

# 2016-2017

## TRACK & FIELD CROSS COUNTRY

WORKING ON THE NEXT



ALL-AMERICANS

## STUDENT-ATHLETE HANDBOOK



# WELCOME...

...to the Christopher Newport University Track & Field/Cross Country team. This packet contains contact information for your coaches and the athletic department, an explanation of the philosophy of the program, team policies and expectations, along with some training theory and guidelines that we will be using during your CNU career. So with no further ado, here is your coaching staff:

## **DIRECTOR OF TRACK & FIELD/CROSS COUNTRY:**

**Tyler Wingard**

Freeman Center 221

Phone: 594-7289      E-mail: [twingard@cnu.edu](mailto:twingard@cnu.edu)  
Cell: 757-672-5601

## **HEAD CROSS COUNTRY/DISTANCE COACH:**

**Matthew Barreau**

Freeman Center 223

Phone: 594-7213      E-mail: [Matthew.Barreau@cnu.edu](mailto:Matthew.Barreau@cnu.edu)  
Cell: 503-936-0441

## **ASSISTANT COACHES:**

**John Napolitano** (Throws)

Office: Freeman Center 223  
Phone: 594-7892  
Cell: 603-703-3482  
E-mail: [John.Napolitano@cnu.edu](mailto:John.Napolitano@cnu.edu)

**Michael Hanks** (Jumps)

Office: Freeman Center 223  
Phone: 594-8036  
Cell: 757-768-0423  
E-mail: [bittyman@msn.com](mailto:bittyman@msn.com)

**Jacob Smith** (Cross Country/Distance)

Office: Freeman Center 223  
Messages: 594-7213  
Cell: 931-639-1815  
E-mail: [Jacob.Smith@cnu.edu](mailto:Jacob.Smith@cnu.edu)

**Daulton Teaford** (Sprints)

Office: Freeman Center 223  
Messages: 594-8036  
Cell: 540-247-3635  
E-mail: [Daulton.Teaford.11@cnu.edu](mailto:Daulton.Teaford.11@cnu.edu)

### Volunteer Assistants:

**Kacey Gibson** (Distance)

**Richard Roethel** (Vertical Jumps, Multis)

**Keith Ricks** (Sprints)

## **Athletic Department Resources:**

<b>Kyle McMullin</b>	(Director of Athletics)	FC 219	594-7420
<b>Carrie Gardner</b>	(Associate Dir. of Athletics)	FC G143	594-7462
<b>Joyce Anne Koubaroulis</b>	(Academic Support Coord.)	Ratcliffe 228/226	594-8751
<b>Kilee Kadrie Weiler</b>	(Academic Support Mentor)	Ratcliffe 232	594-8220
<b>David McCune</b>	(Head Athletic Trainer)	Ratcliffe TR	594-7787 c.732-921-7166
<b>Stephanie Mooney</b>	(Assistant Athletic Trainer)	Ratcliffe TR	594-8117 c.443-617-0150
<b>Brad Baker</b>	(GA Athletic Trainer)	Ratcliffe TR	c.717-951-9624

# CNU TRACK & FIELD/CROSS COUNTRY ON THE WEB

## TEAM WEB-SITE:

For announcements, program information, and workouts, go to  
**TFXC.groups.cnu.edu**

## SOCIAL MEDIA/NEWS SITES:

	CNU TFXC is on RunnerSpace.com: <a href="http://www.RunnerSpace.com/CNU">http://www.RunnerSpace.com/CNU</a>
	CNU TFXC is on Facebook: <a href="http://www.facebook.com/pages/CNU-TFXC/138650069507534">http://www.facebook.com/pages/CNU-TFXC/138650069507534</a>
	<p><b>@CNUTFXCNews</b> is a <i>public</i> Twitter profile for quick updates about CNU Track &amp; Field/Cross Country happenings.</p> <p><b>@CNUTFXCTeam</b> is a <i>private</i> Twitter profile for the team and will be used to <i>supplement</i> the Team Website Announcements page and e-mails from the coaches</p> <p><b>@CNUXC</b> is Coach Barreau’s CNU-related Twitter profile and may be a bit more “Twittery” than the CNUTFXC profiles</p> <p><b>@CNUThrowsCoach</b> may return depending on the evolving “Twitteriness” of Coach Napolitano</p> <p><b>#CNUTFXC, #CNUXC, #CNUTF, #good2great</b>, and other program related hashtags should be used with great pride and respect</p>

