

A group of young male runners in blue East Canton Cross Country jerseys are running outdoors. The text is overlaid on this image.

# East Canton Cross Country

*It's all a Confidence Game!*

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

*\*Former East Canton Athletic Director – Bernie Kauffman 1973\**



# *Let me tell you a little about East Canton*

- Division III program
- Ten to twenty-three runners on the team.
- School population is about 900 students in grades K-12.
- Graduating classes average sixty-one students.





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Recruit everyone you can; anyone with legs.  
We have a May meeting and post these signs  
around the school.

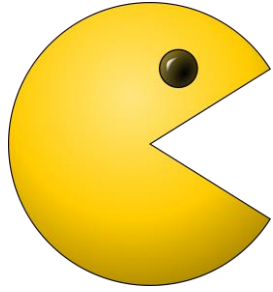


## 2020 State Champions!

CROSS COUNTRY MEETING:

**TUESDAY, MAY 18TH**

ROOM 320 AFTER SCHOOL



The school is bordered on three 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.







Camp, ours,  
no-one else

Bowling, softball, volleyball,  
fishing, corn hole pong, cards.



Games we play at camp:

Bowling, softball, volleyball,  
fishing, corn hole ping pong,  
cards.







We have mileage clubs:  
300, 400, 500 miles  
To be completed in 80 days.



# Typical Day for East Canton Cross Country



## Pre-Practice Meeting

- Explain workout
- Go over results from last meet (splits 1-5, 1-7)
  - Personal records
- Go over information on next meet
  - Meet with individuals as well



*Top Ten All Time 5000 Meter Times*



TOP TEN BEST CC TIMES	
D. SNELLENBERGER	15:44
NICHOLAS DYSLE	15:52
GABE HENNING	15:55
JAMES GIBSON	15:56
SCOTT WYLER	16:02
MIKE DORTO	16:05
JOSH CONRAD	16:06
JOE GORRELL	16:06
CHRIS WILLIAMSON	16:08
JOSH SCHLEAPPI	16:16



*What is the significance of our Pac Man logo?*

*Many coaches talk about establishing a culture.*

*WE are called the Pac-Men. From a video game in the 80's*



# *1998 State Champions*





# *2017 State Champions*





# 2020 State Champions





Core Routine  
Mondays and Wednesday





## Side Plank

Right side

On elbow

No sag

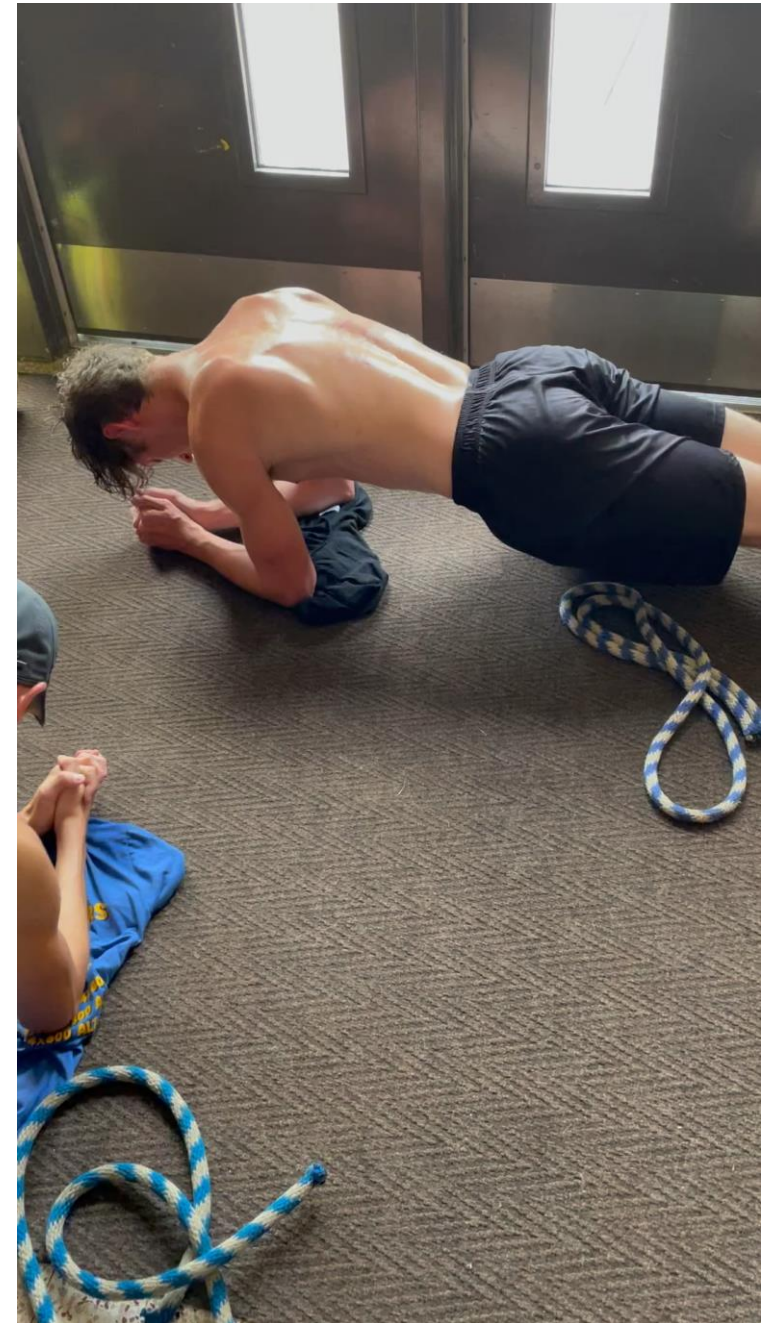
Same on Left side



# Prone Plank

On Elbows

No Sag

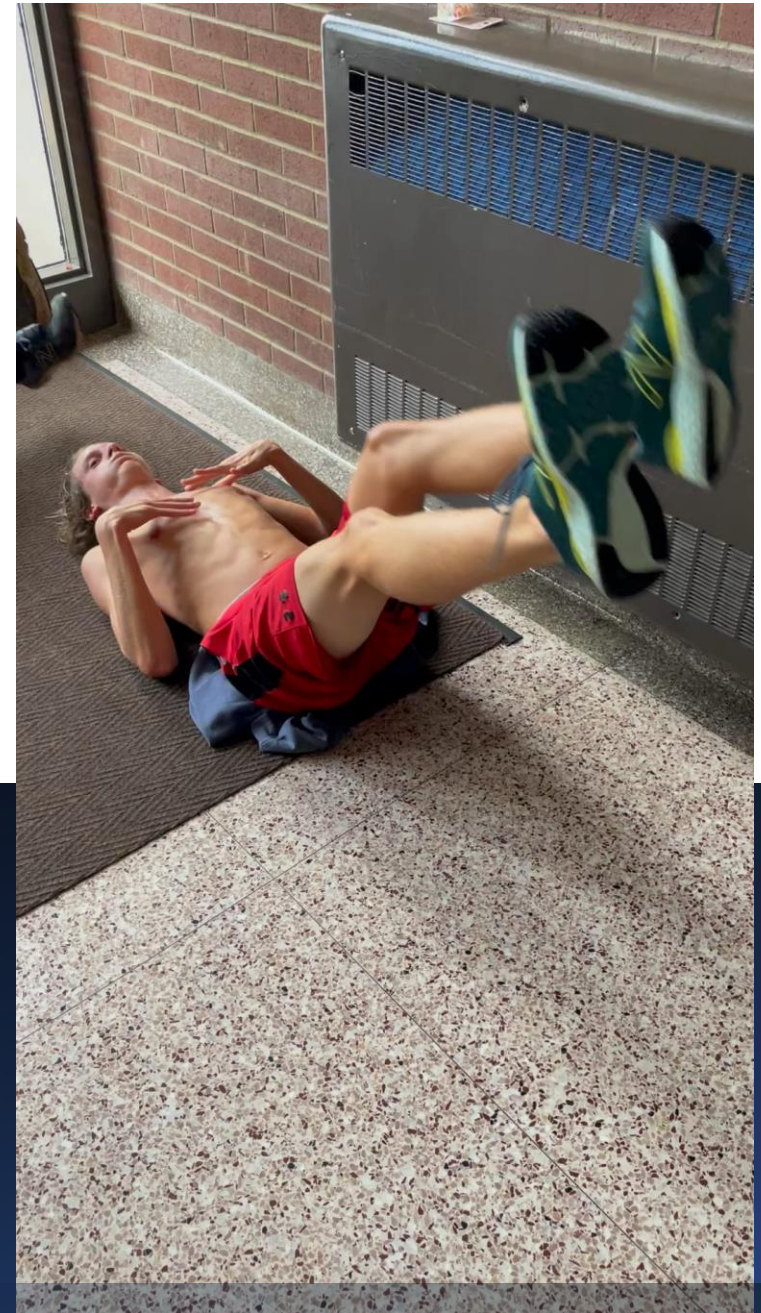




Sit ups

# Leg Crosses

Keep Legs Straight





# Leg Lifts

6 inch  
12 inch  
18 inch



# Hold Legs Up





We have no reference for this. Does it stay or go?

*push ups*

# “Colt Stretch” - Lift Bottom off Ground on One Leg





# Stretching Routine – Everyday

# Walk in a Circle

*(prevents shin splints)*

On Toes  
Heels  
Sides of Feet

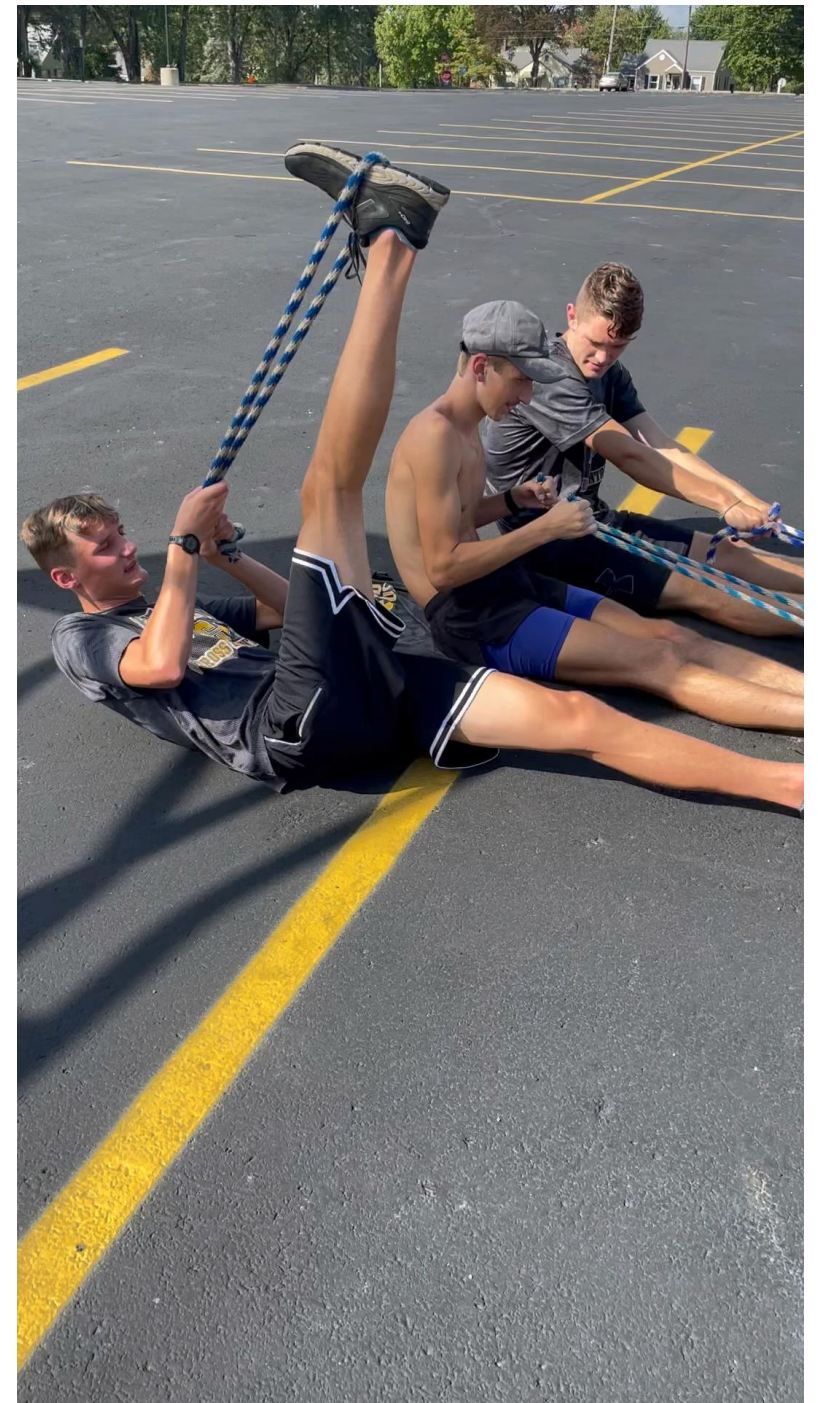
*Same Routine  
Backwards*





Activated  
Isolated Stretching - Everyday

*Straight Leg Stretch... hold for two seconds*







*Bent Leg Stretch...hold for two seconds*



# Buddy Curls

*Strengthen Shin Area*

Grab onto your partners foot and hold them forward, backward and side to side.





