: [Peachtree Ridge XC Summer Locations](#)

2023 Summer Training & Mileage Plan Assignments

- There are a couple of summer training assignments (**25/ 30/ 35/ 40/ 45/ 50 miles per week**). You will be put in one of these.
- Summer Training mileage plans will be posted on the cross country website. They are designed to start on **Monday, May 22nd**. **We will begin Summer Training as a team on Monday, June 5th**.
- **New Runners**: Start with the 25 MPW plan. Give it 3-4 weeks and if it is too easy for you talk to Coach Brick about moving up to the 30 MPW plan.
- **Training Assignments**: Will be given out at on the June 5th practice. New runners need to follow the 25 Miles Per Week Plan.

Champions are born in June, July & August!!!

Miles per Week (MPW)

- Here are the links to the specific training programs. You will be assigned at our first practice which training plan you will follow.
- 25 Miles Per Week/ New Runners: [25 MPW- Summer Training 2023](#)
- 30 Miles Per Week: [30 MPW- Summer Training 2023](#)
- 35 Miles Per Week: [35 MPW-Summer Training 2023](#)
- 40 Miles Per Week: [40 MPW- Summer Training 2023](#)
- 45 Miles Per Week: [45 MPW- Summer Training 2023](#)
- 50 Miles Per Week: [50 MPW-Summer Training 2023](#)

Cross Training

- Cross Training: 10 min = 1 mile (up to 10 miles per week)
 - Biking, Elliptical, Swimming, Aqua Jogging
 - Supplemental to running, not in place of
 - Does not count towards mileage minimum

GHSA DEAD WEEK

- The GHSA has 2 DEAD WEEKS. We are not able to participate as a team so make sure you run and log your miles.
- The GHSA Dead Weeks: We aren't allowed to practice together.
#1: May 29th-June 4th & #2: July 3rd – July 9th.

Team Rules

1. Smoking, Drinking, Drugs—1st offense-1 meet suspension. 2nd offense-dismissal
2. **All runners should be dressed out for practice at the beginning of our meeting. No exceptions!**
3. All School rules should be followed at all times, including outside of practice/meets. **Runners also should be appropriate on social media and not reflect the team or themselves in a negative manner.**
4. Runners should be respectful of coaches at all times. This includes not being on your phone or talking during team meetings, not ignoring a coach, and/or not following instructions. **A pattern of not following directions is considered a behavior problem.**
5. Runners should always give their best effort in all that they do. This includes all parts of practice, *running* their entire mileage, how they treat their teammates, their attitude, and how they conduct themselves outside of practice.
 - Situations may arise which are not covered by these rules. In these situations, coaches will decide, as a staff, what action to take, and will consult with parents if the situation warrants it. If school rules have been broken, the administration will give their consequences, and then coaches will give additional consequences as they see fit.

Attendance Policy

- To get the most out of this, you must show up consistently. Attendance is very important for the development of YOU! We will take attendance by athletes scanning a QR Code or attendance will be taken through Rank One.
- If you are going to be absent or miss ANY part of practice: Please notify a coach as soon in advance as possible
- You are still expected to run the full workout on your own that day.

Equipment

- Runners do not need a lot of equipment, but what they do need is very important to their success. The transition to running will be much easier with the following items.

- **Running Shoes**: There are 3 running shoe types: motion control, stability, and cushioning. They're specially designed for running and more specifically the running action of certain foot types. This is vital to prevent common injuries that occur with certain foot types when running with a normal training shoe. For this reason before buying running shoes you should determine your foot type. You can expect the shoes to last about 400 miles or 6 months, whichever comes first.

- **Moisture wicking socks**: 100% Cotton Socks will cause blisters as they get wet.

- **Shorts and shirts**: (prefer running and moisture wicking, but not a necessity)

- **Watch with Lap/Split Timing**: GPS preferred

- **Water Bottle**

- **Towel**: (Can be old); used to dry off and keep the auto seats from getting dirty and smelly

**Once the season starts and the runner starts racing, the runner may need to buy a pair of Cross Country racing flats or spikes to use in races only. The shoes are designed to be light and fast. You can purchase shoes or running equipment at Big Peach in Suwanee (We get 10% off at Big Peach in Suwanee Town Center). Running Warehouse also a great selection with quick & cheap delivery: (<https://www.runningwarehouse.com/>)