## OTHER WEB SITES:

CNU Athletics (Official Site):	<b>CNUsports.com</b>
NCAA Championships Website:	<b>www.ncaachampionships.com</b>
DIII National Lists:	<b>www.TFRRS.org</b>
Coaches’ Association (National Rankings):	<b>www.ustfccca.org</b>
D3 Power (Dual Meet) Rankings:	<b>www.d3rankings.us</b>
Capital Athletic Conference	<b>www.cacsports.com</b>
CNU Photos:	<b>www.cnuphotos.com</b>
USA Track & Field:	<b>www.usatf.org</b>
Int’l Association of Athletics Federations:	<b>www.iaaf.org</b>
Drug Free Sport:	<b>www.drugfreesport.com</b>

# CORE VALUES/MISSION/PHILOSOPHY

## *Commitment, Accountability, Purpose – the start of being a CAPtain.*

- Your purpose as a student at Christopher Newport University is to become a well-educated, well-rounded, decent and thoughtful human being. Participating in the Track & Field/Cross Country program is one aspect of your holistic growth.
- You are a **student-athlete**—both with equal expectations for excellence and integrity. You will make decisions on a daily basis that affect your academic and athletic performance so you must consider your options carefully. The coaching staff will do what we can to help ensure that you are achieving the balance necessary to be successful in the classroom as well as in Cross Country and Track & Field. **Success in the classroom will positively affect your performance in competition.**
- The Department of Athletics offers several **Community Outreach** opportunities including **GET ON TRACK** – our own mentoring/coaching program working with local high schools.
- *The mission of the program and the expectation for everyone involved with CNU Track & Field/Cross Country is to discover how great we can be in all aspects of our lives both as individuals and as a team.*
- The Track & Field/Cross Country program is designed for you to maximize your development over the course of your CNU career. The development program has a specific focus for each season that is designed to meet this goal:
  - FR:** Orientation to the program, competition, and college life;  
Develop a strength/endurance base and focus on fundamental technique/strategy
  - SO:** Greater competitive load/expectations, expansion of team/event responsibilities;  
Develop a power/speed base and master fundamental technique/strategy
  - JR:** Be mentors for new members of the program;  
Primary emphasis on power/speed development and advanced technique/strategy
  - SR:** Provide leadership in practice and meets—set the tone for the program;  
Fine tune power/speed and technique/strategy to reap the rewards of the long-term program
- **The purpose of competition is to push you out of your comfort zone and into your achievement zone.** Everyone, no matter how driven, limits themselves mentally either by fear or rationality. Competition offers the distraction necessary to go beyond your conscious limits. **Competitive focus is a learned skill.**
- Cross Country and Track & Field are **TEAM SPORTS**. The sports provide each individual the opportunity to go as far as their legs will carry them. Additionally, team performance influences the atmosphere in which you will train and compete. **The more attention you pay to your responsibilities to the team, the more you will benefit from its support.**

# **POLICIES AND EXPECTATIONS**

*Work Hard. Be a Good Teammate. Pursue Important Goals.  
Find out how great we can be.*

*The over-riding expectation of you as a member of the CNU Track & Field/Cross Country program is that you always keep in mind your responsibility to the team. If you align your decisions and actions with the promotion of the program rather than its detriment, then you should remain in good standing.*

- **All Team Members are expected to make a POSITIVE impact on the program.**
- Always act within the highest ideals of good sportsmanship.
- Always abide by school, departmental, and facility policies.
- Manage your time so that classes/papers/projects and other activities do not conflict with your training and competitions. When registering for classes, make an effort to accommodate practice times and meet schedules. Start on papers/projects early enough to avoid last minute conflicts.
- Your social life, while important, should be flexible enough to keep you sharp physically and mentally for all workouts and meets – **recovery** is the key to effective training & competition.
- **Intramurals are more than strongly discouraged.** Consider your responsibility to the team when risking non-Track & Field/Cross Country-related injuries.
- Keep your coaches informed of your schedule. Let us know in advance **via e-mail or text** (the earlier the better) of any conflicts with practices or meets.
- Be on time (that means 20 minutes early) for meetings and travel. Busses will leave at their scheduled time—do not miss them!
- If you miss the bus, you may be removed from the meet.
- Your practice attendance & preparedness will, in part, determine your entries in meets.
- If you are not entered in a travel meet, you may still be expected to attend the meet to support your teammates and to help with video taping and other managerial duties.
- You are expected to be at the meet site for the entirety of the meet (home or away).
- At the end of each meet, we will gather as a team and share **FAN-TIME** and go over any necessary announcements.
- You are expected to return from meets with the team—this is the best time to share competition experiences with your teammates. If you must make alternate travel arrangements, you will need to fill out the appropriate paper work prior to the meet.
- Travel Dress (i.e. for sit-down meals on overnight trips) means “business casual”.
- Meet day attire will consist of team-issued gear. **We are a Russell Athletics Department.** Competition and travel attire must be team issue/Russell apparel.

