

East Canton Cross Country

Achieving success on a Division 3 level

"It's all a Confidence Game"

**"I don't care what type of coach you are... You've got to
have the horses"***

* Former Athletic Director at East Canton... Bernie Kauffman

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Cross Country Clinic

November 19, 2021

Thank you for allowing^{me} to speak before you today. I have been coming to clinics for about 40 years. I take away from each clinic with some information. Some I used some I didn't. I'm sure you will like some things we use and some things that won't work with your program. I always believe there are many ways to Rome.

Let me tell you a little about East Canton. Division 3 program. We get anywhere from 10-23 runners on the team. School population is about 900 K-12, with a graduating class of about 61. The school is bordered on 3 sides by strip mines. And yes we run in them..like our parks, just not as pretty. Also, our roads that we run on your either going up or going down.

Key to our Program:

Success breeds success. Winning Begets winning losing beget losing. WE have not always been good. If something doesn't work, I scrape it and try something different. I started the program in the Fall of 1973. I have had a few assistant coaches throughout my 49 years. Coach Loy and I talk every single day about runners and how to make them better.

So Whats the Key?

Recruit everyone you can; anyone with legs. We have a May meeting and post these signs around the school. Some kids will buy in some will not. We also have sign on the wall in the

room of the May meeting. "How Good do you want to Be?" If you don't want to be good, then don't run in the summer. I will talk about our mileage club a little later. We have had a great middle school coach who would talk to everyone and get them to run. He would make it fun. One of the greatest quotes I have heard was from Jeff Howard from Woodridge "Even slow kids have Fast friends" Get everyone.

So when you get them out you have to get them "to believe in Themselves," "Believe in the program" and "believe in each other." There is not a day that goes by that I don't talk to a kid about how good they can become. "Great workout today", you averaged 5:30 last year in your "mile repeats", this year you average 5:15. WOW! or You had a super race, hey you beat this kid and he was 20th at the State meet last year. **Never give up on anyone.** You never know when your last kid on the team as a freshman (who was chased by the golf cart at our league championship) turns out to be a Conference Champ, A District Champ and All-Ohio kid. You got to get them to believe. We have a quote that says "What you believe about yourself, set the Boundaries for what you can or cannot do" Consistently encouraging kids. Another little secret...so I look at the results of the year before like maybe the Boardman invitational, which is also our Regional site. I count the # of seniors that have graduated and scratch them out and show our runners that they should be able to finish in this spot, You were 20th last year and 10 runners have graduated, you could be a single digit scorer or you

could finish in the teens. When that happens that believe a little more. No, it doesn't always work.

Many coaches talk about establishing a culture. WE are called the Pac-Men. From a video game in the 80's We have a mileage club, 300, 400, 500 miles in 80 days. We record our miles on a Google spread sheet that everyone has access to.

WE have 3 booklets that we give out. Pre-season or Summer booklet, Season booklet and Post season booklets. I have a few today. **Pre-season booklet: Workouts for Freshman, Sophomore's , Juniors and Seniors.** About all the important dates in the summer: 12 hour relay fund raiser/letter writing campaign, July 4th race that I would like them to attend, Canoe race/picnic. Dates that we meet as a group at the park; 1st date of practice and dates on our Cross Country camp. **Season booklet** : about the past records, best time by class and team records. The **post season booklet** have everything that was written about the team for that year.

Another big Key:

I write letters to everyone on the team and when I say write, I type them as Coach Loy can attest, I write pretty bad. Summer letters, Season letters and State meet letters. Summer letters are about what they need to do, Run with your teammate, show up everyday at the park, do the little things. I have included 2 in your hand outs

Typical Day for East Canton Cross Country

a. Meeting(explain workout, go over results from last meet (spilts 1-5, 1-7 Personal records, , go over information on next meet) meet with individuals as well.

b. warm-up run 1/2 - 3/4 mile

c. Core routine 2 days a week. Monday and Wednesday start with 20 seconds of each exercise and increase every 3rd day by 5 seconds. end up at 55 seconds (week of our conference)