- **Spike Night @ Big Peach: TBA**

Team Fees

- Team Dues: \$300—May include the following: short sleeve shirt, hoodie, pants, spike bag or duffle bag, end of the year banquet and meet fees. If you are new to the team you need to purchase a uniform (about \$100). We will be using the same uniform from this past track season. If you did not run track you need to purchase the uniform. The spirit pack/team order form and uniform information will be sent out soon through Talking Points and given at practice when it becomes available!
- Checks payable to: **PRHS Cross Country Booster Club**
- Team dues (**\$300**) and are due by: **August 12th**
- You may pay by: (cash, check, card)---You can bring payment to a summer practice. You can also bring your payment to the intrasquad on August 12th.
- Sibling Discount: For each sibling, \$25 discount

Sponsors/ Fundraisers

- We don't get financial support from the county so we have to find sponsors or fundraisers to get us through our season. We are not a "gate sport" so we do not bring in any money.
- We will have fundraisers throughout the year to fund our program. More details at a later time.
- We will have a sponsor form to ask for donations for our program. If you know of anyone that would like to sponsor, please email out Booster Club President.

Practice (When School Starts)

- Practice will be everyday after school starting at 2:20-4:30 PM. Meet at the Cross Country Trailer. We will be in the weight room, 2x/week
- The expectation is that you need to be at practice. Try to schedule appointments around our practice schedule.
- 1st day of official practice is July 31st (TBA-Teacher Work Day)
- We will practice at 5:30 AM on Fridays. You will need to bring the things you need to shower at school. The coaches will let you know when which Friday those will begin. There will be rewards for the ones that attend Friday practices.
- We will also be off campus running on Mondays, the coaches will communicate in advance when those practices will begin.

***WE PRACTICE EVERYDAY!!!!!!

How To Be A Spectator

- Bring a comfortable chair. Find a spot where the athletes run by numerous times. If you like, you might also bring your running shoes and move around like the coaches do so you can see the kids multiple times.
- Cheer the kids on as they pass. They love all the cheering and it actually does make them run harder.
- Get a watch and time splits. You can see how well an athlete is doing by looking at their splits.
- Do not run beside the athletes. This is considered pacing and can result in the disqualification of the athlete from the competition.
- Do not touch the athletes during a race. (Obviously someone in need of medical attention is already out of the race so it is ok to help at that point.)

Parent Volunteering

- To give our athletes an amazing experience, we need help!
- Peachtree Ridge has a great tradition of families jumping in to help however they can.
- We need a parent from each family to help with both meets.
- We host 2 important meets at the International Horse Park in Conyers:
 - Gwinnett County Championships (Sat. 9/16)
 - Region Championships (Sat. 10/21)

Overnight Florida Trip

- Same basic itinerary as last year.
- We are still sorting out the costs.

- Booster Club President: Kim Weeks - presidentprxc@gmail.com

2023 CROSS COUNTRY TEAM CAPTAINS



2023 Cross Country Team Captains

DANIELLE FAIRCHILD



JOSELIN LOPEZ



REXY SUSANTO



SEAN FISHER



2023 Tentative XC Schedule

- Try to schedule ACT & SAT testing on OFF weekends.
- Just because you are JV at one race doesn't mean you are JV all season, same thing with Varsity....The stopwatch doesn't lie!

- August 12th Intrasquad:
 - The middle school and high school teams will be divided into two teams.
 - Everyone will run a 3200 on the track.
 - The seniors and winning teams will be recognized after the 3200.
 - Afterwards, there will be family picnic at the track and a movie on the jumbrotron.

<https://ga.milesplit.com/meets/548424-red-vs-blue-intrasquad-2023>

2023 Tentative XC Schedule

PEACHTREE RIDGE HIGH SCHOOL

CROSS COUNTRY

2023

SCHEDULE



#ThePathToGreatness

 RED VS BLUE INTRASQUAD
@ PEACHTREE RIDGE HS

AUG 12

 LCA INVITE @ LOGANVILLE
CHRISTIAN ACADEMY

AUG 19

 FLYING BISCUIT CAFE INVITE
@ NORTH OCONEE HS

AUG 31

 GULF COAST STAMPEDE
@ PENSACOLA, FL

SEPT 9

 GWINNETT COUNTY
CHAMPIONSHIP @
GA INTL HORSE PARK

SEPT 16

 APPLE HAWKINS @
APALACHEE HS

SEPT 23

 ALEXANDER/ASICS INVITE @
CHATAHOOCHEE HILLS
EVENTING

SEPT 30

 COACH WOOD INVITE @
MCINTOSH NATURE
PRESERVE

OCT 14

 7A - REGION 7 CHAMPIONSHIP
@ GA INTL HORSE PARK

OCT 21

 STATE CHAMPIONSHIP @
CARROLLTON ELEMENTARY SCHOOL

NOV 3-4

■ HOST

■ AWAY

Questions

- If you have any questions you can email: ridgexc@gmail.com or matthew.brick@gcpsk12.org
- We look forward to this season!!!
- Everything will be uploaded on our cross country website.