***As a student at CNU, you are bound by University Policies and Expectations.***

***As a student-athlete at CNU, you are held to a higher standard.***

***As a member of the Track & Field/Cross Country team, you are held to a standard higher still.***

# UNIFORMS/PERSONAL EQUIPMENT

- A complete uniform set will be issued at the beginning of the competitive season.
- We will size and reserve your shirts, uniform, and warm-ups so that we can order any necessary supplements to our inventory.
- You are financially responsible for the care of your warm-ups, singlet, and shorts. *Our uniform set costs approximately \$500 to replace for each individual.* The condition of your uniform set will be recorded when checked out and checked in.
- The team T-shirts are yours to keep. You may purchase additional/replacement T&F T-shirts for \$10 each.

## ***CNU ATHLETICS IS A "RUSSELL ATHLETIC DEPARTMENT"***

CNU Athletics has entered into a contract agreement with Russell Athletic. All team uniforms and travel gear will now be Russell/Brooks apparel. In exchange for the preferential deals we get with Russell Athletic, we are required to wear their apparel – **and only their apparel** – at all meets. The uniform set we issue is approved by our contract with Russell Athletic. Wearing non-uniform apparel without prior approval from Coach Wingard may result in your removal from the meet.

In order to comply with the Department's contract with Russell Athletic, we cannot allow any exceptions to this policy.

- Quality footwear is essential to help prevent injuries. We expect each member of the team to be committed to their training and their health, which includes investing in quality footwear. **In order to receive shoes from the program, you must demonstrate your commitment by purchasing a new pair of training shoes for each championship season.**
- As budgets allow, varsity level team members may receive one **supplemental** pair of training shoes for each championship season. (Think of this as a "buy one get one free" deal.)
- As budgets allow, varsity level team members may receive competition shoes (spikes, throwing shoes, etc.). In most cases, this will mean one pair every two years (if needed). You are expected to take proper care of your shoes so that they last a full life cycle. We will **not** replace lost shoes or prematurely worn shoes.
- **You MUST meet all work obligations (e.g. XC and HS meets) and be in good standing with the team (academically and training-wise) if you expect us to pay for your shoes.**

# ADMINISTRATIVE DETAILS

- At the conclusion of the Cross Country and Outdoor seasons, we will conduct exit interviews (this process may be done online). At that time, we will discuss your season and any adjustments we may make in subsequent seasons' programs. We will also discuss off-season training programs. If you are leaving the program after the Indoor season, we will conduct your exit interview at that time.
- You will be asked to vote for Most Inspirational Athletes at the end of the Cross Country and Outdoor seasons. Additionally, the coaching staff will select Most Improved, Scholar Athlete, High Point Scorer/Most Valuable (T&F only), and Coaches' Award/Leadership winners. We will ask for your nominations for these awards.
- The Athletics Department also awards three additional honors for Track & Field/Cross Country when merited: **The Kramer & Humphrey Awards** honor outstanding Distance Runners who demonstrate exemplary leadership and performance through all three championship seasons. **The Bahr Award** recognizes an exceptional Track & Field athlete.

## ELIGIBILITY AND COMPLIANCE

Before you are eligible to practice or compete, you must meet the following requirements:

### Physical and Processing

You must have your physical and processing completed **before practicing** with the team. If you have not yet had your physical or update, you must arrange with the training room staff to get it done.

### Compliance Forms

All student-athletes must have signed NCAA Eligibility Forms on file to be on the current roster to be eligible for practice.

### Full-Time Status

All student-athletes must be full-time (at least 12 credits) to practice and compete unless they are in their final semester before graduating and need fewer than 12 credits to meet graduation requirements.

### Study Hall & Mentorship Program

All first-semester student-athletes are **required** to attend study hall. The Coaching Staff may require study hall or mentors for team members after their first semester to follow departmental policy and to ensure good progress towards graduation. Your success as a student at CNU is **required** to be a member of the Track & Field/Cross Country program.

