

# **Welcome Packet**



## **Copley Youth Cross Country (XC)**

Part of the Copley Athletic Association

## **Fall 2025**

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## Introduction to Coaches

**Coach Ashlee** loves running! She has been involved with Copley XC since 2019 and been a head coach since 2023. Ashlee was a division 1 athlete for Washington State University, competing in cross country and track. Her post-collegiate running has included every distance from the 400meter race to a 50k, including setting a world record for pushing a triple stroller in a half marathon. Ashlee is a dietitian and likes to optimize performance with nutrition strategies.

**Coach Jeremy** has been coaching since 2021 and a head coach since 2023. He typically works with the older group, ages 9-12. Jeremy is a board member of the Copley Athletic Association and represents cross country at monthly meetings. Jeremy has completed several races, including a marathon. His hobbies include 3D printing, one-wheeling, flying drones, electronics, and playing with the boys on the trampoline. You will often see him coaching from his one wheel at races.

**Coach Chris** has been involved with Copley XC since 2022 and a head coach since 2023. Coach Chris typically works with the younger runners, ages 6-8. Chris is an integral part of setting up the home meet. He works in the medical field and has four children. Nikki is also an important part of the team.

## Description of Cross Country

Cross country running is a sport in which teams and individuals race on open air courses over natural terrain, such as dirt or grass. In cross country everyone competes. At the middle and high school levels there are no cuts, and nobody rides the bench. Cross country provides opportunities to practice great values- such as hard work, commitment, and determination. Running also helps overall cardio and endurance for spring sports. Cross country is fun and a place to build friendships!

In our program, practices include a warm-up, 20-30 minute workout, running type games, and a cool-down. If a child is new to the sport, they may need to take short walk breaks during practice and that is okay. When we race, we encourage our runners to run as much as possible and do their very best!

## Race Distances

Most race distances are based on age. Some races for the younger group (6-8 year olds) will be 1 mile and others will be 2K (1.24 mi). Older kids (9-12 year old) will run a 2 mi or 3K (1.86 mi) in most races.

# Logistics

## Team App:

Please make sure you have the Stack Team App downloaded on your phone. “Find Copley Youth Cross Country”. We will notify you about Races and changes to practice. If the weather is really poor, we will also let you know to come get your child early. The team app is our main method of communication! You will also see great pictures posted throughout the season and you can share pictures that you take at races. 😊



## Practices

**Important: Please sign-in and sign-out your child at every practice.**

### Practice schedule:

Our season is August 4-October 11 (eleven weeks). Practices are Monday and Wednesday at 5:30 pm at Copley Community Park. We will meet by the first parking lot (to the right, after you enter the park). Watch for the Copley XC tent.

If a meet falls on a Wednesday, we will not have a regular practice. Please note, there will be one practice at Copley High School on Monday, September 8, prior to our home XC meet. That will allow us to practice on the “home course.” No practice on August 18 (Copley school open houses) or September 1 (Labor Day).

### Bring:

A labeled water bottle (lost and found will be at the team table)

### Wear:

Please wear comfortable shirt and shorts, running shoes, and sunscreen if needed. Wear layers as the weather cools down! We encourage our runners to start the season with new running shoes in an effort to reduce injuries.

### Practice structure:

Warm-up jog (0.25-0.5 miles), dynamic stretching, workout (20-30 min), running type games, static stretching, team cheer, popsicles (on hot days)

### Time Trial:

On **Wednesday, August 13**, we will have a one mile time trial during regular practice time. This trial will help us know your athlete’s pace. We will need extra help on that day. Please stay to cheer for your runner!

At the end of the season, we will do a time trial on **Wednesday, October 8** during regular practice time. This will allow us to see overall progress and celebrate accomplishments.

## Running groups:

We will separate into two groups based on age:

1. Runners ages 6-8 on December 31
2. Runners ages 9-14 on December 31

## Safety:

- Wear a bright colored shirt to be extra visible.
- Stay with your group leader.
- Do not cross the road without an adult.
- Run on the inside of the shed.
- Do not go to the parking lot without a parent.
- Let an adult know before leaving to the bathrooms.

After our time trial, runners in each group will be separated into sub-groups for training, based on pace.

There can be changes in groups during the season as needed!

## Running etiquette:

Stay on the right, except to pass. Announce yourself when passing. Do not cut in front of people.

