

# Northville Cross Country



Head Coach Tim Dalton

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Assistant Coach Colin Riley

**WWW.RUNNXC.COM**



# **Northville High School Boys Cross Country Program**

45700 Six Mile Road • Northville, MI 48168 • Phone: 248-344-3800 • Fax: 248-344-3801

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*Athletic Director:* Brian Samulski

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## Summer Conditioning

Summer conditioning is vital in the sport of Cross Country. It is directly linked to students achieving their full potential and experience success along with avoiding injury. Most running injuries are due to overuse and commonly the result of improper preparation and training mistakes. Although we cannot avoid all injuries, they can be minimized with proper preseason conditioning as runners develop their aerobic base. Those athletes desiring to be in shape and build their aerobic base will show up to summer conditioning. It also gives the students a chance to meet their classmates and teammates.

My goal is for **ALL** students to achieve the success they strive for whether they are a Varsity competitor on the State Team or a Reserve runner.

- 1. ENJOYMENT with EXCELLENCE yields SUCCESS!**
- 2. CONSISTENCY builds CONFIDENCE  
CONFIDENCE develops CHARACTER  
CHARACTER makes CHAMPIONS!**
- 3. ESTABLISH GOALS --- The most important goal is self-improvement.**
- 4. Success is a journey, not a destination!**
- 5. To Race Fast, You have to Train Fast! Compete and Race Fast!!**
- 6. Integrity is ALL.**

I look forward to a successful Cross Country season with your son as a member of the 2020 Northville Boy's Cross Country Team. Please feel free to contact me should you or your son have additional questions and have a great summer!

Respectfully,

Coach Dalton  
Head Coach Boys' Cross Country  
Northville High School

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## Northville Boys Cross Country Team Rules

- 1.) Successful academics are your first priority. Student athletes should manage their time in such a way as not to have to miss practices or competitions. When difficulties develop, you must work closely with your teachers, counselors, coaches and parents. Ex. Band.
  - 2.) You are expected to represent our school in a respectful manner, lack of respect to opponents, officials, teammates, or coaches will not be tolerated and will be subject to disciplinary action.
  - 3.) You need to be familiar with the Northville High School student code of conduct and abide by all its rules, participation in athletics is a privilege!
  - 4.) You must attend all team functions including practices and meets. Excused absences must be arranged in advance. One unexcused absence will result in not participating in the next competition (although you must attend to support the team, if the event is at home). A second unexcused absence will result in dismissal from the team. Excused absences include only family matters, medical appointments and those for school academic concerns by a specific teacher.
  - 5.) Drinking, smoking and drug use are prohibited. You will be subject to the Northville High School substance abuse policy.
  - 6.) You will be required to log your running mileage on our teams shared Google Training Log. This information is for both you and coaches and has an impact on training groups.
  - 7.) You are expected to be dressed and ready to run practice at the time listed on the team calendar, tardiness will not be tolerated.
  - 8.) You will be required to have a physical on file and to pay the pay-to-play participation fee (in timely fashion). In cases of financial hardship, you are expected to contact the head coach. Failure to comply with these items will result in dismissal from the team.
  - 9.) You will be issued equipment and will be required to return it back in clean and in a timely fashion. Failure to do so will lead to a billing statement being sent to replace the equipment and possible loss of awards.
  - 10.) You are expected to bring a positive attitude, willingness to work, and a focused mindset to each practice. Failure to adhere to these expectations will be subject to disciplinary action.
  - 11.) You are strongly encouraged to own a watch and to wear it at all practices. This can be a GPS enabled watch, or a basic digital watch to keep time during workouts.
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## Principles of Training

The key is to build an aerobic base to develop fitness and avoid injuries.

Remember EVERY workout has a purpose.