1. side plank...right side on elbow, no sag

2. side plank...left side

3. sit ups

4. leg crosses...keep legs straight

5. leg lifts...6", 12", 18"

6. prone plank on elbows...no sag

8. hold legs up}

8. push ups

9. "Colt stretch" lift bottom off ground on one leg

d. walk around circle with various stretching (prevents shin spilts)

1. on toes (insert slide

2. heels

3. sides of feet

4. backwards (same)

e. stretching routine with ropes...not static. "Activated isolated stretching" }

f. sit ups on days of no core. 25-50

g. "buddy curls" strengthen shin area. Grab onto your partners foot and hold them forward and backwards and side to side.

h. warm up run before workout. Anywhere from 1-3 miles

Typical early season training week

Monday: After our core and stretching routine, we normally do a long **progressive** run anywhere from 5-8 miles. We finish on Motts incline (50-75 meters) continue to in front of Smith gym to simulate the finish of the State meet at Fortress Obetz

1. static stretch (after run)
 - a. Calf stretch, single leg, both legs; hold for 30 seconds
 - b. Hamstring Stretch
 - c. IT Band Stretch
 - d. Quad Stretch
2. Legs up for 5 minutes
3. ice bath)
4. Replenish energy stores: Chocolate milk, gram crackers, skittles, bananas, gatorade, water, peanut butter and bagels

Tuesday: Usually a lighter day 4-6 miles at an easier pace come back to track (on turf with shoes off) and do "slow day routine"

Drills with shoes off

- a. walk on toes... 25 meters
- b. walk on heels
- c. backward running
- d. backward skipping
- e. 2 knees up... 55 meters
- f. 2 buildups
- g. Leg swings

Weight routine on opposite days of core

1. bench 2 x sets of 10
2. one legged squats x 6
3. chin ups to exhaustion
4. leg ups on machine
5. stability ball sit ups with weighted ball...begin with 20 seconds and increase
6. stability ball leg rollers
7. box jump 18"
8. dips

Go home

sleep hydrate (don't pass a drinking fountain during school) stretch

Wednesday: Typical bust day (core first)

Segmented runs..1,1,1,2,2,3,4,2,2,1,1, 30 seconds. Rest is between 60-90 seconds each segment, try to regroup with slower runners

Hill repeats

800-1000-mile repeats

faster (repeats) as the season goes by and more rest

Thursday: After our stretching routine we do 4-6 miles at a talking pace. We also go over the upcoming meet on Saturday. Who's is going to be there, both team and individual, Where you could finish, single digits, top 20, "run with Andrew"

Drills: Same as Tuesday.

Weights

Friday: After stretching routine usually run for 3(for rookies) to 5 miles (Vets) and then slow day routine. Try to stay on grass at our home course.

Saturday: Race

Go over the entire course (walk/run) Warm up starts 45 minutes before race. 10-12 minutes of running progressing as you run the warm up. Rope stretching routine. Put on spikes (double tie, or tape) Head down to the line. 2 knees up, 2 build ups. Race. Warm-down at least 20- 30 minutes

Sunday: For vets only 30 minutes to one hour of running.

Keys to the program

1. Recruit , recruit, recruit! Safety in numbers. One program in Stark County has over 140 runners on their team (just boys).
There's got to be someone who can run fast.
2. Summer running with other team members. Mileage Club...80 Days.
300, 400, 500 mile Club
3. Canoe race (canoe down run back), picnic afterwards. Team bonding.
4. year round commitment
5. it goes back to "how good do you want to be"
if you don't want to be good , then don't do the little things
don't train in the summer or winter.
6. Commitment:
Not to yourself, not your parents, not your coach's , but to your
teammates.
7. Great Middle school program
Middle school Art teacher
recruits anyone with legs
safety in numbers
8. Camp, ours, no-one else
3 days. Running, 2 time/day
sessions...little things
Camp speaker, former runner or coach
Camp video (Fire on the track....Pre, "The Long Green Line"etc.)
**Fire side chat. I talk about goals, dedication, commitment. Each runner gets
a chance to speak about anything**
Bowling, softball, volleyball, fishing, corn hole ping pong, cards.
8. A belief in ones self... "What you believe about yourself , sets the boundary's
for what you can and cannot do"
9. Write letters to each runner. One at the beginning of the summer, one at the
beginning of the season. Copy in handout