**There are no exceptions to these eligibility requirements. It is your responsibility to make sure you complete these requirements as soon as possible.**

# COMMUNICATION

Open and informed communication is the most important part of the coach-athlete relationship. In order for any program to be successful, the coach and the athlete must be responsible for their roles in this relationship. They must also have a clear understanding of how their respective roles fit within the program.

## **The Role of the Director**

The first order of business for the Director is to develop the Core Values, Mission, and Philosophy of the program. These elements are outlined in this document. This provides the general shape of the program, its goals, and its relationships with other elements of the University and other responsibilities of its athletes. As discussed in this handbook, we run a progressive, technical training system within a team-oriented program because that best fits our experiences, the nature of our Athletic Department, and the goals of Christopher Newport University.

## **The Role of the Coaches**

Each coach implements the program's Core Values, Mission, & Philosophy in a way that is consistent with his or her background and personality. With this in mind, the next step is to design the framework for the training programs—the training theory that will govern the progressions and workouts for each event group. Within this structure, specific plans are designed for each year, season, month, week, and day of the training cycles.

At this point, the science of coaching becomes more dependent upon the art of coaching. Every athlete has his or her own needs and every team has its own personality. Any training program must be tailored to the team and individuals to work effectively. When developing annual and season plans, the coach must take this into consideration. In writing weekly and daily workouts, the needs of the individual athletes determine the specific elements and emphases employed to meet the goals for that stage of the training cycle. This is where the coach must be an effective communicator. Since every athlete will have a unique response to the training stimuli employed, the coach must be able to read the athletes' body language, performance indicators, and verbal feedback to make appropriate adjustments to the workouts.

## **The Role of the Athlete**

As an athlete who desires the greatest possible improvements and the best possible performances, you must be a committed member of the program. This means that you have the responsibility to learn about the structure and goals of the program and how they compare with your own experiences, strengths, and weaknesses.

Once you have made this assessment, you must share your thoughts with your coaches so that together we can establish the most effective way to make the program work for you. Understanding how the program will help your development will improve your ability to recognize and achieve the goals of each workout and element in the training plan. This will also make it easier for you and your coach to discuss the effectiveness of each element of the program in your particular case and make any necessary adjustments.

# TRAINING THEORY

The goal of training is to cause the body to adapt in order to perform at higher levels. There is a science to this. Your body's ability to adapt is dependent on the loads to which it is subjected and the nutrients and rest it is allowed. A properly designed training program subjects the body to just enough stress to stimulate adaptation coupled with an appropriate diet and sufficient rest to allow supercompensation to occur. If any of these elements are missing, inadequate, or incompatible, improvements will be at best limited and at worst reversed. Overloading (either by volume or intensity) or insufficient recovery (occurring if your diet does not support your activities or if you are not getting sufficient *deep* sleep) can break the body down to the point of injury or susceptibility to illness. It is not necessary to leave every workout physically spent. In fact, if you do you are likely overtraining—a condition which leads to physical and mental breakdowns including injury, illness, and lack of motivation. If you communicate honestly with your coaches about your training (including your recovery), then we will be better able to tailor your workouts to allow for maximal improvements in your performances. However, it is expected that team members will first attempt to make positive adjustments to their lifestyle (rest, nutrition, life choices) before training is altered. **It is your responsibility as an athlete to seek understanding of the program and to be a contributor to its growth and improvement.** No one coach or athlete has a monopoly on knowledge or understanding. Honest, open communication is essential.

A successful training program must be specific to your competitive needs—it makes no sense for a shot putter to run 80 miles per week nor for a 10k runner to lift for hypertrophy. Your training programs will be designed to effectively improve your body's ability to recuperate, make its energy systems more efficient, develop optimal neuromuscular sequencing, and sharpen your mental acuity. The program will work on the theme of General to Specific. You will see this in the 4-Year, Annual, Seasonal, and Monthly training plans.

Training motor pathways to perform specific tasks requires both physical and mental effort. It is important to concentrate on the drills you perform and also to use mental imaging (visualizing) while you are resting, as this will greatly increase the benefit of the training. Further, it is important to visualize and practice drills with the proper technique—every repetition establishes the neuromuscular template your body will use during competition. If every repetition is performed with focus and care, the template will be clear and correct. If you are inattentive, sloppy, or tired when performing your drills, your template will reflect that and will lead to inconsistent performances. We will occasionally use video to assist in creating proper drill technique and mental images.

