

# Wolves X-Country Running Information

X-country running is one of the five sports in which GPRC participates as part of the Alberta Colleges Athletic Conference (ACAC). The Wolves X-country team is open to any full-time GPRC student (GP or Fairview campus) who is academically eligible to compete in ACAC sports. Previous competitive running experience is not required to be part of the team. Any athlete willing to regularly attend workouts and participate in team activities will be given the opportunity to represent the College in meets.

## Coaches

**Bill Corcoran**  
**Co-Head Coach**  
**Instructor**

Room E-310 GPRC  
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**Rick Scott**  
**Co-Head Coach**  
**Happily Retired Dude**

Home: 780- 532-2764  
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## Coaches' Objectives

1. To foster an appreciation for life long fitness through running and/or other endurance sports.
2. To develop athletic skills in cross country, indoor, and distance running.
3. To maintain a healthy balance between schoolwork, athletics, and other commitments.
4. To achieve individual and team excellence through winning ACAC/CCAA medals and awards.
5. To provide a superior student experience; Wolves XC should be the highlight of the student-athlete's time at GPRC

## Team Membership

Any athlete who maintains a commitment to the team will be eligible to compete for the College in local races. For out-of-town races, we may need to limit the team to as few as 12 athletes (normally 6 men and 6 women) due to transportation and budget limitations. Normally, only athletes who attend the ACAC and CCAA Championships will be eligible for athletic scholarships. Scholarships require a minimum of a 2.0 average in the previous semester. Athletes must be enrolled in at least an equivalent of 60% of a full workload (9/15 credits in most programs) and have a GPA of 1.5 in their previous semester to travel and compete.

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*Updated August 26, 2018*

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## Athletes' Benefits

- Experienced coaching
- Opportunity to meet fitness-minded students
- Expenses paid travel
- Resume builder
- Eligibility for Scholarships (Jimmie Condon or Wolf Pack X-Country)
- Opportunity to train for indoor track
- Fun!!

## Athletes' Commitment

- Willingness to abide by the rules and regulations set out in the GPRC College Athlete's handbook
- Completing at least 3 of the 4 scheduled workouts per week
- Completing 1 or 2 non-scheduled workouts per week
- Notifying the coaches about your absences from scheduled workouts
- Competing in the ACAC and CCAA Championship, at least one other out-of-town meet, and one or two local meets
- Enthusiastically participating in team fundraising events (i.e., working shifts as a minor official in 2 tournaments.) We will also ask you to participate in the Adopt-a-Wolf Fundraising program.
- Maintaining a positive attitude towards team mates, coaches, and the team in general

## Workouts

The team will meet four times per week from early September to mid-November. In addition, you will be expected to work out one or two other times per week on your own. Training sessions will include endurance running, fast running, hill and interval training, sprinting, and stretching. (See schedule below.)

The normal meeting time for workouts will be 5:30 p.m. on Mondays, Tuesdays and Thursdays. The Monday workout is usually a distance run out at the Wapiti Nordic Ski Trails, the Tuesday workout is usually hill training in Muskoseepi Park, and the Thursday workout is usually tempo work and repetitions. Local or out of town races are on Saturdays. (See Schedule)

Starting in late November, the ACAC Indoor Track season begins and run until early March. You have the opportunity to earn a Winter semester scholarship by participating in indoor track.

## Races

All x-country races are held on grassy or wooded terrain. Generally the courses a good mix of uphill, downhill, and level running. The women's ACAC distance is 6 kilometres; the men's ACAC distance is 8 kilometres.

Please note: You will not be expected to attend every race we have listed on the schedule. Most athletes will compete between 4 and 6 times during the Fall.

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## 2018 ACAC Provincials/CCAA Nationals

We plan to enter teams in both the ACAC and CCAA Championships this year.

Vermilion hosts the ACAC this year on October 27. The Wolves women placed 6th in 2017; the guys were 5<sup>th</sup>. We should be able to improve upon those showings this year.

The CCAA X-C Championships is in Toronto, ON on Saturday, November 10. In 2016, the women placed 10<sup>th</sup>(best race of the season!); we didn't enter a men's team last year. .

## Jimmie Condon Scholarships

GPRC is able to award up to five (5) Jimmie Condon scholarship s per gender to cross country runners. Each Condon scholarship is valued at \$900 per semester (\$1800 per academic year.)

Most of Jimmie Condon Scholarships have been committed to recruited and returning athletes. (See Bill if you are unsure of your status.) However, we do have a small amount of other scholarship money available that will awarded based on season's performance.

Please note:

- Jimmie Condon recipients must be Canadian citizens and students must be Alberta residents.
- Fall term recipients of Condon scholarships are expected to train and compete at indoor track or another alternate sport (see below) to receive the Winter term portion of the award.
- Condon scholarship recipients will be expected to compete at the 2018 CCAA Nationals.

## Indoor Track and Field

The team will contest a few indoor track and field meets in this winter. Tentatively, we plan to do a meet in January, one in early February, and the ACAC Championships in early March. Participating in indoor track season will allow runners who earned a Jimmie Condon scholarship for x-country running to earn the second half of the scholarship for the Winter 2019 term.

Students who do not run x-country will be eligible to train for and compete in indoor track. We welcome long sprinters and mid distance runners to join us for these competitions.