10. The Runners must Believe in the Program, Believe in themselves and Believe
in each other

10. Questions?

Lee Sternberg

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The history of the Pac-Men

In the summer of 1982, the team was traveling to Cross Country camp at the Atwood Lake campground. On the way to camp we passed a convenience store that was advertising the video game "Pac-Men". One of our athletes on the team, Tom McCauley, thought that would be a good team name for us. We stay together and we "gobble " up our opponents. It's been our logo ever since!



East Canton Boys Cross Country Team History

The program was started by Coach Lee Sternberg in the autumn of 1973. Coach Sternberg has been the only head coach of the East Canton High School Boys. The Program has compiled an amazing record. These teams have won over 20 League/ Conference Titles; 2 overall Stark County Titles; 26 District Championships; 10 Regional Titles; 3 State Runner-up finishes and 3 State Championship Titles.

Individually, four runners have finished as State Runner-up. Mike Dorto was 2nd in both 1985 and 1987; Nicholas Dysle was 2nd in 2006; Gabe Henning was 2nd in 2008 and Demetrius Snellenberger finished 2nd in 2018 and again 2019. In 2019 Demetrius set a new school record of 15:44 during his state meet at National Trail Raceway. There have been numerous other "All-Ohio" Cross Country Athletes and many more State qualifiers for the Hornet Pac-Men. Many also have been named "All League" and "All Stark County" for their efforts on the many courses throughout the state of Ohio.

Through the years, the program has been associated with 4 conferences. From 1976 to 1988 East Canton was part of the Senate League; 1989 to 2004 the team competed in Principal's Athletic Conference (P.A.C.7). In 2005 the "Pac-Men" joined the Portage Trail Conference (P.T.C.) and was there until 2012. This year 2020, is the 8th year that East Canton competed in the Inter-Valley Conference (I.V.C.)

*Won the 1st I.V.C and Again in 2016, 2017, 2018, 2019 and 2020

Championship History

Sectional/ Districts

1973- 4th
 1974- 5th
 1975- 4th
 1976- 10th
 1977- 4th*
 1978- 3rd*
1979- 1st*
1980- 1st*
1981- 1st*
 1982- 2nd*
1983- 1st*
 1984- 2nd*
 1985- 3rd*
 1986- 3rd*
1987- 1st*
1988- 1st*
1989- 1st*
1990- 1st*
1991- 1st*
1992- 1st*
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 2001- 2nd*
 2002- 2nd*
2003- 1st*
 2004- 2nd*
2005- 1st*
2006- 1st*
 2007- 2nd*
 2008- 2nd*
2009- 1st*
 2010- 3rd*
 2011- 4th
 2012- 7th
 2013- 5th
 2014- 2nd*
 2015- 2nd*
 2016- 2nd*
2017- 1st*
2018- 1st*
2019- 1st*
2020-1st*

Districts/ Regionals

1973
 1974
 1975
 1976
 1977- 7th
 1978- 6th
 1979- 5th
 1980- 4th
 1981- 4th
 1982- 3rd**
 1983- 3rd**
 1984- 2nd**
1985- 3rd**
1986- 1st**
 1987- 1st**
 1988- 2nd**
1989- 1st**
 1990- 6th
 1991- 3rd**
 1992- 3rd**
 1993- 3rd**
 1994- 7th
1995- 1st**
1996- 1st**
 1997- 2nd**
1998- 1st**
 1999- 3rd
 2000- 5th
 2001- 10th
 2002- 7th
 2003- 4th
 2004- 9th
 2005- 2nd**
 2006- 4th**
 2007- 5th
 2008- 4th**
 2009- 6th
 2010- 10th
 2014- 15th
 2015- 9th
 2016- 5th
2017- 1st**
2018 1st**
2019- 1st**
2020- 1st**