Strength and flexibility are crucial elements of any successful training program. Improving maximal strength and strength endurance will allow you to perform your desired tasks with less effort and less chance for injury; appropriate power development is the key to performance gains. The muscular development must be balanced and flexibility must be maintained and improved to minimize the risk of injury to antagonistic muscles by the prime movers. **Every workout will begin and end with a flexibility/mobility routine.** This will not only help minimize injuries, it will also improve recovery time from your workouts.

# TRAINING THEORY

## Four-Year Plan

Part of the essence of the four-year plan was discussed in the Philosophy section. The idea is for each athlete to achieve maximal improvement over the extent their career. To achieve this, the focus of the frosh and sophomore seasons will be on establishing a solid foundation of strength, an increased capacity for event-specific work, and fundamental technique. The focus will progress to speed, intensity, and the execution of advanced technical elements through the junior and senior years. Peaking phases of your training require a significant reduction in workload and increase in intensity to sharpen your body (and mind) for the highest level of athletic achievement. This process is not particularly compatible with developing fundamentals, but is well suited for advanced training. Therefore, the peaking phases in your annual plan may be longer in your senior and junior seasons as compared to those in your frosh and sophomore years.

- FR:** Most frosh will spend the majority of the year working on a strength and endurance (work capacity) base and learning the fundamentals of their events. With occasional exceptions, frosh will train through the Indoor Championships and go through a relatively short peaking phase leading into the final meets of the Outdoor season. For Distance athletes, the dynamics of their fall season will depend on their role with the Cross Country team.
- SO:** Sophomores will continue their strength and endurance base work while adding greater emphasis to establishing a power and speed base. We may decide to try some new events for the sake of the team and your development while spending more time on advanced technique for your established events. Some sophomores may go through a short peaking phase for the Indoor Championships, but the primary focus will still be on the Outdoor Championships. The peaking phase for the Outdoor Championships will be more extensive to allow for your highest competitive achievement. Again, Distance athletes' Cross Country season plan will depend on their role with the team.
- JR:** In the junior year, most athletes will follow a two peak training program—one for the Indoor Championships and one for the Outdoor Championships. Distance athletes will have a third peak in Cross Country. At this point in your career, we expect a sufficient level of mastery of the fundamental techniques and sufficient strength and endurance base to allow for several weeks of your training program to be geared towards high level peaking. The premium will be on advanced technical gains and speed development.
- SR:** With few exceptions, seniors will peak for both the Indoor and Outdoor Championships with full peaking cycles for each meet. Again, Distance athletes will have a third peak for the Cross Country Championships. Most of the in-season training will focus on advanced technique work and top-end speed.
- NATIONALS:** Athletes projected for Nationals will start their peaking phases later in the season to set up the best possible performances at the Championships. Younger athletes and “surprises” will have their training modified to extend their peaks through the Championships.

# TRAINING THEORY

## Seasonal Plan

Each Championship Season is broken into five phases: General Preparation Phase (GP), Specific Preparation Phase (SP), Competition Phase (XCO/ICO/OCO), Championship/Peak Phase (XCH/ICH/OCH), Transition/Post-Season Phase (XIT/IOT/PST).

### General Preparation Phase

This phase is where you establish your athletic base for the season. The younger your training age (number of years of organized training), the longer your General Prep Phase should last. It is extremely important to include a thorough flexibility program during this phase. Fitness elements may include a greater degree of cross training. The key is to be consistently very active while focusing on the foundational elements required for your general athletic development.

### Specific Preparation Phase

As the first competitions draw nearer, the preparations become more specific to the needs of the events. Emphasis shifts to lots of drill work and generally establishing the foundations for the key elements of your events. This is the time to translate your general fitness and athleticism in to Track & Field/Cross Country readiness.

In some literature, the General Prep and Specific Prep phases are described as “**Training to Train**”.

### Competition Phase

Once we enter the competition phase of the season, the training schedule changes to accommodate meets and travel. Getting sufficient rest is imperative not only to allow your body to recover and build from your training, but also to be well prepared mentally and physically for competition. For veteran athletes, this is when weight training turns to power (speed) focus. For the younger athletes, we will continue the strength oriented lifting, but with more intensity. Distance runners may begin to see an increase in race-specific elements of their training plan. Technical work shifts to more complex drills and rhythm work. In the Competition Phase, we are “**Training to Compete**”.

