



CITY HIGH WOMEN'S CROSS COUNTRY

ICHWXC aims to be an encouraging, leading, winning team in our conference and in the state of Iowa. Our coaching staff is committed to providing an inclusive, motivating place for all student-athletes to go after their goals. We seek to promote healthy training and racing and believe that all athletes have the right to access their highest level of competition.

What we specifically believe:

- We believe in you. We believe you. We are honored to be your coaches.
- We are a team. We uplift our teammates to celebrate their success and we point to our teammates to acknowledge how they helped us reach our successes. We need all of our coaches just like we need all of our athletes. Our strength as a team is greater together.
- Go after what you want and what you deserve.
- Set 1. seasonal goals and 2. big dreams.and 3. Actions.

Example: 1. I want to break 18 minutes in the 5k and win the Conference meet. 2. I want to run in the Olympics. 3. -go to bed

around the same time each night, away from cell phone. Share how I feel with my coaches at least once a week in a check in. Eat within 30 minutes of my workouts and runs. Bring a water bottle to school. Write my goals on my mirror. Etc...

- It's okay for athletes to have different goals for themselves. We love hearing what you want. "I want to win a race!" "I want to get a PR!" "I want to feel good when I run." "I want to be able to race a full 5 km without walking." "I want to stand on the podium as a team at the state meet."
- You create your success. You are responsible for your success. We are there to coach -guide, uplift and encourage growth of your skills and mindset. We feel honored to celebrate you.
- There is not one body "type" to be a successful 5k athlete. Strength comes in many forms, appearances, places from within. Our bodies are strong. Our bodies allow us to do some amazing things as 5k athletes. Our bodies change. Our strengths grow and change. Your strong body is YOUR strong body.
- On the note of changes, body changes, health changes, you name it...We believe it is completely possible to go through periods of struggle and then return to a place of strength and health with running. Sometimes it can take a week, a month, a year, or more...but we firmly believe that strength is never lost - it is used and learned and consulted, in growing ways.

- We of course embrace aerobic training, but think that being the fastest 5k athlete requires each athlete to also incorporate threshold work, speed development, flexibility, strength (yay HILLS:) and mobility work. Here's a list of [training modalities](#) and [a look at our training considerations and an example of a training microcycle](#).
- Recovery is ESSENTIAL for consistent success.
- We believe in REST. Some of the best competitors in the world, take breaks and days off and that's what they attribute to success. Lauren Fleshman takes 1 day each week, always, in her training and several weeks in between seasons. Bernard Lagat takes 4 full weeks off. These two athletes have been in the top in the world and shown collegietally and professionally sustained success.
- You can be a great basketball player (gymnast, etc.) AND a great distance runner. You can be a great sprinter and a great 5k racer. We also believe your XC training will strengthen your other athletic goals.
- It is absolutely possible to train for and race a 5k even if you have never been "a runner" before.
- Mileage should build very gradually. We start with low mileage. Even as we build mileage, we have "down weeks" every so often when our mileage drops back down. Our long runs typically are no more than 25% of our total weekly mileage.

- There are a lot of really great plans to be a successful 5k runner. Our plans aren't the only way to do things. We use our plans because of your goals, and adapt to our team needs.
- Your time is precious. XC is not the only thing in your life and in our life. We are committed to being efficient with our practice time to get the most out of practice. We want to do what we can on our end to help you feel balance to achieve all of your goals in and out of XC.
- We will do things that will make different athletes feel different ways. We are committed to listening. You might find us asking after training, during training, or after competitions, "How did you feel?" or "How are you feeling?" or before a race, "What do you want/need to hear most right now, advice or listening?"
- We value honesty - we want to be honest with you, and we want to know if we can offer something to you that you need - a listening ear, an apology, advice, empathy, celebration, connection - cause that's what we coaches do- and what we want to do with you.
- We are XC coaches. We are not sport med doctors, counselors, dietitians, medical experts of any kind. We are grateful for them and they are needed for athletes. We want you to seek out the advice and help of medical experts, including our athletic trainer, Jen McHenry for a number of reasons - preventative and responsive. We do not want to

provide advice outside of our expert field. We will have medical experts share with our team during the season, about topics such as eating disorders in sport, injury response and prevention, wellness in athletics, etc - in Early August, by Dr. Tyler Slayman.

- We are grateful for nature and the beauty and terrain it offers us to train successfully.
- We give thanks for our community that uplifts us and our “Wolfpack”.
- Bullying, harassment, racism and sexism are not to be tolerated, and need to be addressed, and we want to address this. Here’s how we will address it. We will listen to you - how you feel and what you need. We will plan a response, and keep you connected in the process, all the while keeping present, our intentions of valuing you and your dignity. If you ever are bullied or harassed, reach out to Eric Howard at the ICCSD Educational Services Center.
- Coaches Lynn, Ryan, Jess, Chris, Monica, and Hanna have felt intense thrills, disappointment, growth, surprise and connection from our own competition, training and coaching and we are excited to share our own feelings and values of this sport with you.