

JMM Girls Cross Country – 2021 Practice Plan: (March 15-21 – Week 1)

Monday – March 15: 4 PM VIRTUAL PRACTICE (to join, click link below)

<https://srfconsulting.zoom.us/j/96643599771?pwd=clRnSUZhaWEpZdkhtVHFkME9nQT09&from=addon>

Meeting ID: 966 4359 9771

Passcode: 755509

Announcements:

- Welcome and Introductions – Coaches and Student-Athletes
- Goals and Season Outlook
- Parent and Student Athlete [Permissions](#)
- COVID-19 Daily Screener [form](#)
- Leave dependable email address for you/parent in “CHAT”
- Practice Protocols and Pods
- What to bring
- Physicals [WIAA Physical Card and Alternate Year Card](#) and/or [WIAA Physical Card Waiver](#)
- Website, Map My Run tutorial
- Communication

Workout - (4:45 – 5:30):

Run: 15-35 minutes on your own. **(1 – 4 miles)**

Goal: easy maintenance run to build overall fitness. For those just starting back, go the shorter duration. Slow, we may be running in snow. It is okay to not be in the fitness you want/thought you would be in, Be honest with yourself. If you need to walk, limit walk breaks to 30 seconds, or take break at a traffic signal crossing. Remember, the goal is a slow build up to get your body acclimated again with running more often.

(5:30 – 6:00): Please join us for the JMM CC Strength and Core Workout at 5:30 PM with Coach Katie through the following link. (ALUMNI Welcomed)

Join Zoom Meeting

<https://srfconsulting.zoom.us/j/97445885042?pwd=MDVkMllrNXdBRVVlczlITXljd2x2UT09&from=addon>

Meeting ID: 974 4588 5042

Passcode: 185621

Coaches Advice:

Tomorrow, you will not be able to participate in-person practice without your parent/guardian completing the COVID-19 Daily Screener [form](#). This will be emailed out on Tuesday, March 16th at 8 am, and needs to be completed by a PARENT before your scheduled pod practice time. Make sure you are hydrating and have a snack within 30 minutes of completing your activity.

Quote of the Day:

“Today is the start of a new adventure. New challenges to face, new memories to make, and new obstacles to overcome.” – Nishan Panwar

Tuesday – March 16: 4 PM IN-PERSON – POD 1, 4:20 PM IN-PERSON, POD 2

Meet in northeast corner of Madison Memorial HS large parking near Mansfield Stadium Concession Stand. Coaches will be there to greet and check you in. Please make sure PARENTS have filled out the Daily Screener. You will not be able to practice in-person with the team unless this is completed.

Pods: (Will be updated daily, but once assigned a pod, that is yours all week!)

Pod 1 - (Arrive 4 PM)	Pod 2 - Arrive 4:20 PM	Virtual Only
Grace Heise	Natalie Rhodes	Pia Snellman
Maddie Ballweg	Anvika Annyapu	
Helen Briney	Katrina Brunner	
Yacelis Brube Nicholson	Gladys Cruz-Perez	
Annika Cutforth	Ruby Dykstra	
Ella Crowe	Kennedy Elmer	
Anya Dasgupta	Lauren Grove	
Samantha Eckhardt	Ana Michelle Guerrero-Rivera	
Madeline Emmerich	Anne Peyton Hofmeister	
Mallorie Emmerich	Avona Jordan	
Yunna Gopan	Ashleen Kaur	
Amelie Hirscher	Kaina Martines	
Jessica Kahn	Isabelle Oebser	
Zoe Moore	Nitya Patil	
Sakia Nishikawa	Marly Reynolds	
Sarah Olsen	Emily Ruplinger	
Libby Pleva	Ashmin Singh	
Ainsley Reeves	Clauda Salgado	
Aliena Sakk	Lavenia Vulpal	
Julia Tatoes	Audrey Walz	
Alexa Worman		
Sara Young		

Announcements:

- Check-in and assure completion of COVID-19 Daily Screener [form](#)