# TRAINING THEORY

## Championship/Peak Phase

Peaking is a process of increasing the intensity (speed) of training to very high levels while decreasing the volume of training. This allows you to sharpen your skills and readiness for the Championships. A full peaking cycle may require a few weeks to allow your body to recover from the fatigue of earlier training phases, maximize stored substrates (energy sources), and acclimate to the stresses of very high intensity work.

For younger athletes and for the Indoor Championships, the length of the peaking cycle may be relatively shorter in order to preserve training reps and to minimize wear and tear on your systems. The training intensity will increase, but to a lesser extent so that you can maintain a higher workload with continued emphasis on drill work and development of fundamental elements of your event(s).

Those athletes focused on Nationals will start their peaking phases later than those pointing towards Conference. “Surprise Qualifiers” will stretch their peaking phase from the Conference Championships on to the National Championships.

With more recovery time between reps, mental preparation and focus techniques will be emphasized and rehearsed. Physically and mentally, the championship phases are about **“Training to Win”**.

## Transition Phase

It is extremely demanding physiologically and psychologically to taper to a high competitive peak. Further, it is impossible to *build* on a peak and nearly impossible to sustain a peak for more than a few weeks. After the Cross Country and Indoor Championships, we have two to three more months of training and competition before the next Championships. In order to have any hope of continuing to develop and improve through the subsequent seasons and be ready to challenge again at the Championships meets, we must reset our bodies and prepare to get back to normal training. The transition process includes a reduction in training intensity and longer recovery time between training sessions before gradually rebuilding the training volume. This is a return to **“Training to Train”**.

## Post-Season Phase

After your final Championship Season of the year, the first order of business is to recover mentally and to give your body the necessary rest so that it is ready to start the pre-season General Prep Phase with vigor, health, and anticipation for another even better year. This does not mean it is time to become a couch potato. It is a time for moderate activity levels and participation in physical activities outside of Track & Field/Cross Country. Those involved in Cross Country and other fall sports will have a shorter recovery time before they start in on their pre-season training regimens for those programs.

# POWER TRAINING PROGRAM

The power-training program is designed to improve **core stability** (for postural control and biomechanical efficiency) and **maximum optimal power** (the product of velocity and force output balanced for your specific event requirements). Event-specific power is best developed through drills; however weight room routines, medicine balls, and circuit training can be used as effective elements in developing the strength-speed demands for each event. We will use periodized progressions for each of these training modalities.

**Power Development** will vary by event group, as some events require more emphasis on maximal force production while others require greater speed of movement. The distance events require some power development, but much of the training emphasis will be on optimizing posture and strength endurance.

## WEIGHT ROOM TRAINING

<b>LOWER BODY</b>	<b>UPPER BODY</b>
<b>High Pulls/ Hang Cleans/ Full Cleans/ DB Snatches*</b> <b>Step-Ups/ Dead Lifts/ Front Squats/ Back Squats/ Overhead Squats*</b> Hip Extensions (Back Extensions/Good Mornings) Hamstring Curls Ankle Extensions/Dorsiflexions	<b>Bench Press</b> Incline Press Shoulder/Military Press Lateral Pulls Reverse Grip Pulls Rows

\*Particular Cleans and Squats movements will vary during the season. The Championship Phases will emphasize the varieties with the greatest carry-over to your particular events.

**Distance Athletes** will progress through circuits in the weight room to Power Training programs appropriate to their primary event focus.

## BODYWEIGHT TRAINING

<b>CIRCUITS</b>	<b>PLYOMETRICS</b>
A variety of body-weight circuits will be used during the course of the year to help develop strength endurance and core stability.	<b>Multi-Jumps</b> and <b>Multi-Throws</b> routines will be used to develop the speed end of the Power Curve as well as promoting efficient and stable ground-contact mechanics and postural integrity.

**Core Stability** is required for efficient transfer of forces and maintaining form during performance. It is therefore addressed in skill training for each event, through Olympic and Free-Weight lifting, and in specific stability exercises.

## CORE-SPECIFIC TRAINING

<b>Static Strength</b>	<b>Dynamic Stability</b>	<b>Mobility &amp; Power</b>
Isometric Circuits Balance Circuits	Small Movement Circuits Balance+Med Ball Passes Med Ball Twist Circuits	Flexibility/Coordination Routines Multi-Throw Circuits

# SUPPORTING HABITS

The coaching staff will monitor your training during official practices. **It is your responsibility to take care of yourself outside of practice time and during the off-season.** You have to decide your own level of commitment to your performances and to the goals of the team. Always keep in mind your own personal goals and the goals of the team when you are making decisions.