## Be Positive!

Say encouraging words to your teammates. Bullying, teasing, or any other mean things will not be tolerated. Did you know that you are faster when you are positive?

## Popsicles:

During the first few weeks of the season, we will have popsicles at the end of each practice. Please watch for the “sign-up genius” with more details. Runners love and appreciate popsicles!

# Races

## The Competition:

We have some awesome partner teams in our region, including: Woodridge, Cuyahoga Falls, Field, Tallmadge and Revere. We all want to promote cross country participation, long term.

## Where:

Each race is in a different location. See the schedule. Details will be announced in the Team App as the race gets closer. An announcement will be sent if details change.

## When:

We will meet at the team tent an hour before the start of the race. Pre-race routine includes: 15 minute warm-up and course review, bathroom stop and water, active stretching near starting line, and team cheer. Coaches lead the warm-ups.

## Spectators and Parents:

Every course is different in cross country. Try to look at a course map when available (or on race day at our tent). Find your athlete a few times on the course by moving locations. Cheering and encouraging YOUR runner really helps them succeed!

## Team scoring:

The lowest score wins! The top five athletes from each team contribute to the team score. Some races have awards ceremonies for the top teams and/or individuals. We will post the individual race and award schedules in the Team App.

## Post-race:

Please go to the finish line to meet your runner. As coaches, we will be on the course guiding and cheering runners until the last runner crosses the finish line. Parents can help by meeting their athlete at the finish line.

Make sure your runner gets water and a snack shortly after their race. At races, you do not need to sign your child in or out. It is an accomplishment to finish a race! Celebrate your runner's accomplishments and praise their efforts!

## Race Calendar

### Team Races (entry and fees covered):

**NOTE: Arrive one hour prior to race time; please check Team App for updates**

Ages 5-8 are "2K runners"

Ages 6-12 are "3K runners"

Date	Race	Location	Time	Distance	Notes
Saturday, August 30	Kent Race	Al Lease Park	Boys- 9:30 Girls- 10:30	2 miles for all	Grades 3-6 only
Saturday, September 6	Walsh Jesuit Pat Ritchie CC Invite	Walsh High School	All 2K- 2:25 3K Boys- 2:40 3K Girls- 3:05 Awards- 3:30	1600 meters 2500 meters (about 1.5 miles)	Fun run for younger siblings before 2K race.
Wednesday, September 10	Copley Invitational	Copley High School	All 2K- 5:30 3K Girls- 6:00 3K Boys- 6:30	1 mile 2 mile	Fun run for younger siblings at 5:15
Wednesday, September 17	Revere Race	Howe Meadow Park	All 2K- 5:30 3K Girls- 6:00 3K Boys- 6:30	2K 3K	Bring bug spray. Awards to follow races.
Saturday, September 20	Tallmadge Race	Tallmadge High School	All Youth races start at 10am.	2K 3K	2K runners will race first; 3K race to follow.
Sunday, September 28	Hudson Race	Hudson Springs Park	Noon; details TBA	2K 3K	Coach Chris to lead.
Saturday, October 4	Stow Invitational	Silver Springs Park	All 3K- 11:25 All 2K- 11:55	2K 3K	Enter the parking lot by Young Road
Saturday, October 11	Woodridge Race	Woodridge Middle School	All 2K- 2:00 3K Girls- 2:30 3K Boys- 3:00	2K 3K	Distances may change.

### **Additional Races (if interested):**

**Thursday, August 7, 6:00pm-** [Bill Heideman Race](#) – 1 mile, 2 mile, and 5K race distances- Barberton

**Saturday, August 9<sup>th</sup>, 8:00am-** [Corny 5K and Family Trail Run/Hike- Richfield](#)

**Sunday, August 25, 4:00pm-** [Kylie Rose Run](#) - 1 mile and 5K race distances- Copley

**Friday, September 27, 6:00pm-** [Akron Kids Fun Run](#) (mile is free)- downtown Akron

**Sunday, October 19-** [State XC meet](#)- Columbus, OH

**Saturday, November 22-** [Cross Country Coaches National Youth Championships](#)- Knoxville, TN

All the races above have an entry fee except Akron Kids Fun Run. Ask coaches with questions.

## **Celebration for all Runners and Family**

This event will be **Monday, October 13 from 6:30-7:30 pm** at the Copley Middle School. Runners will be recognized for their participation in races and improvement. Ice cream and a slide show will be shared. Details will be announced later.