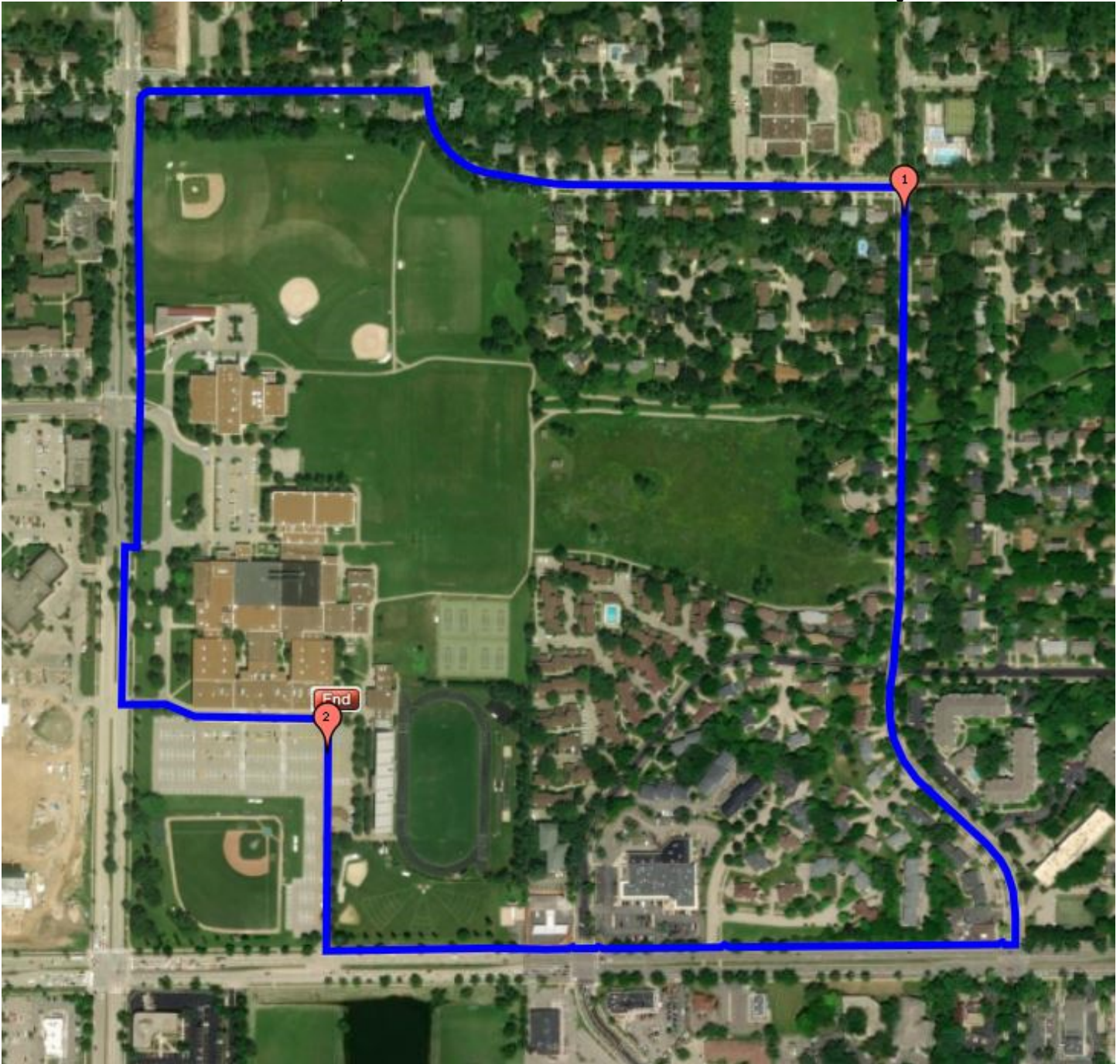
Warmup - (10-15 minutes):