Weight Routine

Tuesday and Thursday

Bench Two Sets of 10





One legged squats six times

Both legs





Chin ups to exhaustion





Leg ups on machine six times



# Stability ball sit ups with weighted ball

*Begin with 20 seconds and increase*





Stability ball leg rollers



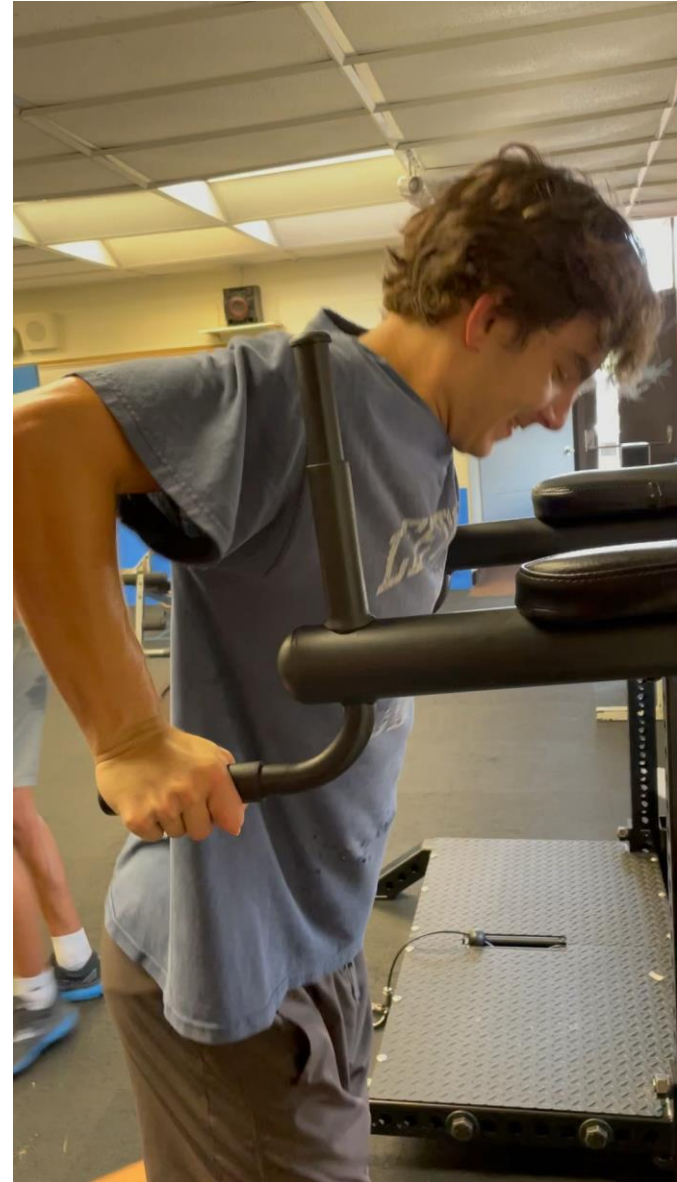
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Box Jump 18"  
Ten Times



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Dips six times





Legs up for 5 minutes after the workout





Ice bath