# Wolves X-Country Running Information

## 2018 Team Schedule

(Subject to Change)

| <u>Date</u>          | <u>Time</u>    | <u>Event</u>   | <u>Location</u>           |
|----------------------|----------------|--|---------------------------|
| Tues, Sept 4         | 5:30           | Workout/   | Gym                       |
| Thurs, Sept 6        | 5:30           | Workout  | Gym                       |
| <b>Sat, Sept 8</b>   | 10:30 a.m.     | Workout or <b>ACAC #1</b>  | W.Biathlon or <b>Edm.</b> |
|                      |                | Note: 4 to 6 athletes will travel to Edmonton – the others will run a workout at Wapiti Nordic |                           |
| Mon, Sep 10          | 5:30           | Workout  | Wapiti Nordic             |
| Tues, Sep 11         | 5:30           | Workout  | Gym                       |
| Thurs, Sep 13        | 5:30-9         | Athlete's Orientation  | Gym                       |
| Sat, Sept 15         | 10:30 a.m.     | Workout or <b>Dawson Crk</b>   | Wap Bia or <b>DC</b>      |
| Mon, Sep 17          | 5:30           | Workout  | Wapiti Nordic             |
| Tues, Sep 18         | 5:30           | Workout  | Gym                       |
| Thurs, Sep. 20       | 5:30           | Workout  | Gym                       |
| Fri, Sep 21          | 1-9 p.m.       | Help with Super Red V Ball   | Gym, etc.                 |
| <b>Sat, Sep. 22`</b> | <b>11 a.m.</b> | <b>ACAC #3</b><br>(help with set up/take down)   | <b>Muskoseepi Park</b>    |
| Mon, Sep. 24         | 5:30           | Workout  | Wapiti Nordic             |
| Tues, Sep 25         | 5:30           | Workout  | Gym                       |
| Thurs, Sep 26        | 5:30           | Workout  | Gym                       |
| Fri, Sep 28          | 2:30           | Leave for Vermilion  | Meet at Gym               |
| <b>Sat., Sep 29</b>  | <b>12 noon</b> | <b>ACAC #4 Race</b>  | <b>Vermilion</b>          |
|                      | 11 p.m.        | Return from Vermilion  |                           |
| Mon, Oct 1           | 5:30           | Workout  | Wapiti Nordic             |
| Tues, Oct 2          | 5:30           | Workout  | Gym                       |
| Thurs, Oct 4         | 5:30           | Workout  | Gym                       |
| Sat, Oct 6           | 10:30          | Workout  | Wapiti Biathlon           |

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|--------------------|-------------|-----------------------------|--------------------|
| Mon, Oct 8         | ---         | Thanksgiving Workout        | On your own        |
| Tues, Oct 9        | 5:30        | Workout                     | Gym                |
| Thurs, Oct 11      | 5:30        | Workout                     | Gym                |
| Fri, Oct 12        | 2:30        | Leave for Camrose           | Gym                |
| Sat, Oct. 13       | noon        | <b>ACAC #5</b>              | <b>Camrose</b>     |
|                    |             | Return to GP Saturday night |                    |
| Mon, Oct 15        | 5:30        | Workout                     | Wapiti Nordic      |
| Tues, Oct 16       | 5:30        | Workout                     | Gym                |
| Thurs, Oct 18      | 5:30        | Workout                     | Gym                |
| Fri, Oct 19        | 2:30        | Help set up race course     | Meet at Gym        |
| Sat, Oct 20        | 11:30 a.m.  | <b>XC Relay</b>             | W. Nordic Biathlon |
| Mon, Oct 22        | 5:30        | Workout                     | Wapiti Nordic      |
| Tues, Oct 23       | 5:30        | Workout                     | Gym                |
| Thurs, Oct 25      | 5:30        | Workout                     | Gym                |
| Fri, Oct 26        | 11:30 a.m.  | Leave for Vermilion         | Meet at Gym        |
| <b>Sat, Oct 27</b> | <b>noon</b> | <b>ACAC Championship</b>    | <b>Vermilion</b>   |
|                    | Midnight    | Return from Vermilion       |                    |
| Mon, Oct 29        | 5:30        | Workout                     | Wapiti Nordic      |
| Tues, Oct 30       | 5:30        | Workout                     | Gym                |
| Thurs, Nov. 1      | 5:30        | Workout                     | Gym                |
| Sat, Nov 3         | 10:30 a.m.  | Workout                     | Gym                |
| Mon, Nov 5         | 5:30        | Workout                     | Gym                |
| Tues, Nov 6        | 5:30        | Workout                     | Gym                |
| Thurs Nov 8?       | TBA         | Leave for Ontario           | Meet at Airport    |
| <b>Sat, Nov 10</b> | <b>noon</b> | <b>CCAA Championships</b>   | <b>Toronto, ON</b> |
| Mon, Nov 13        | late        | return to GP                |                    |

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|-------------|-------------|--------------|-----------------|
|-------------|-------------|--------------|-----------------|

### Tentative Dates after XC

|                         |             |                           |                   |
|-------------------------|-------------|---------------------------|-------------------|
| Mid Nov-Mar             | T.B.A.      | Indoor track workouts     | County Sportsplex |
| Fri, Dec 7              | 12 – 10 p.m | Help with HS BBall Tourn  | Gym, etc          |
| Sat Dec 8               | noon-4 p.m  | Help with HS BBall        | Gym, etc.         |
| Jan ?                   | ?           | Help with JHS BBall Tourn |                   |
| <b>Jan 26, 2018</b>     | ?           | <b>ACAC 1 Indoor Meet</b> | <b>Edmonton</b>   |
| <b>Feb ?</b>            | ?           | <b>ACAC 2 Indoor Meet</b> | <b>Edmonton ?</b> |
| <b>Mar 15, 16, 2018</b> | ?           | <b>ACAC Indoor Champs</b> | <b>Calgary</b>    |
| March 29?               | 6 p.m.?     | Festival of FOG Awards    |                   |

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