### **GOALS OF TRAINING:**

1. Improve the body's ability to transport blood and oxygen
2. Increase the ability of the running muscles to effectively use their available oxygen
3. Shift lactate threshold to correspond to a faster running speed
4. Increase aerobic capacity (VO<sub>2</sub>max)
5. Improve speed
6. Lower the demand of running (running economy)
7. Train the mind

### **TYPES OF RUNS:**

1. Long run—develop cardiovascular system
2. Tempo—improve endurance and increase lactate threshold
3. Intervals—improve aerobic capacity (VO<sub>2</sub>max)
4. Repetitions—improve running economy
5. Maintenance—recovery

### **SUPPLEMENTAL TRAINING:**

1. Stretching both dynamic and static
2. Strength work, including core development
3. Strides
4. Cross training
5. Mental training and preparation
6. Yoga

### **THE BASICS:**

1. Sufficient sleep \*\*\*\* SO IMPORTANT!!!!
  2. Proper nutrition including monitoring for iron deficiency anemia
  3. Adequate hydration
  4. Monitor morning pulse and weight to determine response to training
  5. Proper shoes
  6. Avoid illness with hand washing and staying away from sick individuals
  7. Listen to one's body to avoid injuries
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## Mental Preparation

### **THE NXC DOCTRINE—SIX PRINCIPLES FOR SUCCESS:**

1. ENJOYMENT—Make it fun
2. GOALS—Achieve One's Potential
3. EXCELLENCE—Have a passion
4. CONSISTENCY—Sacrifice, dedication, & motivation
5. CONFIDENCE—Believe, be positive & expect to win
6. CHARACTER—Courage with mental toughness

### **TENETS OF COACHING:**

1. ENJOYMENT with EXCELLENCE yields SUCCESS!
2. CONSISTENCY builds CONFIDENCE  
CONFIDENCE develops CHARACTER  
CHARACTER makes CHAMPIONS!
3. ESTABLISH GOALS—The most important goal is self-improvement!
4. SUCCESS is a JOURNEY, not a DESTINATION

### **SEVEN KEYS TO SUCCESS:**

1. Get Started Right
2. Have Vision
3. Strive For Your Goals
4. Be Courageous
5. Be a Supportive Teammate
6. Learn Perseverance-Have Purpose
7. Have a Passion For Excellence

### **DETERMINE OUR DESTINY:**

1. DEDICATION—devote wholly to a task
  2. DILIGENCE—earnest effort to accomplish what is undertaken
  3. DIRECTION—a line of action towards a goal
  4. DEPENDABILITY—be worthy of trust and be reliable
  5. DETERMINATION—have a fixed purpose
  6. DISCIPLINE—obedience to training with sacrifice
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## Injury

### **RUNNING INJURIES:**

Why do runners get injured?

- Overtraining- too much, too soon
- Improper training
- Insufficient recovery
- NOT listening to one's body
- Poor flexibility
- Muscle weakness and imbalances
- Improper (worn) footwear
- Poor running surfaces

How does one prevent injuries?

- Follow a sensible training program- develop and aerobic base (**Champions are made in the off season**)
- Listen to your body
- Proper warmup before running including dynamic stretching instead of static stretching
- Strengthen muscles specific to running
- Stretch after running which may be static stretching
- Consider icing or ice baths to accelerate recovery
- Hydrate and replace nutrients properly

### **INJURY:**

If a runner becomes injured, and is unable to complete the prescribed workout for that day of practice, he will be evaluated. As the runner is recovering from the injury, he still needs to attend the start of practice and check in with the coaches (even if an alternate workout program has been discussed in advance). Once checked in, the injured runner should complete the alternative workout.

### **PROCEDURE FOR INJURED RUNNERS:**

- Notify a coach ASAP
- Ice every 6 hours (for 15 minutes) for 24 hours
- If the injury is serious enough, make an appointment with a doctor.

\*\*Most primary care physicians will prescribe two weeks of no running. If this occurs, athletes are required to have a doctor's note before he/she can return to practice.

\*\*\*\*\*I recommend seeing a specialists for any injury!

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## Foam Roller Program

You can use the foam roller to provide self-soft tissue mobilization (SSTM).

Benefits of SSTM include:

1. Improving muscle flexibility
2. Decreasing lactic acid
3. Decreasing muscle fibrosis (adhesions/ scar tissue)
4. Decreasing your risk of injury

By using your body weight, you will put pressure through your muscles in order to regulate areas of increased muscle tone or tightness.