## Rest

Your body cannot recover – and definitely cannot build – if you do not get sufficient rest. This is a significant challenge for most college students! In order to maintain good sleeping habits, you must plan your time carefully. Stay on top of your school work, start papers and projects early, and try to **be consistent with your bed time** and wake-up time.

## Diet

Your mom nagged you about eating your vegetables...she was right! Along with sufficient rest, your body must have sufficient nutrients to repair and build muscle tissue and red blood cells. Nutrient deficiencies can lead to symptoms of overtraining (lack of enthusiasm, diminishing performance levels, etc.) and they can leave you susceptible to illness. Make sure that you are eating a balanced diet that provides enough calories for GROWTH. As very active young adults, your caloric needs are far above the American “norm”. Most of you will be starving your bodies and inhibiting proper adaptation on 2000 calories a day. If you are not sure about the quality of your diet, keep a two-day log that includes what, how much, and when you ate. Try to estimate the number of total calories and calories from fat, protein, and carbohydrates. Look at the variety of foods you are eating to help determine if there may be any vitamin or mineral deficiencies. Talk with your coaches and training staff for more assistance.

## Stress Management

At every stage of life, stress becomes more prevalent and more intense. We must continually learn new ways to manage these stress loads. The stress of college is a significant step above that which you experienced in high school. Do not be afraid to ask for help or advice in dealing with new challenges in your life. Your veteran teammates have probably been through most of what you are experiencing and may be able to offer some guidance. Your coaches have also been through the rigors of college and have watched hundreds of others go through the process, so we may be able to answer some of your questions and offer some advice that can help you. The right kind of stress, channeled properly, is what allows us to compete and perform at ever-higher levels. It is important that you learn to manage your stress load so that you are able to perform at your highest level.

## Routine

An established routine can help you manage rest, diet, and stress. This routine should be maintained as much as possible through competitions—the morning of a meet is not a wise time to try new foods, bedtimes, or emotional environments.

# INJURY MANAGEMENT

This is another area where communication is vitally important. Within any course of training, the possibility of injury exists. Stressing your energy, muscular, skeletal, and mental systems can lead to any number of breakdowns. You cannot expect to train without working through some soreness; however it is important to keep your coaches and the training staff apprised of the feedback you are getting from your body. The most common injuries related to Track & Field/Cross Country are repeated stress or overuse injuries. Sudden trauma injuries are easy to diagnose—recognizing a pulled muscle, rolled ankle, or a throwing implement protruding from your body is pretty straightforward. Developing a rehabilitation schedule is then relatively easy, too. Repeated stress injuries—shin splints, tendonitis, chronic strains, stress fractures, etc.—are harder to diagnose properly because the symptoms are often masked by compensatory pains (a damaged or weak hip flexor may trigger a hamstring strain before the hip injury is noticed). The only way that repeated stress injuries can be quickly and accurately diagnosed or, better yet, averted is to have knowledge of the complete and comprehensive history of your injuries and pains.

The Training Room staff keeps a record of the history you provide at your initial physical and logs all of the injuries and treatments you receive as a student-athlete here at Christopher Newport University. They are responsible for your care and rehabilitation from any injuries you incur. **It is therefore absolutely necessary to keep the Training Room and your coaches fully informed of the aches and pains you experience.** In many cases, these aches and pains are simply the result of being slightly overworked (or under-rested) and you can recover with a little more rest. In some cases, however, they are indications of more serious conditions.

As an athlete, you have a lot of experience in interpreting the feedback from your body. You may have experienced injuries of various levels of severity and the subsequent recovery process. Your coaches, the Training Room staff, and the Team Physicians have even more experience and expertise in managing and diagnosing injuries. **You are expected to take advantage of these resources.** A little time off or some minor limitations on your training early in the season typically have little effect on your performances at the end of the season. Ignoring early signs and developing more serious or chronic injuries later in the year can effectively end your season.

- Report **all** soreness, injury, fatigue, etc. that affects or is noticed during training sessions to your coach(es). They will evaluate whether the issue should be brought to the attention of the Athletic Training Staff.
- Make sure to report a complete history of the issue to the Athletic Trainer, answer all questions honestly, and ask for clarification as needed. It is your responsibility to understand the nature, causes, and recovery measures related to your injuries and to follow through on the advice of the medical staff and coaches to assure the fastest, most complete recovery possible.
- If you have questions or concerns about the diagnosis or treatment of your condition, arrange a meeting between your coach(es), the medical staff, and yourself to clarify all issues.