*Qualified for the next Level **Qualified for State

Championship History

Senate League

1976- 4th
 1977- 2nd
 1978- 2nd
 1979- 3rd
 1980- No Meet
 1981- 3rd
 1982- 3rd
1983- 1st
1984- 1st
 1985- No Meet

1986- 1st
1987- 1st
1988- 1st

P.A.C 7

1989- 1st
1990- 1st
1991- 1st
1992- 1st
1993- 1st
 1994- 3rd
1995- 1st
1996- 1st
1997- 1st
1998- 1st
1999- 1st
 2000- 2nd
 2001- 3rd
 2002- 2nd
2003- 1st
2004- 1st

P.T.C.

2005- 2nd
 2006- 2nd
 2007- 2nd
 2008- 2nd
 2009- 2nd
 2010- 4th
 2011- 4th
 2012- 4th

I.V.C

2013- 3rd
 2014- 2nd
2015- 1st
2016- 1st
2017- 1st
2018- 1st
2019- 1st
2020- 1st

Stark County Meet

1973- 12th (All Classes)
 1974- 11th
 1975- 8th
 1976- 12th
 1977- 5th
 1978- 4th (A- - - AA)

1979- 4th
 1980- 2nd
 1981- 2nd

1982- 1st

1983- 1st

1984- 2nd

1985- 1st

1986- 1st

1987- 1st

1988- 1st

1989- 1st 2nd Overall (Div. II & Div. III)

1990- 1st 3rd Overall

1991- 1st 1st Overall

1992- 2nd 6th Overall

1993- 1st 4th Overall

1994- 3rd 6th Overall

1995- 1st 2nd Overall

1996- 1st 1st Overall

1997- 2nd 6th Overall

1998- 1st 2nd Overall

1999- 3rd 7th Overall

2000- 6th 11th Overall

2001- 7th 14th Overall

2002- 5th 12th Overall

2003- 3rd 9th Overall

2004- 7th 16th Overall

2005- 3rd 10th Overall

2006- 1st 4th Overall

2007- 6th 12th Overall

2008- 3rd 8th Overall

2009- 2nd 7th Overall

2010- 3rd 9th Overall

2011- 8th 14th Overall

2012- 10th 18th Overall

2013- 11th 19th Overall

2014- 5th 11th Overall

2015- 3rd 10th Overall

2016- 3rd 9th Overall

2017- 1st 4th Overall

2018- 1st 6th Overall

2019- 1st 7th Overall

2020- 2nd 8th Overall

State Meet Results

1982-2020

1982- 11th

1984- 6th

1985- 3rd

1986- 4th

1987- 2nd

1988- 2nd

1991- 4th

1992- 9th

1993- 8th

1995- 4th

1996- 3rd

1997- 7th

1998- 1st

1999- 9th

2005- 10th

2006- 2nd

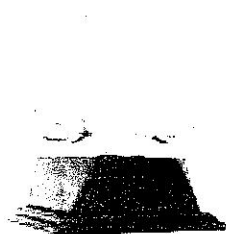
2008- 5th

2017- 1st

2018- 3rd

2019- 3rd

2020-1st



East Canton Cross Country
Invitational Wins
1977-2019

Boardman– 1995, 1996, 1998, 2017

Carrollton– 1977, 1978, 1979, 1983, 1984, 1985, 1986, 1987, 1988

Claymont– 2018, 2019

District– 1979, 1980, 1981, 1983, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2003, 2005, 2006, 2009, 2017, 2018, 2019, 2020

East Canton– 2002, 2003, 2005, 2008, 2009, 2016, 2017, 2019, 2020

East Palestine– 2014

Inter Valley Conference– 2015, 2016, 2017, 2018, 2019, 2020

Kirtland– 1981, 1982, 1986, 1987, 1988, 1989, 1991, 1992, 1993, 1995, 1996, 2001

Perrysburg– 1987, 1988, 1989, 1989

Lorain C.C.C.– 1985, 1986, 1987, 1989

Medina– 1998, 2003

P.A.C. 7– 1989, 1990, 1992, 1992, 1993, 1995, 1996, 1997, 1998, 1999, 2003, 2004

Regional– 1986, 1987, 1989, 1995, 1996, 1998, 2017, 2018, 2019, 2020

Sandy Valley– 2016, 2017, 2018, 2019

Senate League– 1983, 1984, 1986, 1987, 1988

Stark County(DIV II & III)- 1982, 1983, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1993, 1995, 1996, 1998, 2006, 2017, 2018, 2019

Stark County (Overall)- 1991, 1996

STATE– 1998, 2017, 2020

Tiffin– 1986, 1998

Van Wert– 1991, 1992, 1995, 1997, 2003, 2006

Woodridge– 1987

Wooster– 1977, 1981, 1983, 1984, 1985, 1989

Zanesville– 1996

East Canton Cross Country

Time Line

November

1. State Championship!

2. Finish up booklet, put together, send to printers, get back and punch out booklets, order plaques and awards and "T" shirts. Compile information for booklet. Anything that was written about team, update all records for booklet.
3. send out booklets and letter to sponsors
4. scratch out seniors from other teams from results
5. Pictures of each athlete in envelope for banquet.
6. write banquet speech
7. Make a CD of pictures of season
8. start training for the track season
9. save all information for the next season
10. Type up thoughts for the next season (different workouts, different meets to go to, etc.)
11. Work on Power point presentation for banquet
12. Inform all people about date and time of banquet.
13. Get awards from Athletic Director.
14. Covered dish for banquet
15. individual meetings with each athlete. Hand back uniforms
 - a. goals for next year
 - b. "Body of Work" more miles
16. Go to O.A.T. & C.C.C. Clinic

December

1. meet at gym for indoor track practice
2. set Pole Vault practice days
3. Talk to the distance runners about what they need to do.

January

1. start summer log book
2. Compose 1st page letter for Summer log book
3. work on individual letters for team
4. Go to O.A.T.C.C.C.clinic

February

1. indoor track
2. Call about date to buy shoes and confirm date for Concorde Physical Therapist at Second Sole

March

1. outdoor track begins

April

1. compose recruiting letter and recruiting poster
2. go to middle school meets
3. finish summer log book

May

1. post signs around school for May recruiting meeting
 - a. inform secretary to announce meeting on Public address system
2. hand out list of recruits to returning runners
3. recruiting meeting:
 - a. handout Summer log book, which includes all information about summer practices and meeting times and places
include: physicals, emergency forms, summer road races, 12 hour relay (fund raiser) forms, letter writing campaign , directions to Coach Sternberg's house, July 4th road race and Santarelli race (summer road race on Cross Country course) Lorain County Community College
4. hand out rosters of names with phone numbers the next day after meeting

June

1. 12 hour relay fund raiser on Monday/Tuesday after State track meet
2. Meet with seniors at Pizza Hut about what they need to do in the summer.
 - a. "T" shirt design and color
 - b. Seniors are in charge
 - c. contact all runners about when to meet for summer practices
3. write article about 12 hour relay, include pictures and e-mail to local newspaper
4. Buy shoes at Second Sole with Concorde therapy group.
5. collect all money for fund raiser

July

1. start to meet with runners
2. July 4th North Canton road race
3. canoe race and picnic
4. letter to all runners about what they have done this summer and goals for the season and remind them about the time and date when official practice begins

August

1. Camp at Atwood Lake, 3 days
2. official practice begins
3. pre-season meet at Lorain County Community College
4. Parent/ Runner Picnic at my house
 - a. philosophy
 - b. introduction of parents and runner
 - c. thoughts on season
 - d. how to help your son reach his potential.
5. hand out season booklet
 - a. calendar of season
 - b. inspiral quotes
 - c. top 10 times of Freshman, Sophomore, Junior and Seniors
 - e. team results of Conference, Stark, District, Regional and State
 - f. racing strategy
6. Begin to set up for home invitational
 - a. mow course
 - b. paint course
 - c. set up chute
 - d. set up concession stand
 - e. set up baumspage
 - f. secure video person
 - g. talk to custodians

September

1. Workouts
 - a. food and drink after workouts
2. Meets
 - a. Go over what to expect at each invitational
 - b. post all information on meets (Map, timer to leave, time to warm up, who will be there, who takes what equipment (tent, trash can, 1st aid kit, banner, water cooler, camcorder, table
3. On Monday go over all results of meet: Personal Records, spilt between 1-5, 1-7, what you could have done differently
 - a. racer and pacers

October

1. Monitor health of runners...extra sleep/hydrate/stay away from sick people/don't over eat/don't exchange spit
2. Big meets
3. Prime time begins
4. Cut back on weights/core routine
5. Hotel reservations
6. cut back on workouts
7. compose individual letters for State Meet

MILEAGE CLUBS

300 MILES= 3 3/4
MILES/DAY

400 MILES=5
MILES/DAY

500 MILES=6 1/4
MILES/DAY

80 DAYS

Starts June 13th
Ends August 31st



Could you see yourself in this picture?



CROSS COUNTRY MEETING:

TUESDAY, MAY 18TH

ROOM 320 AFTER SCHOOL

Alex

After a Great indoor State meet, you are ready to compete in your last year of high school Cross Country. This will be the last time you wear the and Gold for the East Canton Cross County team. "You will need to bond with ALL the guys this summer. Meet at the park, wing night, pool parties...etc."

If you train with them this summer, you will race with them this Fall. You will be an individual State Qualifier! "Can you make that big jump from 57th overall at the State Championship,(35th team race) too low 20's in the team race and top 30's overall? I Think so.

We need a strong leader. I know you are up for the job. You had a great mentor in Dee. Follow his lead, they will listen to you. You will be the glue that we need to keep this team together. Call up the guys and keep them close.

Good Luck,

Coach Sternberg

P.S. Remember to send out your Fundraiser letters

Andrew,

You had an amazing Freshman year. Your 17:32 puts you on the top 10 list of all time Freshman. How do you go from a mid 17:00's guy to a 16:00 minute guy. Plane and simple, you decide you want to be good. I know you were disappointed on not qualifying for the State Championship last fall. Let that motivate you to an outstanding Sophomore year. Train with your teammates this summer and leave nothing to chance. I never want you to be a spectator again! Meet at the park and run with your teammates. If you train with them in the summer, you will race with them this fall. We are meeting at the park at 8:00 a.m.

Good Luck,

Coach Sternberg

P.S. Remember to send out your Fundraising letters

Work-Outs 2021

- August 2: Core, 25 seconds. Full stretching routine. 1-2 x course
- August 3: Easy fire station strips 30-50 minutes. weights
- August 4: Camp
- August 5: Camp
- August 6: Camp
- August 7: Voluntary 20-30 minutes
- August 8: Off
- August 9: Core, 30 seconds. 4 1/2 -6 1/2. some progression
- August 10: Canton parks. 2-5 x 1 1/2 repeats. Progress each one
- August 11: Core 35 seconds. 30-55 minutes in strips
- August 12: Off. Goal Card Day. Weights
- August 13: Horn Workout. Segmented running 30 sec-2 minutes 6 1/2
- August 14: Voluntary. 25-35 minutes at Louisville
- August 15: Pre Season race at Lorain C.C.C.
- August 16: 35 second core 25-15-10 or 20-10-5. Pick a partner. Recovery
- August 17: 4 or 5 1/2 loop. Lydard Farlik. weights
- August 18: Swimming
- August 19: Air Horn, segmented runs, 1,1,1,2,2,3,2,1, 30 seconds
- August 20: Off
- August 21: 6-16 x 400 on grass. 1 to 1 recovery
- August 22: Run on own
- August 23: Progressive run 4-8 miles