### **HOW TO USE YOUR FOAM ROLLER:**

It is important NOT to roll over bony areas (like your knee) or areas where you have an open wound or injury. Always roll in line with the muscles at a **slow pace**. When you roll over a tight painful area (muscle knot) slow down the speed and stay on top of it for 20-30 seconds or until you feel the area release. If it is too painful to stay on top of this area, then decrease the force by unweighting the area. Keep your back straight and your abdominal muscles lightly contracted during all muscle groups. When you finish rolling, make sure that you drink plenty of fluids, just like you would after a massage.

Areas to consider: Calf, Peroneal & Tibialis (outside lower leg), Quads and Hip Flexors, IT Band Adductor Muscles (inner thigh), Gluts & Piriformis, and thoracic spin.

Since we obviously have only a limited number of rollers, you may want to consider purchasing your own Foam Roller.

*\*\*The above information is courtesy of Therapeutic Associates- Portland Athletic Center of Excellence (P.A.C.E.) in Portland, Oregon.*

## Team groupings

### **GROUPINGS:**

Our goal as a coaching staff is to build each athletes fitness to the point at which he can safely complete the team workouts. Because we have such a large team (with various levels of fitness), the coaching staff will group runners into groups based on fitness and health. Additionally, we constantly monitor each athlete's progress on our Team Google Training Log and during practices. If a runner shows improvement, the coaching staff will move a runner into a different group for the workouts. Runners in the Developmental group will need to illustrate that they are capable of fully completing these basic workouts (for four consecutive days) before they can run in a scheduled meet.

- Varsity runners will do the full workout
  - Sub-Varsity runners will do a % of the full workout
  - Developmental runners will focus on base mileage and stay relatively close to the HS
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## Health Issues In Runners

### NUTRITION FOR RUNNERS:

Proper nutrition forms the foundation for physical performance  
Supplement aids are NOT a substitute for a proper diet

Runner's recommended diet

Carbohydrate 60-65%

Fat 20-25%

Protein 12-15% (0.5 to 0.75 grams protein/pound of body weight)

Carbohydrates **ASAP** after exercise increases muscle glycogen storage and improves recovery time (80 to 100 grams within 30 minutes with additional carbohydrates every two hours).

Fluids---the most critical of all nutrients!!!

Drink Before Exercise

Drink at least 8 to 10 glasses of fluid daily

8 to 24 oz. of fluids more than one hour before

4 to 8 oz. immediately before

Drinking During Exercise

At least 4 to 8 oz. of fluid every 15 to 20 minutes

Drinking After Exercise

At least 16 oz. of fluid for every pound of water lost

Fluids To Avoid During Exercise---caffeinated beverages, carbonated drinks (coffee and pop)

Acute dehydration will obviously affect performance; however, chronic subtle levels of dehydration will also have an effect over time

General Hydration Tips

Drink on a schedule

Weigh in before and after exercise

Check urine color to monitor hydration status (clear-good, dark gold-bad)

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### Health Issues In Runners CONT.

#### **IRON AND ATHLETES:**

Anemia with low levels may be common in runners especially females  
RDA---15 mg/ day for females, 10 mg/day for males

Runners should include normal amounts of iron-rich foods in their daily diet.

Animals (heme) sources-lean meat, pork, fish

Plant (non- heme) sources- oatmeal, dried figs, green leafy, vegetables, beans and lentils

Foods rich in Vitamin C increase iron absorption

Polyphenols in tea and coffee decrease iron absorption

Monitoring of levels

Consider twice- yearly evaluation of complete blood count and ferritin levels

Ferritin levels below 20 (some say 30) indicate depleted iron reserves

\*\*Indiscriminate supplementation of iron without monitoring levels is NOT recommended since iron overload can have potentially serious health consequences

#### **ILLNESS PREVENTION:**

Obtain proper rest which also allows optimal recovery from workouts

Proper nutrition and hydration

Good handwashing!!!!!!!

Appropriate immunizations (influenza, meningitis, tetanus)

Stay away from sick people!!!