**Talk with your coaches. Talk with the Sports Medicine Staff. Follow the plan.** With good communication, we can help keep you healthier and on track to meet your athletic goals.

***As a final note, also keep in mind that insurance issues go through the Training Room. If they are bypassed, you may be personally responsible for any medical bills.***

# GOAL SETTING

Goal setting is the key to success. Much is written and presented about goal setting, but ultimately the process is simple:

- 1. DECIDE WHAT YOU WANT TO DO.**
- 2. FIGURE OUT WHAT IT TAKES TO DO IT.**
- 3. GET IT DONE.**

We will challenge you to be courageous in deciding what you want to do. Your goal should be inspirational and motivational in and of itself. It should have the power to shape your decisions and state of mind.

Thinking about your goal should make you feel good – and it should be exciting enough that it is persistently in your thoughts. When you have decisions to make (“should I go to bed or watch another hour of Netflix?”), your goals should spring to mind and lead you to the most productive decision.

When you face challenges along the way, reminders of your goals will move you out of Observation Mode (“my legs are sore”) and into Assessment Mode (“since my legs are sore today, I need to talk with coach and extend my warm-up; can I still make today’s workout productive? do I need to adjust the focus of today’s session?...”)

Committing to a lofty goal can be scary. You must believe in it – otherwise it is just words with no value. Goal statements must begin with “**I WILL...**”

We will help you with step 2 – designing the plan that will take you from where you are today, to where you need to be to achieve your goal. That requires an honest and complete assessment of your Current State and how you got there (see questionnaire template on the next page), a Gap Analysis (the difference between your current abilities and those required to achieve your goal), and a close look at your Ancillary Needs (diet, sleep, injury prevention/management, etc.).

The analysis step culminates in a re-evaluation of your originally stated goal and the creation of Benchmark or Intermediate Goals and the Process & Support Goals required to make everything come together. The original goal statement may be revised or affirmed based on what you learned through the analysis, leading to your Formal Goal Statement: “**I WILL...**”

At this point, you have a plan you **BELIEVE** in. Now you must have the **INTEGRITY** to follow the plan and achieve your **GOALS!**

We will support your efforts to achieve your goals. Every member of the CNU TFXC program is committed to your success and will help keep you accountable to your plan.

Bound together, our Individual Goals will be the foundation of our Team Goals – and you may find inspiration from the Team Goals in establishing or revising your own Goals.

Together, **WE WILL** achieve our goals!

# **GOAL SETTING**

## **CURRENT STATE ANALYSIS**

What are my physical strengths and weaknesses with respect to each of my events?

What are my psychological strengths and weaknesses with respect to each of my events?

What elements of my lifestyle support or impede my ability to perform in my events?

What are my motivations, both intrinsic and extrinsic, to continue competing and improving in my events?

What is my current status in each of my events?

- PR's
- At what performance level have I established consistency?
- Health
- Stresses

How did I get to this point in each of my events?

- PR Progressions
- Health History
- Performance Circumstances
- Motivational Circumstances

# CLOSING THOUGHTS

Being a student-athlete at Christopher Newport University and in particular a member of the Track & Field/Cross Country Team is a *privilege*. As with all privileges, this comes with a higher responsibility to the University, the Athletics Department, and the program. It is your responsibility to jealously care for that responsibility and for the positive reputation of CNU Track & Field/Cross Country.

And finally...

A couple of truisms to keep in mind:

- **ANYTHING WORTH DOING IS WORTH DOING WELL.**
- **SUCCESS IS A CHOICE.**

You do not have to be a perfectionist to succeed in this program, but you will be expected to learn to do things the right way. This includes your sportsmanship, your responsibility to your teammates, your attention to your training (both at and away from practice), and your technique in your events.

We make several choices every day that have an impact on our ability to perform and develop as students, athletes, and citizens. Champions learn to make the choices that only enhance their performances and progressions towards their goals. When living such a life of purpose, none of the decisions required in pursuit of your goals will be sacrifices – they will simply be commitments.

Your coaches are committed to the success of every member of the team. Your teammates are invested in your success and will support the commitments you make to be your best. We will all hold each other accountable to make good choices – to live as Champions – so that **WE WILL** achieve our goals.

**CNU TRACK & FIELD/CROSS COUNTRY  
IS A  
B.I.G. TIME PROGRAM  
LEARN IT. LIVE IT.**

***FIND OUT HOW GREAT WE CAN BE.***

