

DODGELAND

CROSS

COUNTRY

2022

Coach Smanz

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Coach Klueger

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Coach Perkins

920-342-9635

DODGELAND CROSS COUNTRY 2022

THUR., SEPT. 1st	DODGE COUNTY INVITE.	RIVER BEND PARK.	4:00 PM
THUR., SEPT. 8th	POYNETTE INVITE.	SHEPHERDS MEADOW GOLF COURSE	4:00 PM
TUES., SEPT. 13th	DANA WADDELL INVITE.	Mc CARTHY PARK.	4:30 PM
THUR., SEPT. 22nd	HORICON INVITE (Mid. Sch. Only).	RIVER BEND PARK.	4:00 PM
THUR., SEPT. 29th	OWL INVITE.	HERITAGE TRAILS COUNTY PARK.	4:15 PM
TUES., OCT. 4th	LACONIA INVITE.	LACONIA HIGH SCHOOL.	4:00PM
SAT., OCT 10th.	MIDDLE SCHOOL STATE MEET.	FAIRFIELD HILLS GOLF COURSE.	TBA
THUR., OCT. 13th	CONFERENCE MEET.	JOHNSON CREEK HIGH SCHOOL	4:00PM
SAT., OCT. 22nd	WIAA SECTIONALS.	TBA	TBA
SAT., OCT. 29th	WIAA STATE MEET.	RIDGES GOLF COURSE	TBA

DODGELAND CROSS COUNTRY

CLASSROOM

Academics will always come first.

All runners are expected to be excellent leaders in the classroom with their behavior.

If you miss a class because we are leaving early for a meet, you are expected to pick up your make up work in advance.

PRACTICE

All runners are expected to be at every practice. If for any reason you cannot attend (appointment, family trip, taking a makeup test, musical commitment, etc) it is your responsibility to let me know (in person, by text or phone message - not through another runner) before 3:05 for the missing practice to be excused. An excused absence from school is always an excused practice. A 3rd unexcused practice will result in not being able to participate in the next meet.

*** Very simple - talk to your coach if you will be missing a practice.

MEETS

To participate in a meet each individual must have 7 practices. On the day of a meet, you must be in school before 8:45. If you will be arriving late to school because of a legitimate reason (appointment, personal family matter, etc.) your parents must contact school before 8:30 in order for you to participate in the meet.

RESPECT

Respect will always be shown to EVERYONE - teachers, coaches, janitors, secretaries, teacher aids, teammates, other students, runners from other teams, etc.

LETTERING

A runner must participate on the Varsity and score 10 points.

Scoring A Cross Country Meet

- A cross country team shall consist of seven numbers unless otherwise agreed. In meets, only the first seven on each team shall enter into the scoring
- Scoring shall be as shown in the following table: Place: First
Second Third Fourth Fifth etc. 1 2 3 4 5 etc.

• Place	• First	• Second	• Third	• Fourth	• Fifth	• etc.
•	• 1	• 2	• 3	• 4	• 5	• etc.

- All competitors who finish the race shall be ranked and tallied in accordance to the above table. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the smallest number of points is the winner.
- If fewer than five competitors of a team finish, (or other number specified by the games committee) the places of all members of that team shall be disregarded and the team scores re-ranked.
- Ties in team scoring shall be resolved by comparing the sixth place finishers from the tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail.

If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

More About Running Shoes

Neutral vs. Stability Running Shoes

- Neutral and Stability are the two traditional classifications of running shoes.
- Neutral-running shoes make up nearly 80% of running shoes. These models offer the largest selection and are suitable for most runners.
- Stability running shoes are designed to correct overpronation.

What is Overpronation?

- Overpronation occurs when your ankle rolls excessively inward with each step.
- Uncorrected overpronation can increase your risk of injury and lead to arch, heel, achilles tendon, shin or outer knee pain.
- Some shoes (called stability shoes) are designed to help reduce the amount your foot rolls inward.

