

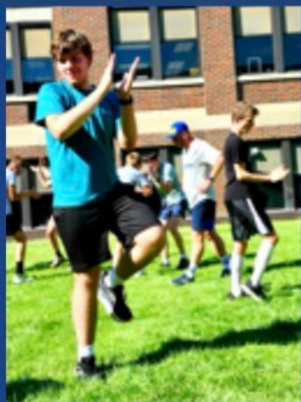
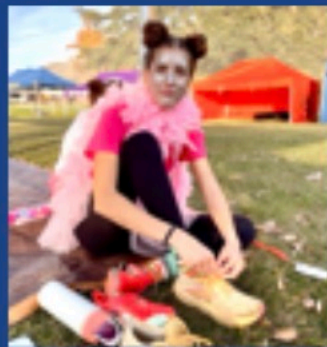
ICE BREAKERS

1. Eyes Down Eyes Up
2. HULA - Point Toes
3. HULA - Hips
4. HULA - March
5. Lo-Plank Jump Relay
6. Leap Frog
7. YOGA - Fingers to Thighs
8. YOGA - Fingers to Side of Face
9. YOGA - 4 Second Breathing
10. YOGA - 4,5,6,4 Second Breathing
11. Wheel Barrow Walk
12. Rabbit, Pig, Tiger
13. Concentric Circles
14. Concentric Circles
15. Blind Piggy-Back Ride
16. Reach As High As You Can - Reach Higher
17. Blind Walk-Squat-Plank-Jog
18. Octopus
19. Human Knot
20. Human Pyramid
21. Human Chair
22. Human Bench
23. Where are you Mr. Wolf
24. Verbal Number Exchange
25. Trust Fall
26. Back-to-Back Lock Arms Up & Balance
27. Air Plane Rides
28. Line Up by Birth Date - No Talking
29. Human Telephone
30. Human Movement
31. 1,2,3,4 - Hop, Clap, Chicken Arm, Squat
32. Line Up Height Order - No Talking
33. One Word Story - 3 or 4 groups
34. Apple Pie - 1 Back to Group
35. 20 Questions - Yes or No answers
36. XC Game - Get out on Relax or Set
 - a. 1- Starting Line - "Set" "Relax"
 - b. 2- Water Break
 - c. 3- Podium
 - d. 4- Obstacle
 - e. 5- Scoring Team
 - f. 6- Team Dinner
 - g. 7- Bus Ride

COMPETITIONS

1. UBUNTU - Match & Switch
2. UBUNTU - First Match & Take
3. UBUNTU - First Match & Advance
4. Rock Paper Scissors Sprint
5. Rock Paper Scissors Push Ups
6. Rock Paper Scissors Air Squat
7. Leg Wrestling
8. Quick Feet - Left Elbow Touch - Whistle
9. Back Tag - Left Hand Only
10. Back Tag - One Foot Only
11. Hi-Plank Arm Swipe
12. Bearcrawl Circle Get Away - No Touch
13. Bearcrawl Side to Side Push Over
14. Bearcrawl Relay
15. Somersault Relay
16. Fireman's Carry Relay
17. Shoe Relay
18. Inverted Pushups - Hold Ankles Up
19. Partner Standups Lock Elbows - 2
20. Partner Standups and Sitdowns
21. Partner Standup Relay
22. Human Baton Relay - Front Carry
23. Human Ladder Relay - Lying on Ground
24. Hand-to-Hands Wrestling - Feet Together
25. Ultimate Ninja - Hand-over-Hand Slap
26. Ultimate Ninja - Two, One, Zero
27. Jockeys Up
28. Jockeys Up - Run to a Spot
29. Count to 20 - No Prep - 2 Groups
30. Massive 10-Second Tag
31. Reaction Tag
32. Fox and Hares - Bear Crawl / Hop
33. Blind Run - Relay Around Trees
34. Handshake - Back of Hand to Thigh
35. Funnel Tag
36. Toes-to-Toes Foot Touch Relay

Fun Ice Breakers Competitions



iv

Define your best teammate?
Trenton, he was always nice
to everyone, he would encourage
everyone and he was fun to be
around. He was also a really
good person.



