

Running Club Q&A

Who will be coaching the team?

Following up on his first Track season with SRC, Coach Jeff May will be running the show this Fall for our Cross Country season. Coach May is an avid runner & triathlete, and really enjoys working with future Spartans in our club!

I'm a **BADGER STUDENT who would like to do Cross Country. Which should I do? Badger or Spartan Running Club?**

Cross Country is now a district-sponsored sport for Badger 7th & 8th Grade Boys and Girls. If you attend Badger and are interested in CC, then we strongly encourage you to utilize that program at school. However, Spartan Running Club could still be an option for a Badger student who desires a lesser time commitment than the school program. SRC will continue to be the primary option for students from other schools as well as for 5th and 6th graders. We will keep SRC going as long as we have an interested membership, and as long as we can keep/find a quality volunteer coach.

When and where will we be practicing? How long do practices last?

Practices will likely be M-W-F as they were last year. It has been typical for practices to begin around 5:00 and go for 90 minutes. We will have details when the season gets closer.

Can I be out for other sports and activities while being in the club?

Yes. Only you and your family know how much is "too much". But our demands on your time will be relatively light (a few hours a week). So it is entirely possible to do other activities (track, soccer, football, fall baseball, etc) concurrently. We would prefer that you attend each Club practice, but will excuse planned absences, particularly if they are for "competitions" in your other activity.

Will I only be running 2 or 3 days a week?

With the club, yes. If you are out for another sport, we know you are getting additional conditioning there as well. Either way, you will be given optional runs to do on your own during our "off" days.

This is a co-ed club. Do boys & girls practice and attend meets together?

Yes. Boys & Girls will have the same coach(es) and the same practices and meets.

Will we be running practices with Badger White or the High School Cross Country teams?

Once in a great while, drills and lessons may be done in concert with the boys and/or girls teams from the middle and high school teams. And some of the workouts may be done *near* them. However, given the age and training differences, SRC workouts will typically be different, shorter and/or less intense.

If I have conflicts, can I miss Practices or Meets?

You will get out of the club what you put into it. Practices are for you to enjoy and benefit from. Cross Country meets are a ton of fun, and much different than a track meet. But 100% attendance is not mandatory. We only ask that you let your coach know in advance by email if/when there will be a known absence.

What do the Club Fees cover? What don't they cover?

Your fees cover a one-year membership into a National Organization called the USATF (USA Track & Field). When you sign up for our club, WE will take care of registering you with USATF and covering that expense. In addition, your Spartan Running Club membership will cover many of your race entries for the season (approximately 4-5 meets), a team T-Shirt, and of course the practices which will be supervised by a USATF-approved coach. Club Fees do NOT cover transportation to and from practices or meets. There may also be an additional cost for (optional) "spirit wear" that may be ordered in season.

What are the benefits of our club being affiliated with the USATF?

The main benefits we reap by registering through USATF as a Club is structure, organization, and liability insurance. You'll also receive their periodical called "*Fast Forward*". There are a few other residual benefits you might enjoy individually if you choose to take advantage of them (discounted merchandise and race fees during the offseason such as USATF Track Meets). Visit www.USATF.org for more information, but do NOT register yourself, as we will take care of that for you when you join the Spartan Running Club.

Do I need to be training over the summer prior to the season starting?

While there is no requirement, members will be emailed a suggested program (this will be very easy!) to encourage light running on their own as early as July before Club practices begin. More serious runners will also be welcomed to join the HS teams at their respective "Summer Running Sessions" if they like. Not only is an earlier start necessary if you want to race well during the season, but a slower build-up of mileage is crucial for injury prevention. Shin splints are a near certainty when young runners take on a sudden increase in training. They are also a near certainty with less-than-adequate shoes...which leads us to...

What type of shoes do I need?

Training shoes are far more important than "racing spikes", which are probably unnecessary at this age/level. A decent pair of "running shoes" for training is very important though. They do not need to cost a fortune. But you should NOT be running in tennis shoes, basketball shoes, or other athletic shoes that are not *specifically* made for running.

I'm a "sprinter". Is this club only for distance runners?

First, a sprinter will most certainly benefit from our program, and is very welcome. Second, the Varsity CC teams are full of athletes who never thought of themselves as "distance runners" when younger, until they were introduced to the sport and realized how much they liked it and/or how good they could be. A recent "Most Valuable Runner" on the West Girls team only did sprints and jumps when she was in middle school. She ran Varsity CC and went to State as a freshman and was a 1st-Team All-Conference runner as a sophomore! Another two-time State Qualifier for West could hardly finish the mile in 8th grade gym. She later went on to college on a Division I Cross Country scholarship!

Will I be expected to go out for Cross Country when I'm in High School?

Everything about this club has been put together to provide a fun way for a young runner to gain the knowledge base, running base, and exposure...to help them be a successful high school runner later. If your reasons for joining are different (friends, healthy lifestyle, conditioning for another sport), that is fine, too! As much as we'd like your Club experience to lead to a stellar career as a WBW CC and/or Track runner...neither is mandatory, presumed, or expected. They will simply be encouraged.

Are all of the races on the schedule the same?

Not really. Distances vary from 1 mile to 2 miles, and each meet will have a bit of a different feel to it. Our “home” race at the start of the season will have few competitors since it is so early in the season and other clubs won’t yet have gotten organized. Other meets, (Waukesha, KML, etc) will have “chip timing” and feel a bit more like an official competition with results posted on the www!

Will we have uniforms?

Our “uniforms” will be our Club T Shirts. In the past, we’ve been able to use extras from the HS Cross Country teams. But the Boys and Girls teams at the HS have both grown to 40-50 members, so their supply of “extras” has dwindled.

Is there transportation to and from Meets?

No. While our club is associated with the high school team, it is not sponsored or funded by the West Bend School District. You will be expected to find transportation to and from each meet on your own, but car pools can certainly be organized to assist.

I have a younger sibling interested. Can he/she join?

The workouts and lessons are designed to be appropriate for 5th – 8th graders. Consideration for allowing a 4th grader into the club will be given on a case-by-case basis, and only if there is strong evidence of a high level of physical ability and maturity.

I have a friend who will be attending a HS other than WBW. Can he/she join the Club?

Our club is integrated with the current WBW CC teams and specifically designed for future Spartans. Additionally, WBE has also had running clubs in the past, and information can be found about them at the WB Athletic office. That being said, we have a history of not turning anyone away and will welcome anyone interested in joining SRC (within the age guidelines).

Should I join the club?

Yes, we think you should!