- Activation (hips) – glute raises, Hip Abduction, Hip Adduction, Hip External Rotation, Hip Internal Rotation
- Shoulder Activation – Y's, T's, W's
 - Walking Lunges
 - Walking Toe Touches
 - Walking Knee Hugs
 - High Knees
 - High Knee Skips
 - Butt Kicks
 - Cradle Walk
 - Foot Grabs
 - Slide and Glide (Tall)
 - Slide and Glide (Low)
 - Carioca
 - Carioca (High Knee Crossover)
 - Arm Circles
 - Calf Stretch Straight
 - Calf Stretch Bent Leg

Workout - (4:25-5:00) - pod 1 or (4:40-5:20) - pod 2

Run: 15-35 minutes on your own. **(2 - 4 miles) - Planned route is 1-2 times Pre-meet.**

Goal: another easy maintenance run to build overall fitness. For those that participated in strength and core workout yesterday with coach Katie, **YOU WILL LIKELY BE SORE!** That is okay. You have not used a lot of those muscles in those movements in a long time.



Coaches Advice:

Take some time to evaluate your equipment. Make sure to look at the weather and plan to dress warmer than needed. How are your shoes? Do you have an extra pair of gloves or a hat? Be sure your parent/guardian completes the COVID-19 Daily Screener [form](#) on Wednesday morning.

Quote of the Day:

"The woman who moves a mountain begins by carrying away small stones." - Confucius

Wednesday – March 17: 4 PM IN-PERSON – POD 1, 4:20 PM IN-PERSON, POD 2

Meet in northeast corner of Madison Memorial HS large parking near Mansfield Stadium Concession Stand. Coaches will be there to greet and check you in. Please make sure PARENTS have filled out the Daily Screener. You will not be able to practice in-person with the team unless this is completed.

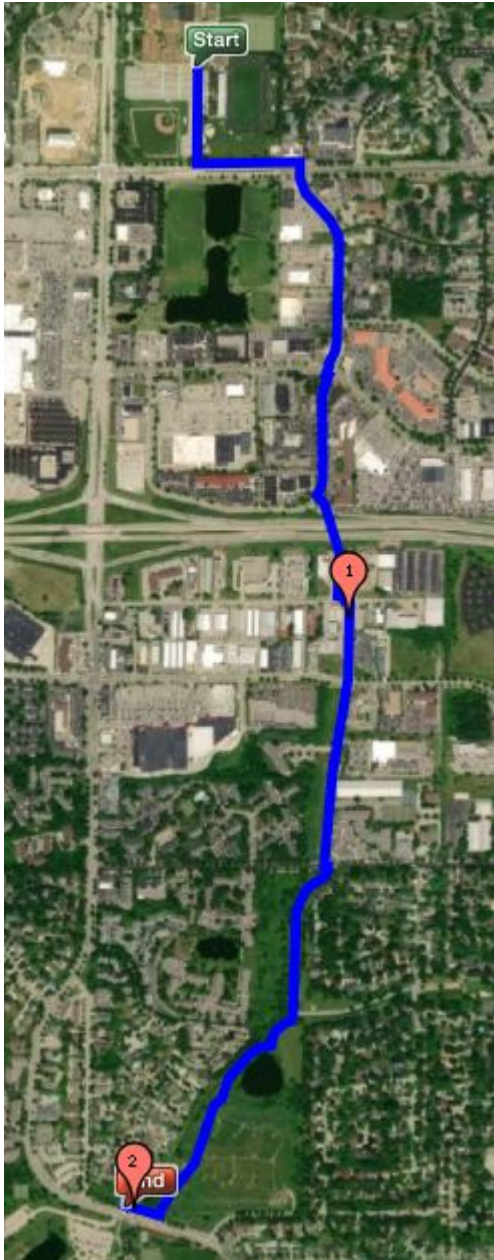
Pods: (Will be updated daily, but once assigned a pod, that is yours all week!)