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## **Northville Boys Varsity Letter Criteria in Cross Country**

- 1.) Earn All-County, All-Conference, All-Regional, or All-State Honors.
- 2.) Run under 17:30 in any 5k competition / 17:45 on our home course Cass Benton.
- 3.) Be a four-year participant in good standing.
- 4.) Juniors who run a sub 18:00 time 3x on any course, during the 2019 Season.
- 5.) Earn 12 Varsity points (Note: runners can earn up to 4 varsity points for summer conditioning. 1 point for every 100 miles of summer training logged into the Team Google Mileage Log.
- 6.) Coach's discretion may be used when a candidate does not meet any of the above standards.

Respectfully,

Coach Dalton  
Head Coach Boys' Cross Country  
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## Sign up for important updates from Coach Dalton, Mr. Riley, and T. Dalton.

Get information for Northville High School right on your phone—not on handouts.

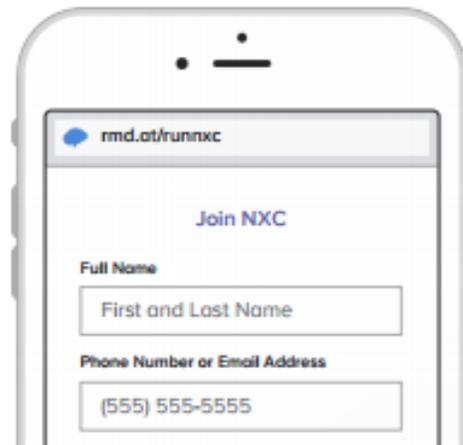
Pick a way to receive messages for NXC:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/runnxc](http://rmd.at/runnxc)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

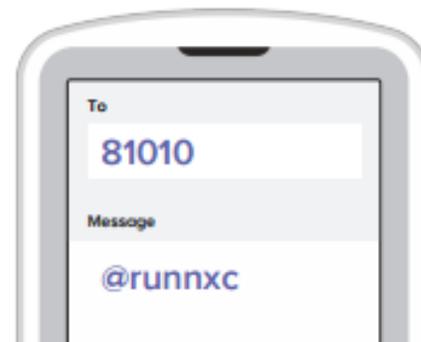


**B** If you don't have a smartphone, get text notifications.

Text the message @runnxc to the number 81010.

If you're having trouble with 81010, try texting @runnxc to (319) 774-3383.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/runnxc](http://rmd.at/runnxc) on a desktop computer to sign up for email notifications.



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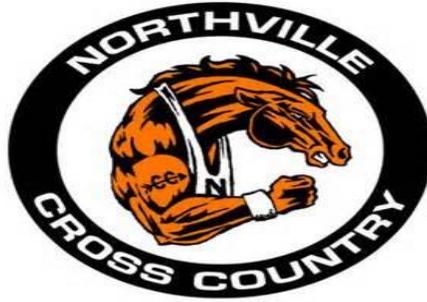
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### **Mustang Northern Michigan Running Camp**

**When:** August 17 – August 21 (Monday – Friday)

**Where:** Leelanau Outdoor Center, Maple City, MI

**Cost:** \$350 (lodging for the week, transportation both ways, and food)

**\*\*I am hopeful we will be able to attend but at this time this is tentative. I hope to have an official decision on this by the last week in July. Remember please email Coach Dalton if you are interested in attending camp!**

Again this year, the Northville Boys Cross Country team will be attending a cross country conditioning camp. This camp is held the second week of the season on Lake Michigan in Leelanau, 8 miles from Glenn Arbor. All runners are highly encouraged to go. If they do not attend they will still be required to attend mandatory practice during the week at Northville High School. Camp is a fun experience that will get you ready for the upcoming high school season and also help you build and bond as a team.

#### **Requirements to Attend Camp:**

To qualify to attend cross-country camp, you will have to start running before camp begins. You will need to average between 25-40 miles a week throughout the summer and attend summer conditioning on a regular basis. This is minimum 5-7 miles a day, five times a week. You must enter your mileage on our Team Google Mileage Log throughout the summer.

If you have any questions, please feel free to contact Coach Dalton at

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