

August 2011

| S | M | T | W | T | F | S |
|------------------|---|-------------------|-------------------|--|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 School starts PM Practice Need to be picked up at 5 pm from all pm practices | 23 PM Practice | 24 PM Practice | 25 AM Practice All AM practices will start at 7 am unless | 26 Practice at 7:45 am This will only be to pick up uniforms | 27 NB meet @ Comal County Fairgrounds Bus will leave @ 7AM |
| 28 2 mile run | 29 PM Practice | 30 PM Practice | 31 PM Practice | | | |

September 2011

| S | M | T | W | T | F | S |
|----|-------------------|-------------------|--|-------------------|-----------------|--|
| | | | | 1 AM practice | 2 | 3 |
| 4 | 5 No school | 6 PM Practice | 7 Pre-Season Bandera Meet Bus will leave during | 8 AM practice | 9 | 10 |
| 11 | 12 PM Practice | 13 PM Practice | 14 PM Practice | 15 AM practice | 16 | 17 |
| 18 | 19 PM Practice | 20 PM Practice | 21 PM Practice | 22 AM practice | 23 No school | 24 Wimberley Meet Bus will leave at 6:45 AM |
| 25 | 26 PM Practice | 27 PM Practice | 28 PM Practice | 29 AM practice | 30 | |

October 2011

| S | M | T | W | T | F | S |
|----|-------------------|-------------------|---|-------------------|----|--|
| | | | | | | 1 |
| 2 | 3 PM Practice | 4 PM Practice | 5 PM Practice | 6 AM practice | 7 | 8 Comfort High School Meet Bus will leave at 6:30 |
| 9 | 10 PM Practice | 11 PM Practice | 12 PM Practice | 13 AM practice | 14 | 15 |
| 16 | 17 PM Practice | 18 PM Practice | 19 Bandera Meet Bus will leave during | 20 AM practice | 21 | 22 |
| 23 | 24 AM Practice | 25 PM Practice | 26 DISTRICT MEET!!!! @ SVMS @ 4:30 PM | 27 | 28 | 29 |
| 30 | 31 | | | | | |

2011 Unicorn Cross Country Invitational

Date: August 27, 2011

Hosted by: New Braunfels High School

Location: Comal County Fairgrounds, New Braunfels

Schedule: 7:55 Coaches Meeting
8:00 NBHS Alumni Mile Race
8:15 Kids Race
8:25 National Anthem
8:30 Varsity Girls (10 runners max) (3K)
8:45 Varsity Boys (10 runners max) (3K)
9:00 JV Girls (unlimited # runners) (3K)
9:20 JV Boys (unlimited # runners) (3K)
9:40 Junior High Girls (no team scoring; 1600M)
9:50 Junior High Boys (no team scoring; 1600M)

Timing: All High School Races will be chip timed.

Course: Mostly grass, very little pavement. The course is about 1 mile for Junior High, about 3000 Meters (1.8 miles) for ALL High School divisions.

Awards: Varsity divisions: Team Championship & Runner up plaque
Junior Varsity division: Team Championship plaque
Top 15 medals for all divisions

Entries: Please call/email if you would like to attend. We will need a roster of your high school runners only turned in by Wednesday, August 24th.

Contact: Lee Datesman

From: Steve Golemon, Bandera Girls Cross Country Coach
Re: Bulldog Invitational Early Season Cross Country Meet

Bandera High School and Bandera Middle School would like to invite you to the Bandera Bulldog Early Season Invitational Cross Country Meet to be held at Bandera City Park.

Date: Wednesday, Sept. 7, 2011

Awards: Team Championship Plaque (all divisions)
Team Runner-Up Plaque (all divisions)
Individual Medals for top 20 (all divisions)

Location: Bandera City Park on South State Hwy 173 by the Medina River. Site of the 2006 and 2007 District 25-AAA Cross Country Meets, the 2008 District 29-AAA Cross Country Meet, and the 2009 District 30-AAA Cross Country Meet. In addition, it is scheduled to be the site of the 2011 District 26-AAA Cross Country Meet.

Packet Pick-Up: Beginning at 2:30 p.m. at the Bandera City Park

Meet Entries: Schools may run up to 10 people per team, and may enter more than one team in a division.

Meet Results: All races are scheduled to be chip timed.