Announcements:

- Check-in and assure completion of COVID-19 Daily Screener [form](#)
- Name game

Warmup - (10-15 minutes):

- Activation (hips) – glute raises, Hip Abduction, Hip Adduction, Hip External Rotation, Hip Internal Rotation
- Shoulder Activation – Y's, T's, W's
 - Walking Lunges
 - Walking Toe Touches
 - Walking Knee Hugs
 - High Knees
 - High Knee Skips
 - Butt Kicks
 - Cradle Walk
 - Foot Grabs
 - Slide and Glide (Tall)
 - Slide and Glide (Low)
 - Carioca
 - Carioca (High Knee Crossover)
 - Arm Circles
 - Calf Stretch Straight
 - Calf Stretch Bent Leg



Workout - (4:20-5:05)- pod 1 or (4:40-5:15) – pod 2

Run: 20-45 minutes Elver Park out and back **(2-4 miles)**

Goal: easy maintenance run to build overall fitness

(5:30 – 6:00): **Please join us for the JMM CC Strength and Core Workout at 5:30 PM with Coach Katie through the following link. (ALUMNI Welcomed)**

Join Zoom Meeting

<https://srfconsulting.zoom.us/j/97445885042?pwd=MDVkMllrNXdBREVVlc2llTXljd2x2UT09&from=addon>

Meeting ID: 974 4588 5042

Passcode: 185621

Coaches Advice:

Be sure your parent/guardian completes the COVID-19 Daily Screener [form](#) on Thursday morning.

Quote of the Day:

“Today I will do what others won’t so tomorrow I can do what others can’t” – Jerry Rice

Thursday – March 18: 4 PM IN-PERSON – POD 1, 4:20 PM IN-PERSON, POD 2

Meet in northeast corner of Madison Memorial HS large parking near Mansfield Stadium Concession Stand. Coaches will be there to greet and check you in. Please make sure PARENTS have filled out the Daily Screener. You will not be able to practice in-person with the team unless this is completed.

Pods: (Will be updated daily, but once assigned a pod, that is yours all week!)

Announcements:

- Check-in and assure completion of COVID-19 Daily Screener [form](#)

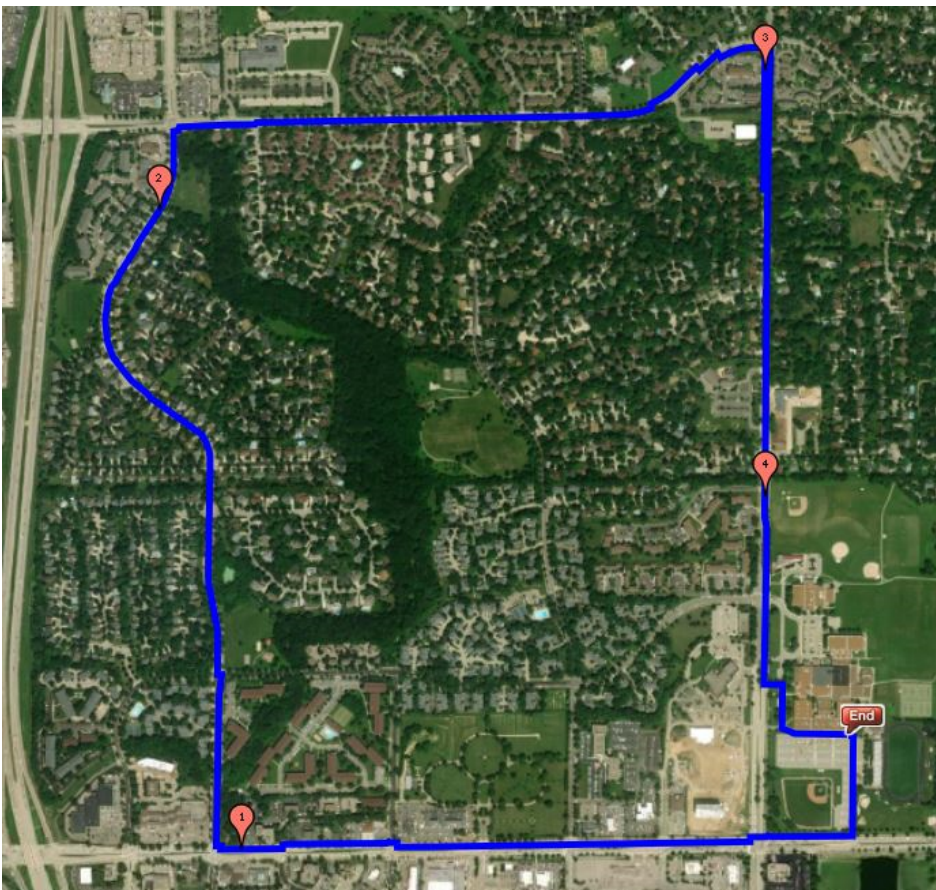
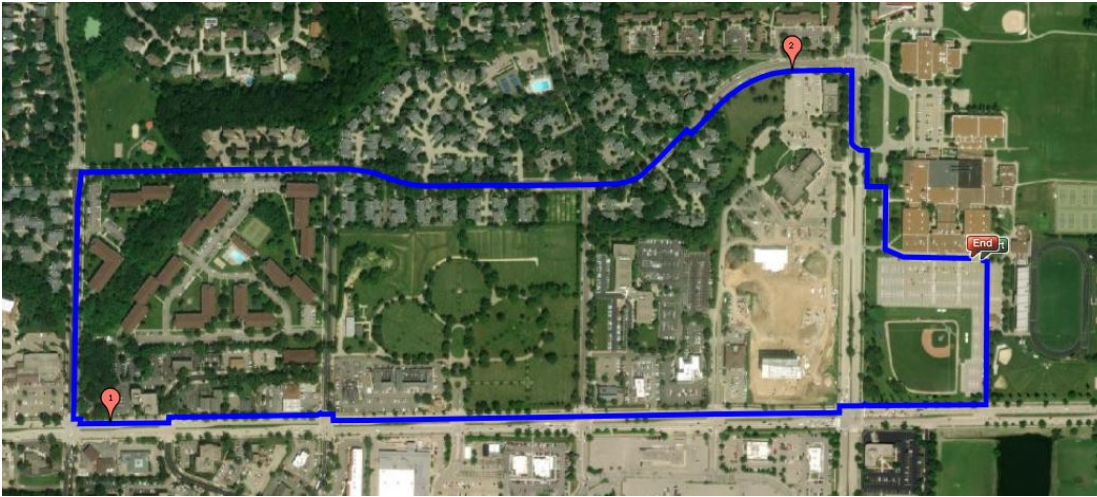
Warmup - (10-15 minutes):