August 24: Easy 30-45 minutes on course. Weights
August 25: 4 mile warm ups o incline 5-10
August 26: 4 1/2 - 6 1/2 easy
August 27: Pre-Meet 1 x course + 5 minutes or +10 minutes
August 28: **Claymont Invitational**
August 29: Run on own
August 30: Progressive miles on course 3-5, 60 seconds rest
August 31: Pre-Meet 1 x course + 5 minutes or +10 minutes
September 1: **East Canton Invitational**
September 2: Easy Recovery in strips 35-45 minutes
September 3: Off
September 4: 2-1-30 seconds. Best pace and regroup. Finish with Motts
September 5: Run on own
September 6: Progressive 4 1/2 or 5 1/2 or 7.2 miles
September 7: Strips off Berger st. 35-55 minutes
September 8: 3-5 x mile repeats at Metzger park. 85% 3:00 rest
September 9: 4 1/2 -6 1/2 mile run
September 10: Pre-Meet 1 x course + 5 minutes or +10 minutes
September 11: **Tiffin Carnival**
September 12: Off
September 13: 5-6 1/2 middle progression 20-12-6 or 15-8-6
September 14: 25-15-10 or 20-10-5. Pick a partner. Recovery
September 15: 2 x mile, 3-6 x 800. 2 x goal post to pine trees
September 16: Out to Varian's Lake (1 1/2) around course (5K)
September 17: Pre-Meet 1 x course + 5 minutes or +10 minutes
September 18: **Boardman Invitational**
September 19: Run on own

September 20: To K of C 2-3 laps (2. 4 miles) Progressive
September: 21 Easy FiresStation strips 30-48 minutes
September 22: 4-5 x 800's
September 23: 4-6 1/2 miles
September 24: Pre-Meet 1 x course + 5 minutes or +10 minutes
September 25: **Strongsville Invitational**
September 26: Off
September 27: Progressive 4-6 1/2 10 at 6:30, 8 at 6:15, 5 at 6:00 U
September 28: Corn Hole tournament
September 29: 3-5 800/400 repeats: 4:30 between 800/400. 4:30 between sets
September 30: Chad and Eric Strips. 35-55 minutes
October 1: To course at Glenoak. 1 x course + 5 minutes or +10 minutes
October 2: **Stark County Championship**
October 3: Run on own
October 4: "30th Ave. Drill" race simulation
October 5: 2-5 loops of high school and middle school course (1.4 miles)
October 6: 4 1/2 -6 1/2 run
October 7: 5 x 1000 at course. Progressive 1st 3 at race pace last 2 at faster
October 8: easy morning course 3 1/2 miles. 2 for varsity
October 9: **Legends Meet:** Junior Varsity. Varsity Off
October 10: Off
October 11: Run to park or Dariyette (1/2- 1 1/2) 6-12 x 400 2:50 start to start
October 12: 45 minute through strips
October 13: 1 x 10 minute run, 3 x 1000, Goal post to pine trees
October 14: 4-6 miles
October 15: 1 x course + 8 minutes
October 16: **I.V.C. Championship**

October 17: Off

October 18: "Polish 400" 3 with 2:50 rest; 3 at 2:20 rest 2 at 1:50 rest at park

October 19: 6 1/2 mile Orchard View loop

October 20: 1 x 8 minute run 2 x 1000. Finish at Motts incline

October 21: To Loys and back 6 miles

October 22: 1 x course + 5 minutes

October 23: **District Championship**

October 24: Run on own

October 25: "Blind Fartlick" at Metzger park

October 26: To Quail Hollow...45 minutes

October 27: 1 x 6 minute run 1 x 1000. Goal post to pine trees(200 meters)

October 28: 5 x outside loop of course(5+ miles)

October 29: Road race course 25+ minutes

October 30: **Regional Championship**

October 31: Run on Own

November 1: To Dairyette and back (3 miles)then 3/4 mile run on track. Progressive

November 2: 45-50 minutes

November 3: 1 x 400, 1 x 300, 1x 200...not crazy

November 4: Road Race course

November 5: 1 x course

November 6: **State Championship!**