REFLECT

Day of Week: _____ Date: _____

1. Write one persons name from your table: _____

2. Write one positive thing that you've seen them do:

3. Write one positive thing that you did since our last journal:

4. Write one thing that you need to improve:

5. Draw or design a picture, diagram, or word art that depicts one of your answers from question 2, 3, or 4:

JOURNAL

6. Who can you trust on the team? _____

7. Describe what they've done to show you trust.

400 800 (Fall 2022) Goal Pace Intervals

400 rest 800 rest 400 rest 800 rest 400 rest 800 rest 400 rest 800 rest 400 rest 800 rest 400 rest

Gage, Jack, Maverick, Jesiah 1:24 / 2:48 / 5:39 **(17:33 5K)**

0:00 **1:24** **2:48** **5:36** **8:24** **9:48** **11:12** **14:00** **16:48** **18:12** **19:36** **22:24** **25:12** **26:36** **28:00** **30:48** **33:36** **35:00** **5200**

Brady, Syllas, Greta Jo 1:34 / 3:07 / 6:16

0:00 1:34 3:07 6:14 9:21 10:55 12:29 15:36 18:43 20:17 21:51 24:48 28:05 29:39 31:13 34:20 4800

Ellie, Trenton, Phillip, Samson 1:38 / 3:16 / 6:34

0:00 1:38 3:16 6:32 9:48 11:26 13:04 16:20 19:36 21:14 22:52 26:08 29:24 31:02 32:40 35:56 4800

Peyton, Greta Lyn, Tristen M, Isak 1:41 / 3:22 / 6:46

0:00 1:41 3:22 6:44 10:06 11:47 13:28 16:50 20:12 21:53 23:34 26:56 30:18 31:59 33:40 37:02 4800

Sashia, Brodie, Gwen, Rowan 1:50 / 3:40 / 7:22

0:00 1:50 3:40 7:20 11:00 12:50 14:40 18:20 22:00 23:50 25:40 29:20 33:00 34:50 4000

Kaylee, Zaylee, Bailey 1:58 / 3:55 / 7:53

0:00 1:58 3:55 7:50 11:45 13:43 15:41 19:36 23:31 25:29 27:27 31:22 35:17 37:15 4000

Addy 2:10 / 4:20 / 8:42

0:00 2:10 4:20 8:40 13:00 15:10 17:20 21:40 26:00 28:10 30:20 34:40 3600

**Running
for Time**

**Intervals
for Race
Distance**

Philosophies of Play

- 
- A photograph of two men performing handstands on a wide, reddish-brown dirt road. The man on the left is shirtless, wearing olive green shorts and bright green sneakers. The man on the right is also shirtless, wearing black shorts and orange sneakers. They are both balancing on their hands, with their legs raised high in the air. The background features a line of green trees under a sky with soft, colorful clouds from a sunset or sunrise. The overall scene conveys a sense of play, challenge, and outdoor activity.
1. Low Mileage
 2. Injury Prevention
 3. Beyond Self
 4. Take Risks
 5. Gamify Practice

September 10 (Wednesday Before Bozeman Meet)

4-6pm Practice (7 Bouts of Running)

(4 Total Miles Today)

Journal

(Autonomy, Mastery, Belonging, Challenge)

- Meet these needs and excellence will follow

1. Jog to Riverside (.75 miles)

Team Stretches (About 30 Stretches)

2. Jog Around Oasis (.50 miles)

3. 1K Loop ALL OUT

4. Jog Around Oasis (.50 miles)

5. 1K Loop ALL OUT

6. Jog Around Oasis (.50 miles)

Body Weight (6 Exercises)

Post Stretches (12 Stretches)