- Activation (hips) – glute raises, Hip Abduction, Hip Adduction, Hip External Rotation, Hip Internal Rotation
- Shoulder Activation – Y's, T's, W's
 - Walking Lunges
 - Walking Toe Touches
 - Walking Knee Hugs
 - High Knees
 - High Knee Skips
 - Butt Kicks
 - Cradle Walk
 - Foot Grabs
 - Slide and Glide (Tall)
 - Slide and Glide (Low)
 - Carioca
 - Carioca (High Knee Crossover)
 - Arm Circles
 - Calf Stretch Straight
 - Calf Stretch Bent Leg

Workout - (4:20-5:00- pod 1 or 4:40-5:20 – pod 2)

Run: 20-50 minutes Square Loop (Mineral Point, High Pont, Tree Lane, or Old Sauk Road)

(2.4 or 4.4 miles)



Goal: easy maintenance run to build overall fitness

Coaches Advice:

Quote of the Day:

Friday – March 19: 4 PM IN-PERSON – POD 1, 4:20 PM IN-PERSON, POD 2

Meet in northeast corner of Madison Memorial HS large parking near Mansfield Stadium Concession Stand. Coaches will be there to greet and check you in. Please make sure PARENTS have filled out the Daily Screener. You will not be able to practice in-person with the team unless this is completed.

Pods: (Will be updated daily, but once assigned a pod, that is yours all week!)