**At RunningWarehouse.com, we offer online gait analysis to see what kind of shoe might be best for your unique stride.*

Heel-toe Drop: the 'slope' of your shoe

- Most running shoes have more material under the heel and less material under the front of the foot. This provides impact protection for runners who hit the ground with their heel first.
- How much drop you want in your running shoe is a matter of personal preference. Some runners prefer a shoe that has less material under the heel, making the 'slope' from the heel to toe less overall. This positions your foot more parallel to the ground.





** Shoes with different slopes may engage your muscles differently. It is a good idea to try a couple shoes with different heel-toe drops and see which feels the most natural as you run, but be careful to transition slowly if you switch to a shoe with a much larger or smaller drop than you are used to.*

Cushioning: how soft or firm your shoe feels, and how much protection it provides

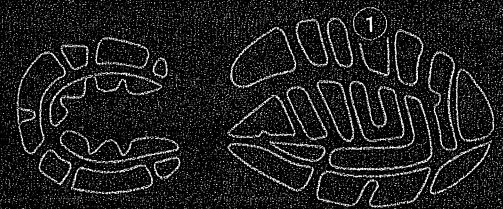
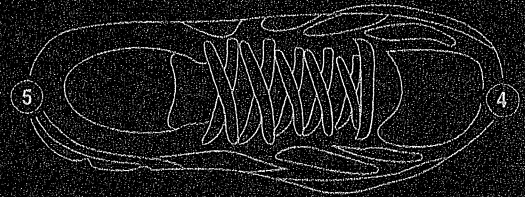
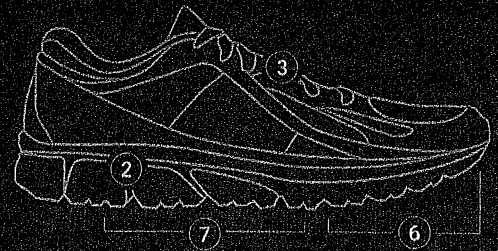
- Generally, softer shoes provide more impact protection and feel comfortable on longer, slower runs. Firmer shoes tend to give more 'spring', or energy return, and feel livelier on faster runs. Some runners prefer to use different types of shoes depending on the type of run they are doing.

More About Trail Running Shoes

Do you have the right shoe for the surface you run on?

-  **Soft surfaces** like mud, soft dirt, and sand: select a shoe with deep lugs that can dig in and give you traction.
-  **Technical surfaces** like rocks, roots, or variable terrain: choose a shoe that feels more substantial and can shed dirt while protecting your feet from rocks.
-  **Mountains and slick rock:** choose a shoe with a sticky outsole that can cling to the rock, and make sure the shoe has a sturdy toe to protect you from the rocks.
-  **Light trails** like gravel paths and hard packed dirt: if you want a little more traction than your road shoe, select a trail shoe with light lugs and a comfortable fit.

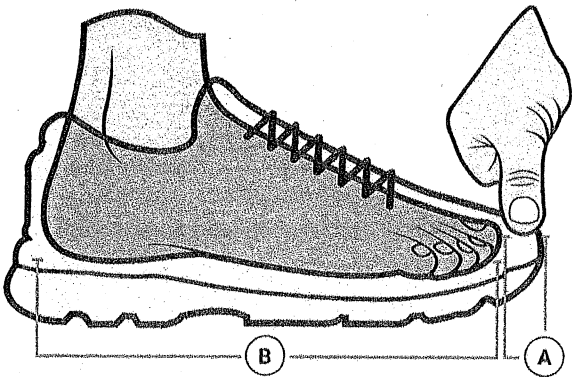
ANATOMY OF A RUNNING SHOE



- 1 Outsole** - Typically made of rubber, the outsole provides traction and contributes to how soft or firm the shoe feels as well as the torsion rigidity and flexibility.
- 2 Midsole** - Typically made of plastic materials that feel and behave like foam or rubber. Midsole composition dictates the durability or longevity of the shoe, as well as the quality of the ride. Cushioning and pronation control technologies are located in the midsole.
- 3 Upper** - Wraps around the foot. The upper is usually made of mesh and may include overlays that provide additional structure.
- 4 Toe Box** - Front portion of the upper that creates the space above and around the toes. Running shoe toe boxes should be roomy to allow the foot to expand.
- 5 Heel Collar** - Foam padding that surrounds the sides and rear of the shoe, and helps hold the foot in place.
- 6 Forefoot** - Part of the shoe wrapping around and supporting the ball of the foot.
- 7 Midfoot** - Part of the shoe wrapping around and supporting the arch of the foot.



How Your Running Shoe Should Fit



A *Shoe length: Proper shoe length should be about $\frac{1}{2}$ inch, or one thumb's width, between the end of your longest toe and the end of the shoe.

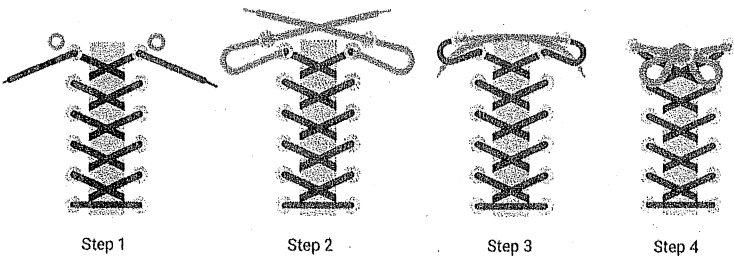
B *The shoe should wrap comfortably around your foot. It should not feel sloppy or pinch, and your foot should be centered on the platform of the shoe.

*Some shoes may better accommodate a narrow or wide foot. Additionally, some shoe models are available in either wider or more narrow size options. Standard shoe widths are D for men and B for women. Narrow widths are B for men and 2A for women. Wider widths are 2E & 4E for men and D for women.

Different lacing patterns may help address small variations in fit.

One common lacing pattern is the Runner's Loop, which can help prevent heel slippage.

To make the Runner's Loop:



1. Lace the shoe normally, up to the second-to-last eyelet (the one that's not in a straight line with the other eyelets).
2. Draw each of the laces back through the last eyelets on either side, forming loops on the outside of the shoe.
3. Cross each lace back across the tongue, through the opposite loop.
4. Tie the shoe as usual.

For more information and to learn about other lacing patterns, visit the *Run Better* tab at RunningWarehouse.com

How to Get the Most Out of Your New Running Shoes

Care & Cleaning Tips

Take your shoes off carefully to maintain the integrity of the upper. Always untie the laces instead of slipping them off and on, which breaks down the heel collar and laces.

Store them in moderate temperatures. Extreme heat and cold can break down the glue used in the shoes quickly, so try not to store them in the trunk of your car, for example.

Alternate your shoes. Wearing your running shoes naturally compresses the foam in the midsole. If you wear the same shoes every day, the foam doesn't have a chance to rebound and will become permanently compressed more quickly.

Clean your shoes properly. Use a soft brush and mild soap and water to spot-clean the top and sides of your shoes. Air drying is best, or you can place them in front of a fan.

Save your shoes just for running – resist the urge to use them for cross training. Running shoes are intended for a linear, heel-toe motion and will break down faster when used for activities involving side-to-side movement.

When Is It Time For New Running Shoes?

Unfortunately, running shoes don't last forever. If you keep track of the miles you put on your shoes, swap them out after 300-600 miles, or 6 months to a year (whichever comes first). This is a wide range, though, so here are some telltale signs that it's time for a new pair of running shoes:

Your Shoes Tell You

The shoe begins to feel 'dead' underneath, and lacks the energy return or cushioning it had when you first bought it.

There are deep creases in the midsole, which can be seen from the side of the shoe.

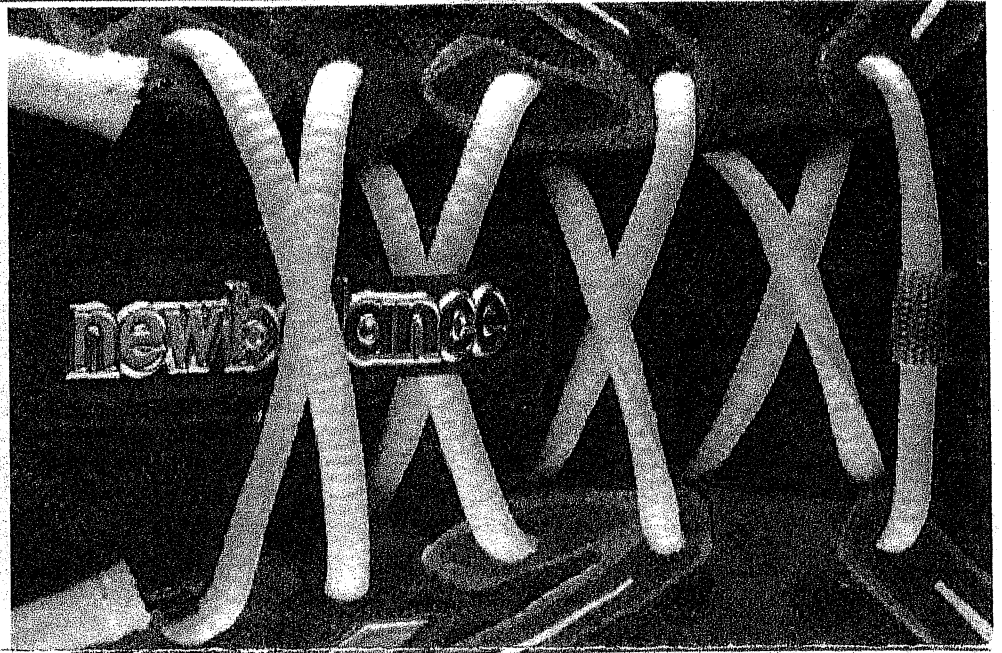
The rubber on the bottom is worn down. This is usually one of the last parts of the shoe to break down, so if the rubber is showing visible wear, the other parts of the shoe are also probably worn out.

Your Body Tells You

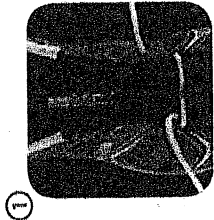
You begin to notice aches and pains you didn't notice at first. Minor aches and pains can be caused by a number of factors, but if your shoes are more than 6 months old, it may be that the shoe has begun to wear down. As a shoe wears unevenly, it may cause pressure and strain on different joints, causing minor aches and pains.

NBRx
new balance
FOOT HEALTH SOLUTIONS

LACING TECHNIQUES

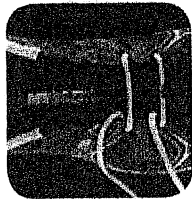


MORE ROOM



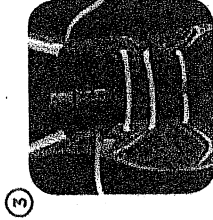
①

Start on side, lace vertically through bottom 2 eyelets.



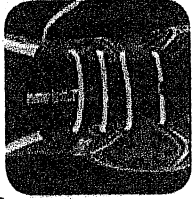
②

Go across to the other side.



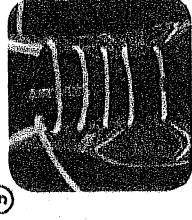
③

Start pattern of across and up (skipping an eyelet).



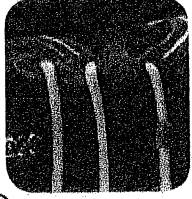
④

Continue pattern of across and up (skipping an eyelet).



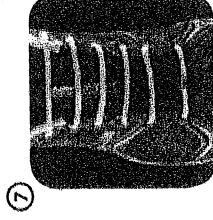
⑤

Continue pattern of across and up (skipping an eyelet).



⑥

Put laces into top of eyelet (during the repeat of the pattern).

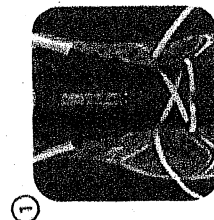


⑦

Finish by threading through underside of last eyelet.

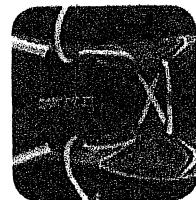
NOTE: Parallel lacing will allow more room throughout the entire shoe.

HIGH INSTEP



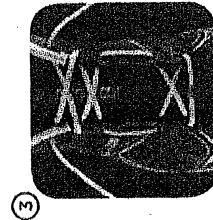
①

Start with normal criss-crossing laces



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Towards the middle of the shoe, thread laces vertically up the side of the eyelet.

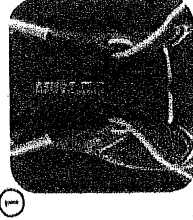


③

Then continue criss-crossing lacing at the top.

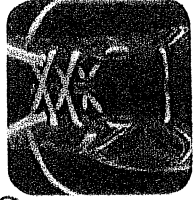
NOTE: For very high in-steps you can skip an eyelet to open up more of the midfoot area.

WIDE FOREFOOT



①

From the bottom of the eyelet, lace vertically up the side of the shoe



②

Continue with normal criss-crossing

IMPORTANT NOTE ON LACING TECHNIQUES.

Before attempting these lacing options, be sure to visit an NBRx dealer in your area to be properly fitted for the right kind of shoe and expertly measured for the right size and width.

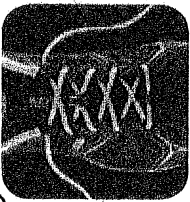
You should have your foot measured every year as part of proper foot health. NBRx dealers who have expert shoe fit specialists can be found by visiting www.newbalance.com/nbrx

These lacing techniques can help fine tune the fit of a shoe. New Balance has compiled a step by step guide of the five most common lacing techniques.

If you are having foot problems, please first consult a medical professional.

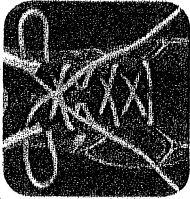
NARROW HEEL

①



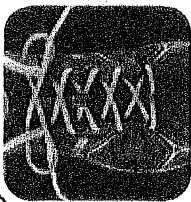
Start with normal criss-crossing laces

②



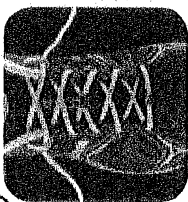
At the top create two loops.

③



Thread laces through opposite side.

④



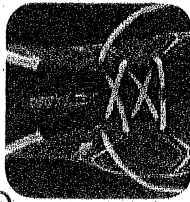
Slowly rock laces back and forth to tighten and make the loops smaller.

NOTE:

Known as the Runner's Knot or Loop Lacing Lock. Do not over tighten since that could cause numbing to occur.

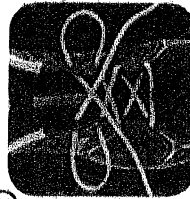
NARROW FOOT

①



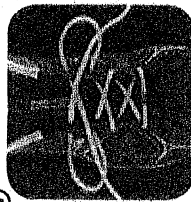
Start with normal criss-crossing laces

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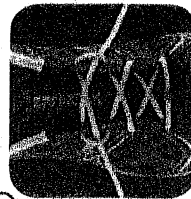
Towards the middle of the shoe, create two loops.

③



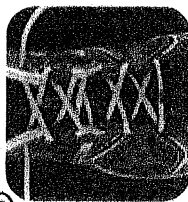
Thread laces through opposite side.

④



Tighten.

⑤



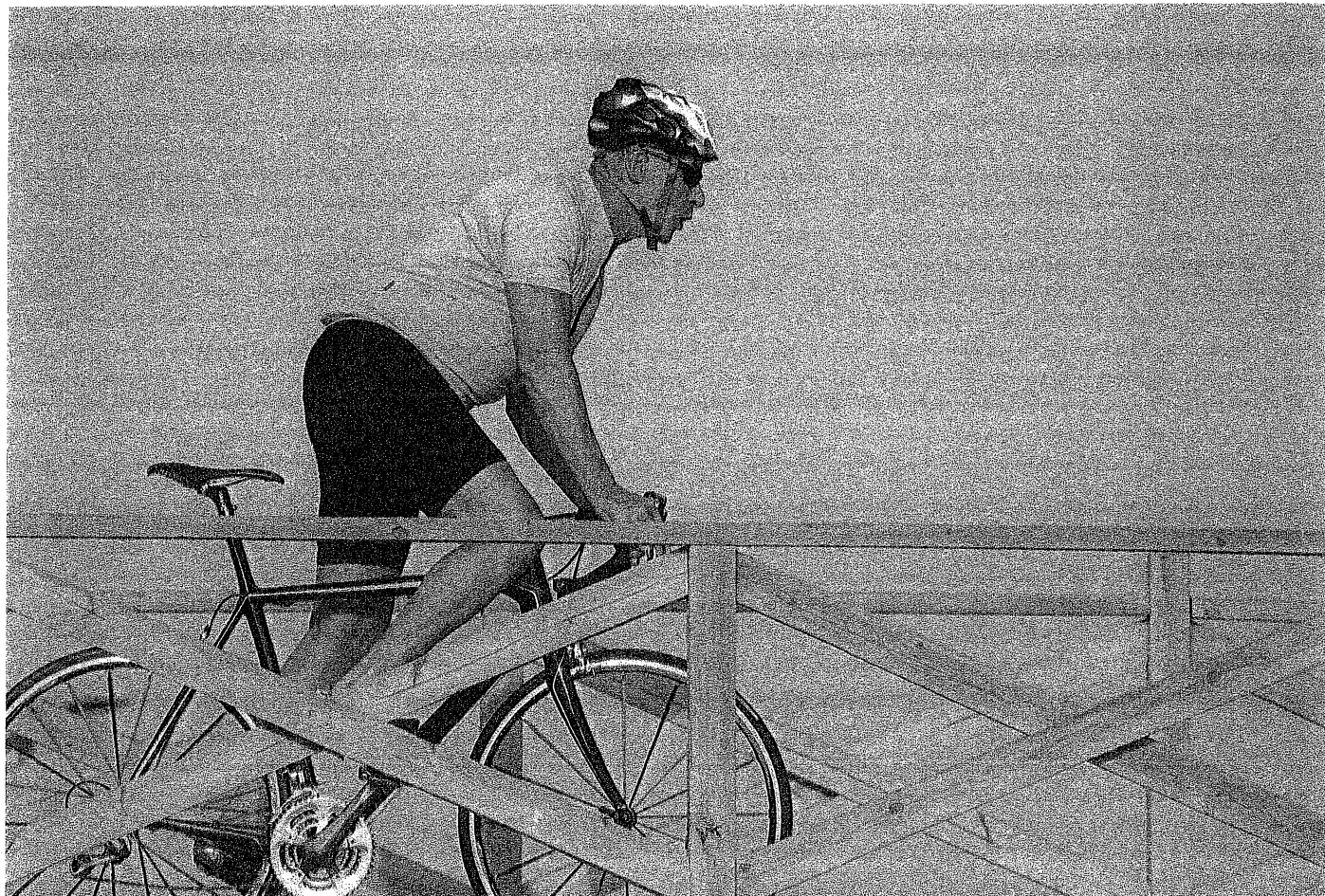
Continue with normal criss-crossing.

NOTE:

This lacing pattern will create a more secure fit around the midfoot area.

Sleep and Athletic Performance

14 June 2018



When you're feeling fast and strong, it can be hard to figure out what you can do to improve your athletic performance. If you're following your training plan, eating to fuel your body, and reducing your stress levels, sometimes it feels like a puzzle to figure out what has gone wrong when you plateau or your performance worsens.

Whenever you want to improve your performance, examine your sleeping habits. For athletes, sleep is even more critical than it is for everyone else. Since sleep reduces the risk of disease, heightens the ability to focus and concentrate, and evens out mood for everyone, rest is a key to performing better as an athlete.