Running Schedule: 4:00 p.m. – 7th & 8th Grade Girls (2 chutes)
4:30 p.m. – 7th & 8th Grade Boys (2 chutes)
5:00 p.m. – J.V. Girls & Varsity Girls (2 chutes)
5:30 p.m. – J.V. Boys & Varsity Boys (2 chutes)
6:30 p.m. – Awards Presentations

Meet Course: The 2011 Bandera Bulldog Early Season Invitational Cross Country Meet will feature a slight change in the second loop of junior varsity and varsity boy races, which should eliminate run conflict. The longer, more open starting line will be used again in 2011. The course is mostly dirt and oil roads and trails all within the Bandera City Park. All girl races, as well as all junior high races = 3200 meters. Boys Varsity and Junior Varsity = 5K.

Dressing Facilities: None

Parking: Bus and school van parking will be either beside or inside the Bandera City Park. All non-school vehicles are to be parked outside the park grounds.

Concession Stand: Drinks and Food will be available for purchase at a concession stand sponsored by the Bandera High School Athletic Booster Club.

**TEXAN INVITATIONAL JUNIOR HIGH CROSS COUNTRY MEET
SATURDAY, SEPTEMBER 24, 2011**

**You are invited to the 1st Texan Invitational Junior High Cross Country Meet.
We hope the following information will answer any questions you might have.**

Site: Winter's Mill Parkway
Running Trail

From Hwy 32 / San Marcos
Drive north on RR12 into Wimberley
Turn right onto RR-3237 / FM-3237
Turn left onto Winters Mill Pkwy
Drive 2 miles; Winters Mill Running Trail is on the left.
Park in the First Baptist Church parking lot.

Course: Crushed granite and some asphalt

Distances: 2 Miles for both Girls & Boys

Parking: Buses may park in the First Baptist Church parking lot

Schedule: Registration will begin at 7:00am
8th Grade Girls 8:30am
8th Grade Boys 9:00am
7th Grade Girls 9:30am
7th Grade Boys 10:00am

Awards: Team championship plaques
Top 10 individuals in each division

FYI: There will be a limited concession stand during the meet.
Meet t-shirts will be available for \$10.
We look forward to everyone having a great meet!



WHAT: All meets will be held at Comfort High School and with the completion of our softball complex we will be able to use our original course format from past years.

DATES & TYPE OF MEET:

OCTOBER 8 (HS varsity and JV, and middle school divisions): This will be our traditional meet that we have run the past several years as most of us prep for district meets.

Medals to top 10 in each division. Team scores kept.

3 miles boys, 2 miles girls and middle school. **Checks made payable to Comfort Cross Country**

Thanks,

---- Billy Nabours

Head Cross Country Coach

Comfort High School

From: Steve Golemon, Bandera Girls Cross Country Coach
Re: Bulldog Invitational Pre-District Cross Country Meet

Bandera High School and Bandera Middle School would like to invite you to the Bandera Bulldog Pre-District Invitational Cross Country Meet to be held at Bandera City Park.

Date: Wednesday, October 19, 2011

Awards: Team Championship Plaque (all divisions)
Team Runner-Up Plaque (all divisions)
Individual Medals for top 20 (all divisions)

Location: Bandera City Park on South State Hwy 173 by the Medina River. Site of the 2006 and 2007 District 25-AAA Cross Country Meets, the 2008 District 29-AAA Cross Country Meet, and the 2009 District 30-AAA Cross Country Meet. In addition, it is scheduled to be the site of the 2011 District 26-AAA Cross Country Meet.

Packet Pick-Up: Beginning at 2:30 p.m. at the Bandera City Park

Meet Entries: Schools may run up to 10 people per team, and may enter more than one team in a division.

Meet Results: All races are scheduled to be chip timed.

Running Schedule: 4:00 p.m. – 7th & 8th Grade Girls (2 chutes)
4:30 p.m. – 7th & 8th Grade Boys (2 chutes)
5:00 p.m. – J.V. Girls & Varsity Girls (2 chutes)
5:30 p.m. – J.V. Boys & Varsity Boys (2 chutes)
6:30 p.m. – Awards Presentations

Meet Course: The 2011 Bandera Bulldog Pre-District Invitational Cross Country Meet will feature a slight change in the second loop of junior varsity and varsity boy races, which should eliminate run conflict. The longer, more open starting line will be used again in 2011. The course is mostly dirt and oil roads and trails all within the Bandera City Park. All girl races, as well as all junior high races = 3200 meters. Boys Varsity and Junior Varsity = 5K.

Dressing Facilities: None

Parking: Bus and school van parking will be either beside or inside the Bandera City Park. All non-school vehicles are to be parked outside the park grounds.

Concession Stand: Drinks and Food will be available for purchase at a concession stand sponsored by the Bandera High School Athletic Booster Club.

Expectations of a Smithson Valley Cross Country Runner:

- Believe in yourself and commit to training each day.
- Schedule your day around training, not training around your day
- Practice concentration while training.
- Start every workout with a purpose and make sure you complete the entire task.
- Learn from your experiences; we all make mistakes, but effecting change is what builds a winner.
- Eat properly, hydrate, and sleep for adequate recovery.
- Concern yourself with running lengths of time, not miles.
- Strength/speed development is important.
- Cross training can be substituted when necessary. A general rule is 1 ½ times cross training to what you would have run. (This is very important for runners that play another sport during season!)
- Concentrate on your running mechanics and perform your running drills to perfection.
- Follow all road safety rules
- Walk away from practice and meets knowing you had nothing else left
- Focus on doing your warm-ups and cool-downs properly

Finally, be a contributing member to the Smithson Valley Cross Country program.



THE MANY BENEFITS OF LONG RUNS

Why run long? What do these annual rites of spring do for you? There are at least 7 physiological benefits to long runs, and there are other advantages as well. Let's start with the physiology.

#1: Surround your muscle fibers with capillaries. Capillaries are the smallest blood vessels. Several capillaries typically border each muscle fiber. They are the transportation system for the cell, bringing oxygen and fuels in, and waste products such as carbon dioxide out. Long runs increase the number of capillaries per muscle fiber, which improves the efficiency of delivery and removal.

#2: Shuttle oxygen with more myoglobin. Myoglobin in your muscle cells serves a similar function to hemoglobin in your blood-it carries oxygen from the cell membrane to the mitochondria. Long runs increase the myoglobin content of your muscle fibers, so more oxygen can reach the mitochondria to produce energy.

#3: Make mighty mitochondria. The mitochondria are the aerobic energy factories in your cells. Long runs increase the number and size of the mitochondria in your muscle fibers. With more mitochondria, you can produce more energy aerobically, and maintain a faster pace.

#4: Increase aerobic enzyme activity. Enzymes in the mitochondria speed up aerobic energy production. Long runs increase the activity of these enzymes, which improves the efficiency of the mitochondria. So you not only have more and bigger energy factories, but they are also more efficient.

#5: Fill the tank with glycogen. Long runs teach your muscles to store more glycogen. Glycogen is the storage form of carbohydrate, and when you run low, you slow down. How do long runs lead to greater glycogen storage? Running long distances uses up the glycogen in your muscles. Our ancestors were at risk of being eaten when they ran out of glycogen. Fortunately, glycogen depletion stimulates the muscles to store more glycogen-to help prevent future depletion. Because the faster you run the more glycogen you burn, running your long runs at a reasonable pace is a more effective way to deplete your glycogen stores (and hence stimulate the muscles to store more) than jogging.

#6: Burn more fat. Long runs not only increase your ability to store glycogen, they also allow your muscles to conserve glycogen by burning more fat. As you increase your endurance training, you rely more on fat and less on carbohydrates at a given speed. As a result, your glycogen stores last longer. In a marathon, that means that "the wall" moves closer and closer to the finish line.

#7: Muscle fiber masquerade. The higher the percentage of slow twitch fibers in your muscles, the greater your likelihood of success in the marathon. That's because slow twitch muscle fibers naturally have more of the 6 adaptations we've already discussed than do fast twitch fibers. Well, for those of you not genetically endowed with a high proportion of slow twitch muscle fibers, there is good news. Long runs give your fast twitch fibers more of the characteristics of slow twitch fibers. So, although top sprinters will never become world-class marathoners, with enough training their fast twitch fibers will gain some of the beneficial attributes of slow twitch fibers. There may be hope for Flo-Jo after all!

Finally, there are psychological and even spiritual benefits to the long run. By running long, you simulate what your legs and body will go through in the marathon. When your hamstrings tighten up 23 miles into the race, it helps to have experienced a similar feeling in training, so you realize that you can shorten your stride a few inches and keep going. During your long runs, you also experience the connection of the mind and body. As you learn to relax and concentrate, you will begin to look forward to extending your body's limits.