Announcements:

- Check-in and assure completion of COVID-19 Daily Screener [form](#)

Warmup - (10-15 minutes):

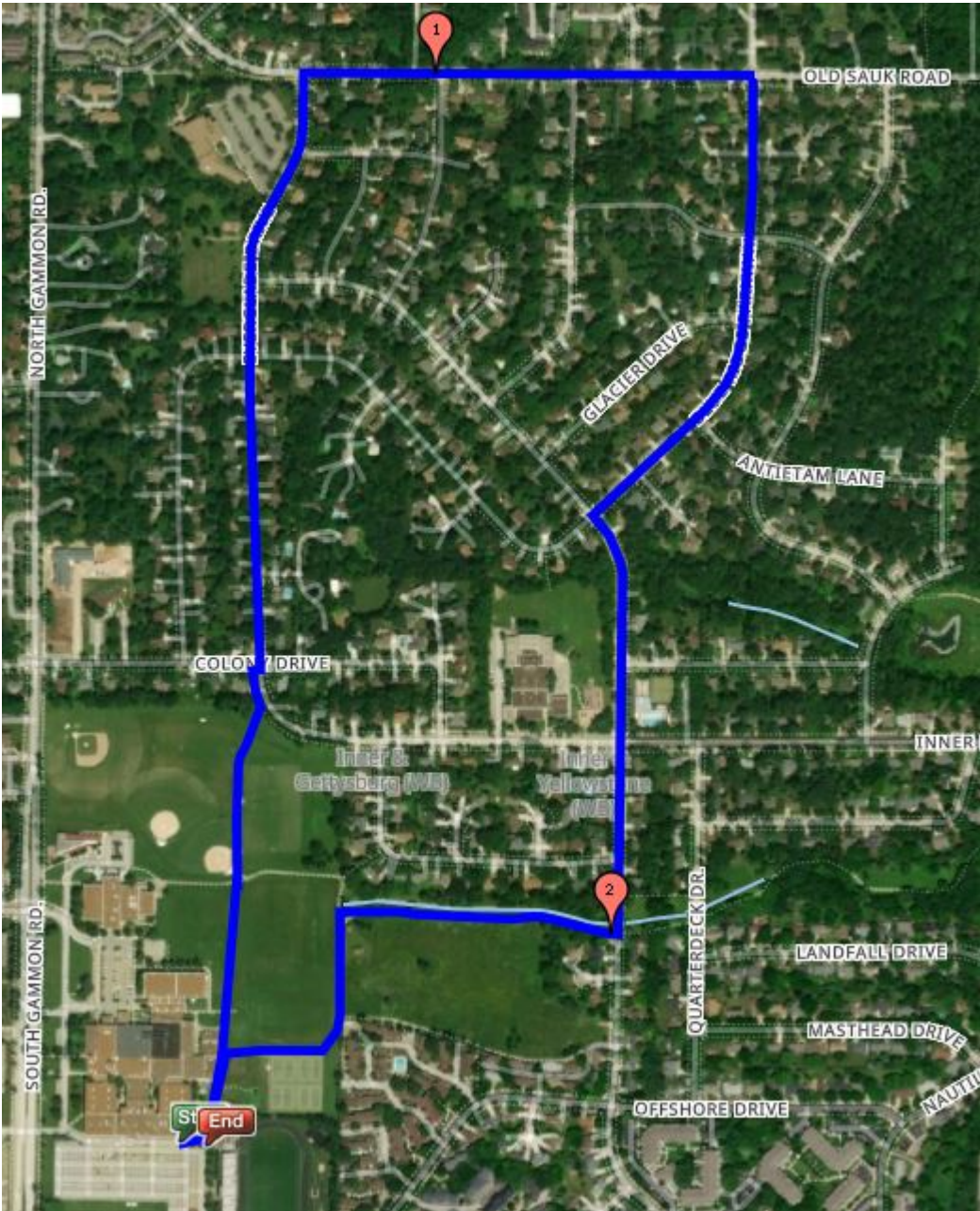
- Activation (hips) – glute raises, Hip Abduction, Hip Adduction, Hip External Rotation, Hip Internal Rotation
- Shoulder Activation – Y's, T's, W's
 - Walking Lunges
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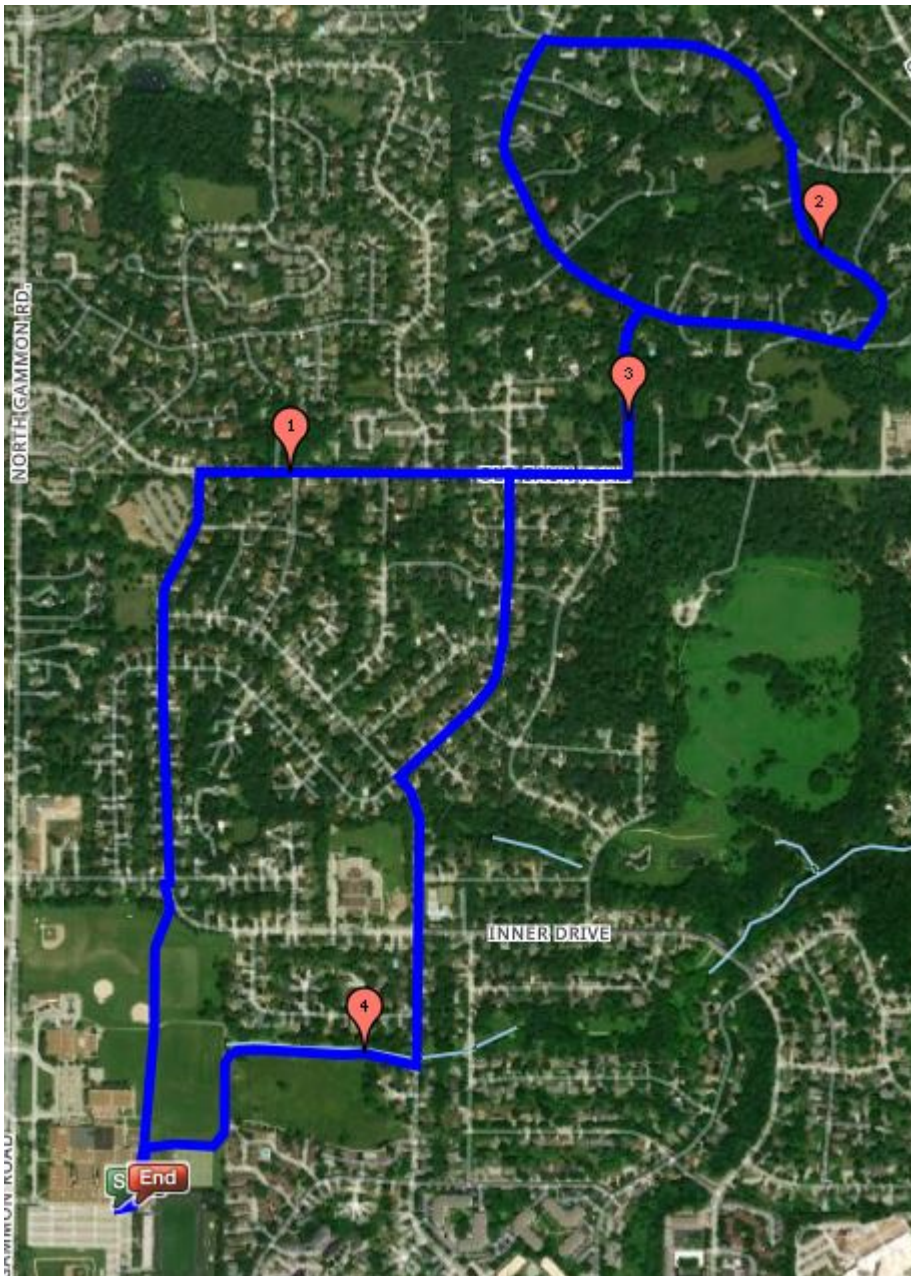
Workout - (4:20-5:10- pod 1 or 4:40-5:30 – pod 2

Run: Everglade/Old Sauk/Blue Ridge Parkway/Yellowstone/Mineral Point Road or Highlands

(2.5 -4.4 miles)

Goal: easy maintenance run to build overall fitness





(5:30 - 6:00): Please join us for the JMM CC Strength and Core Workout at 5:30 PM with Coach Katie through the following link. (ALUMNI Welcomed)

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Coaches Advice:

Quote of the Day: