

# 2011 XC Meet Survival Guide

## **The Week Before-**

It's important to hydrate all week long. The morning of the race is too late to get your body ready for competition!

## **2 Nights Before-**

This is the most important night to "carb-load" and get rest! Eat a high-carb dinner tonight. Pasta is a great choice to "fill up your tank". This is also the most important night to get good sleep. It's important to get to bed on time and get at least 8 hrs of sleep.

## **The Night Before-**

Tomorrow morning will be an early morning! Make sure everything is ready to go tonight to avoid added stress in the morning. *The team issued uniform is required for competition* so this is a MUST have. Additionally, make sure you have directions, your shoes, post-race snacks, etc. ready to go! The grown-ups may want to bring chairs or blankets as we're often in a park and it's a long-time to stand.

## **The Morning of the Race-**

Dress warm with layers as XC mornings can be chilly. Warm-up clothes should be worn until the athletes go to the starting line.

Eat a mild breakfast this morning. A bagel or toast is a good choice. Avoid citrus and dairy as they'll upset your stomach. Continue to drink water.

Plan to arrive at the course by 8am. The team will have ez-ups set up with the team "Warriors" banner clearly visible.

Upon arrival, quickly get settled and find your Age Group Parent. They'll be wearing a "Warriors" coaches polo shirt.

Gremlin Girls:	Eric Harnish
Gremlin Boys:	Kim Kaufman and Rob Blasberg
Bantam Girls:	Dan Dyer and Cyndi Hoelzel
Bantam Boys:	Kellie Verdugo and Danielle Schoelen
Midget Girls:	Erin Robles
Midget Boys:	Jeff Armendariz and Mark Schoelen
Youth Girls:	Alece and Saul Plasencia
Youth Boys:	Bob Waugh

Age Group Parents will get everyone organized for the course walk-through which begins at approximately 8:15. Stay together on the walk-through as Age Group Parents and Coaches may be pointing out important tips for the race!

The first race begins approximately 10 minutes after the walk-through and runs in the following order:

Gremlin Girls  
Gremlin Boys  
Bantam Girls  
Bantam Boys  
Midget Girls  
Midget Boys  
Youth Girls  
Youth Boys

***NOTE: Some meets may run dual clocks and one race may begin before the prior race finishes. Coaches will alert Age Group Parents in the event dual clocks are run.***

Age Group Parents will organize the final bathroom run, warm-up and stretching, shoe change (if needed) and the escort to the starting line. ***Note: Only training shoes or flats are allowed in XC...NO SPIKES!*** Athletes will also receive tags that they'll wear on the uniform to assist in gathering results at the finish line. In some cases, based on the size of the field, Girls and Boys in the same age group may be combined. Your Age Group Parent will keep you informed so stay close to them!

The time following your race will be exciting! Don't forget to take the time for a cool-down jog and stretch. It's also important to drink a sports drink and eat a high-protein snack. This will help your body recover.

**FYI-**

You may want to bring some cash as concessions will be available at every meet. Additionally, Warrior Fan Gear will be available for sale including Temporary Tattoos, Warrior Cow Bells, and Hair Ribbons.