

Practice Day Survival Guide

Attendance: if you are absent from school, leave early or miss too many hours of school, then you cannot practice with us. Although we appreciate hearing from you, we can access the attendance records to determine whether you were at school or not. If you are at school through the end of the day and cannot attend practice, then you must tell us and explain why you'll miss. Some reasons for missing practice may also be inappropriate, so we encourage girls and parents to read our attendance guidelines.

Fueling up after school: Group A girls have about 35 minutes after school is dismissed, and may want to consider a light snack during this time. Whenever possible, the coaches try to bring pretzels or some other snacks for the girls, but each girl should consider bringing her own snack.

Daily practice routine:

- 1. Checking In:** when you arrive at practice, you should first check in on the check-in list.
 - *Group A girls:* after checking in, you should always locate the training routine and warmup routine for that day. The training routine is mailed out every week, but it can change. The warmup routine changes on most days as well.
 - *Everyone:* if you need to speak with a coach, then please do so prior to the warmup.
 - Arriving late: although we understand that may be occasions where a girl is late to practice, arriving late should not become a regular occurrence for anyone on the team. If a girl arrives late on a regular basis, then we will speak to her about her continued participation with us.
- 2. Warmup:** the start of our warmup begins as soon as a coach tells everyone that they can start. No one is ever allowed to start early, regardless of the reason.

Warmup run: there are several things to remember when doing our warmup run.

 - **Run on the grass (Seneca):** please stay off the jogging path, yielding that path to walkers and other joggers. Although we have every right to use this path, we don't want to negatively impact other park users so we choose to respect their right to use the park as well.
 - **If you arrive late:** late arrivals must complete the warmup run on their own, as the warmup run is still required of everyone, regardless of when they arrive.
 - **As you finish the warmup run:** as you complete the warmup run, you may certainly use the restroom, get some water, etc. Please don't linger around the bathroom or stand around for long periods of time after you finish the warmup run.
- 3. Warmup routine:** every girl on the team should follow up her warmup run by doing her group's warmup routine. We obviously warm up for a reason, and so skipping these routines is not a good choice. If we believe that a girl is intentionally choosing not to perform the warmup routine as we ask, then we will view this as a disciplinary issue and proceed accordingly.
- 4. Daily runs:** prior to the start of each day's run or workout, each girl should speak with her coach about what she will be running, where she will run, etc. Each girl should follow our team's basic rules and guidelines for practice that apply to every practice. These rules and guidelines are in a

separate handout, but include things like always running with at least one other person when leaving the park (Seneca) or running trails (Sawyer), obeying the traffic laws, etc.

- **Group A girls:** these girls will have a daily practice routine that says what they should do. We expect the Group A girls to run whatever they're asked to run on any given day, and then let us know if they cannot complete the run or workout.
- **Group B girls:** unless we ask any Group B girls to run something specific, Group B girls may decide what to run (as part of a group). We ask for a minimum of 25 minutes of running (not including any walking) through Labor Day and no less than 30 minutes after Labor Day.

5. **Warmdown:** as girls finish a run or workout and have no running left to do, they may start their warmdown routine or wait until other teammates have finishing running to start their warmdown routine. Note that practice is not finished until the warmdown routine has been completed. Unless they are going to the bathroom or checking on a teammate, girls should remain in the main practice area during the time period between finishing a run and completing the warmdown. Wandering off during this time period is not appropriate, as doing so is a potential safety concern.

- **Group A girls:** the warmdown routine will vary each day and potentially across different girls, depending on what we need to do, where we are within the season itself, etc. Interested Group A girls also have the option of joining our Strength Routine group and doing our strength routine after completing their warmdown routine.
- **Group B girls:** your warmdown routine will be the same each day.

6. **Checking out:** once a girl has finished with everything (warmup, her run and warmdown/strength routine), then she may check out. This should always occur at the end of practice, and girls should not check out a teammate unless she is close by.

- **Leaving early:** unless there is a family emergency or extremely important reason for leaving early, girls can't leave practice until they are completely finished with everything. To leave early, a girl must explain to a coach why she must leave practice and then receive permission to do so. Prior to leaving, she should lastly check out. If a girl leaves early on too regular of a basis, then we will speak to her about her continued participation on our team.

Fueling up after practice: the girls should have a recovery snack or drink within 30 minutes of the completion of each run or workout. This snack/drink should have a carb-protein ratio of 3:1 or 2:1.

Fueling up at Dinner: on hard days (e.g. tempo runs, interval training, hills) or long run days, we suggest that the girls get sufficient protein at dinner to help with recovering from those workouts.

On our team, communication is key. Our last piece of practice day advice is that everything should always be communicated with a coach. More often than not, it's the lack of proper communication that can get someone in big trouble, so we encourage everyone to engage in regular communication with their coaches, just as your coaches will attempt to regularly communicate with the team.