7. Jog to HS (.75 miles)

It's ok to suffer, we need it

17

18
8:00-9:30 pm
Practice Glow Run19
4-6pm Practice
Fartlek
Hospital / Wibaux
Team Stretches at HS
Hospital Loop
12 Minute Fartlek
6 Minute Strides
Body Weight20
4-6pm Practice
Hill Repeats - Bridge
Jog to Riverside
Team Stretches
Hill Sprints
6 Minute Strides
Big Bands
Wickets at HS
JOURNAL21
4-6pm Pra
Time Trial
Jog to Riv
Team Stre
Oasis Loc
3K Loop T
6 Minute S
Med Balls25
4-6pm Practice
Fartlek26
4-6pm Practice
Hill Repeats - Dike Dirt27
4-6pm Practice
Preview Time Trial28
4-6pm Pra
Easy Run

PRACTICE - Jog to Workout
Intervals All Out
Hill Repeats / Strides in Groups
Auxiliaries
Ice Breakers / Message / Clap It In

MINI BAND EXERCISES (UNTIL EXHAUSTION)



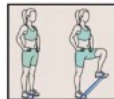
SQUAT JUMPS



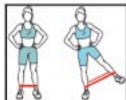
FIRE HYDRANTS



CLAM SHELLS



HIGH KNEES



LEG RAISES

XC Mini Band Exercises 2024

1. Wrists - Handcuffed Tugs
2. Laces - Marching High Knees
3. Ankles - Sideways Walk (both ways)
4. Ankles - Straight Leg Raises
5. Knees - Fire Hydrant Raises
6. Knees - Squat Jumps

XC Big Band Exercises 2024

1. Curls
2. Front Squat
3. Tugs
4. Push Press
5. Thrusters
6. RDLs

XC Med Ball Exercises 2024

1. Partner Toss - Sideways
2. Partner Squat Toss for Height
3. Partner High Plank Roll Throughs
4. Partner Russian Twist
5. Partner V Sit Toss
6. Partner Otis Up Toss

Mini Band Big Band Core

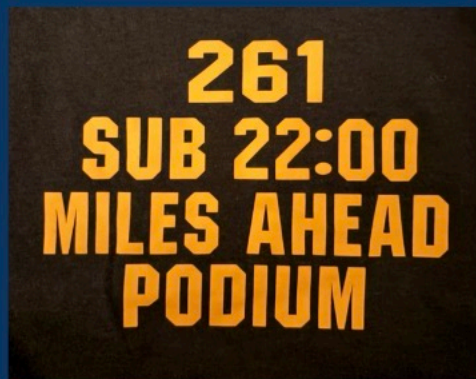


Team AWARDS & JOBS

End of the Year Team Awards

1. Most Valuable Runner
2. Best Teammate
3. Miles Ahead
4. Who Dat
5. Rising Star
6. Gritty
7. Dedicated
8. Sub 18:00
9. Sub 22:00
10. Podium

point system
 players & coaches vote twice a year
 most miles in season
 1st Year Runner that Crushes It
 2nd Year Runner that Crushes It
 Ran Sick or Injured
 4-Year Runner
 Boys
 Girls
 Individual or Team Medal at State/Divisionals



TEAM JOBS			
Girls Attendance	Bailey	Red Spike Box	Erowyn
Boys Attendance	Billy	First Aid Bag	Javon
Girls Mileage 1	Karlee	Orange Water Cooler (boy)	Shayne
Girls Mileage 2	Odessa	Orange Water Cooler (boy)	Bridger
Boys Mileage 1	Hayden	Clock	Olivia
Boys Mileage 2	Alex	Clock	Jaclyn
Tent Captain	Maddox	Table	Lindy
Tent	Elias	Table	Odessa
Tent	Milo	Garbage	Kiera
Tent	Qenshin	Garbage	Laney
Tent	Lincoln	Garbage	Ava
Tent Walls	Chauncey	Bibs & Pins (girl)	Rosa
Tent Floor	Jonah	Bibs & Pins (boy)	Kane
Food Cooler	Jett	Journals	Addy
Food Cooler	Madilyn	Journals	Audrey
Food Cooler	Harlow	Big Bands	Tristen
Food Cooler	Scarlet	Big Bands	Cooper
PT Box	Layla	Mini Bands	Peyton
Band Bag	Lilah	Mini Bands	Molly