While the research referenced in this article relates to younger athletes, the information is relevant to athletes 50 and older as well.

Sleep Improves Speed and Endurance

In a study from 2011, college basketball players were asked to maintain and record their normal sleep schedule for a few weeks. During that time, researchers measured their performance on various athletic scales. After that, they were asked to sleep at least 10 hours every night for 5-7 weeks. Researchers also measured their performance during this time.

The results suggest that sleep helps athletes get faster and endure longer. Baseline sprint times went up significantly, as did scales measuring the athletes' vigor. Fatigue was down, even after long practices, which indicates that endurance went up. Sleep seems to have improved their performance.

Sleep Improves Accuracy

Sleep also improves accuracy. Researchers used college students for this study, too, except this time they were tennis players. This study was conducted similarly to the one above, though the sleep extension period was only one week and the athletes were only asked to sleep 9 hours (including naps).

Researchers found that serving accuracy went up in statistically astonishing ways. They averaged 35.7% accuracy before the sleep extension week, but 41.8% afterward. Since they only extended their sleep for one week, this demonstrates the importance of sleep to accuracy, and its power to improve performance in a very short time.

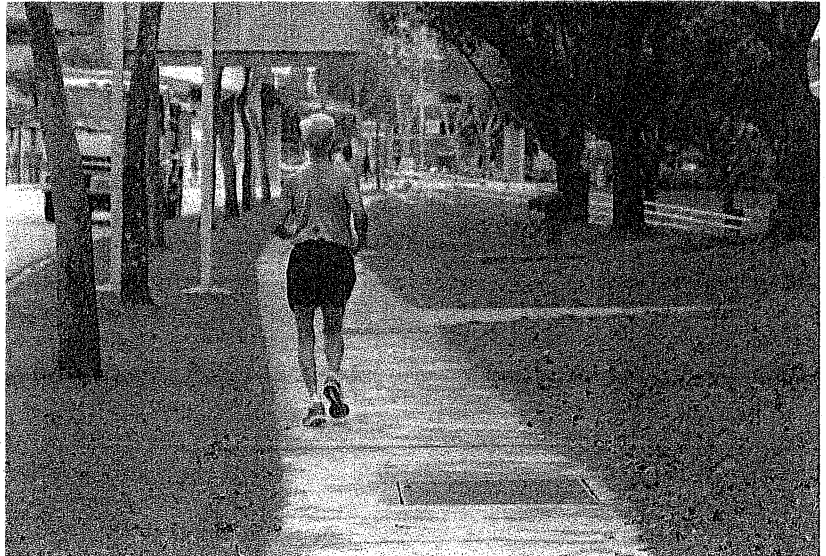
Sleep Deprivation Increases Chances of Injury

Sleep also lowers your chances of getting hurt. As most senior athletes know, an injury can derail an athletic season or even a career. Improving your sleep, then, can go far towards caring for your body and keeping you in your sport for as long as possible.

In this study, researchers looked at the rate of occurrence of injuries in young athletes who averaged less than 8 hours of sleep, versus that of those who slept more than 8 hours. Those who slept less were 1.7 times more likely to get hurt. That's almost twice the chance of injury based on lack of sleep alone!

If your athletic performance feels off or you're struggling to improve even though you're doing everything else right, consider

looking at your sleep habits. Increasing your average sleep time by even a few minutes a night can improve your accuracy and speed, and help you recover better. So curl up with your blankets and your pillow and get some extra shut-eye.



Article by Sarah Johnson, Tuck Sleep

Tuck Sleep is a community devoted to improving sleep hygiene, health and wellness through the creation and dissemination of comprehensive, unbiased, free web-based resources. Tuck has been featured on NPR, Lifehacker, Radiolab and is referenced by many colleges/universities and sleep organizations across the web.

Other news

Opening Ceremonies Set for August 10

Sleep and Athletic Performance

Real Racine Hosts The Olympian 5K/10K Again